



Get Healthy Now

March Madness Challenge

Email, Fax, or Deliver to Get Healthy Now by 12:00 pm
on March 21, 2016

GHN Wellness Center • 852-6654 fax • ghn@louisville.edu

Name _____ ID# _____

Team Name: _____

Total your points for the week:

_____ 1 point for every 10 min of stretching
performed by each team member

_____ 2 points for 30 minutes of strength
training by each team member

_____ 2 points for every 30 minutes of cardio
vascular exercise by each team
member

_____ 2 points for every group fitness class
attended by each team member

_____ Bonus 3 points if each team member
Visited the Wellness Center at least 3
times this week

_____ Total Week 1 Points

This Week's Prize Drawing:
GHN Resistance Band



Get Healthy Now

March Madness Challenge

Email, Fax, or Deliver to Get Healthy Now by 12:00 pm
on March 28, 2016

GHN Wellness Center • 852-6654 fax • ghn@louisville.edu

Name _____ ID# _____

Team Name: _____

Total your points for the week:

_____ 1 point for every 10 min of stretching
performed by each team member

_____ 2 points for 30 minutes of strength
training by each team member

_____ 2 points for every 30 minutes of cardio
vascular exercise by each team
member

_____ 2 points for every group fitness class
attended by each team member

_____ Bonus 3 points if each team member
Visited the Wellness Center at least 3
times this week

_____ Total Week 2 Points

This Week's Prize Drawing:
Adidas Performance Socks



Get Healthy Now

March Madness Challenge

Email, Fax, or Deliver to Get Healthy Now by 12:00 pm
on April 4, 2016

GHN Wellness Center • 852-6654 fax • ghn@louisville.edu

Name _____ ID# _____

Team Name: _____

Total your points for the week:

_____ 1 point for every 10 min of stretching
performed by each team member

_____ 2 points for 30 minutes of strength
training by each team member

_____ 2 points for every 30 minutes of cardio
vascular exercise by each team
member

_____ 2 points for every group fitness class
attended by each team member

_____ Bonus 3 points if each team member
Visited the Wellness Center at least 3
times this week

_____ Total Week 3 Points

This Week's Prize Drawing:
UofL Beanie Hat





March Madness Challenge

Email, Fax, or Deliver to Get Healthy Now by 12:00 pm
on April 11, 2016

GHN Wellness Center • 852-6654 fax • ghn@louisville.edu

Name _____

Team Name: _____

Total your points for the week:

_____ 1 point for every 10 min of stretching
performed by each team member

_____ 2 points for 30 minutes of strength
training by each team member

_____ 2 points for every 30 minutes of cardio
vascular exercise by each team
member

_____ 2 points for every group fitness class
attended by each team member

_____ Bonus 3 points if each team member
Visited the Wellness Center at least 3
times this week

_____ **Total Week 4 Points**

This Week's Prize Drawing:

UofL Scarf

Grand Prize: Duffel Gift Bag

