

Team Physical Challenge #1: Track Challenge

This challenge involves the indoor track and your best effort. Everyone on your team has to participate unless you are not able to because of injury or pre-existing condition (as advised by your doctor and approved by your trainer). This is a popular challenge as you can compare your results at the beginning of the contest as well as the end.

1. Your team will line up along the wall off of the track by the Physical Therapy clinic.
2. Each team member will walk, jog or run 2 laps to the best of their current ability to earn two points for their team.
3. **Trainers....please report the 2 lap time of EACH INDIVIDUAL to me via email (efaught@princetonclub.net) AND turn in this sheet!**
4. Make sure you cool down by walking around after the challenge. Remember to encourage and cheer each other on – you are all in this together!

Your team will complete this challenge the week of May 20th and it is due by Saturday, May 25th after classes and it will be done during your regularly scheduled class time.

Each individual who completes this challenge will earn 2 points for their team. We will conduct this challenge again at the end of this contest to see how far you've come!

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