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| **Please select one challenge type** | MOVEs (MOVEs collected during training) Distance Run (Distance made by foot during training) Distance Cycled (Distance made by bicycle during training) Distance Rowed (Distance rowed during training) Completed workouts (Number of workouts done) Classes completed (Number of classes attended) Calories burned (Calories burned during training) |
| **Who will the challenge be one by?** | The first to score (please include how many MOVEs) All those who score (please include how many MOVEs) Who scores the most MOVEs |
| **Start Date of Challenge** |  |
| **Length (Days) of Challenge** |  |
| **Prizes** | Without prizes With prizes |
| **Please list your prizes**  **(1st, 2nd 3rd)** |  |
| **Challenge Name** |  |
| **Individual or Team?** |  |
| **Participants** | All Only those who are invited (please include who you want to invite ie. FIIT30 group, specific members etc) |
| **Include results of….** **(tick what activity members can record)** | [ ] Activity automatically tracked on equipment or during classes in this facility [ ] Activity automatically tracked on equipment or during classes in other facilities [ ] Activity automatically tracked with the Fernwood APP and heart rate belt in your club  [ ] Automatically tracked activities with GPS apps & devices [ ] Automatically tracked lifestyle with activity trackers [ ] Manually tracked activities in this facility [ ] Manually tracked activities anywhere outside this facility |