Team Physical Challenge #4: Track Challenge Repeat

We are going to do this challenge again so you can see how you have improved since January! 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).

- 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)
- 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 during your regular class times the week of July 8th. It is due by after class on Saturday, July 13th.

Each individual who completes this challenge will earn 2 points for their team. Each individual who improves their time by 3 seconds or more will receive 2 extra points. The whole point of this challenge is to see how you improved!

Name:	Time:
Name:	Time:
Name:	
Name:	
Name:	Time:
Name:	Time:
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