



GET ON PACE 100 POINTS CHALLENGE



Monday July 1st to Wednesday July 31st

Register and pay the \$20 fee by Friday June 28th

Earn 100 points during July

- P**ace 1 points per 20 minutes of Exercise at Pace
(e.g. do 4 hours at pace per week = 54 pts)
- O**pportunity 1 point per 30mins of Exercise outside Pace
(e.g. do two 1 hour walks with Family each week = 18 pts)
- I**nformation 1 point for each Nutrition/Fitness articles read
2 articles will be emailed to participants each week
(e.g. read all 8 articles = 8pts)
- N**utrition 1 point per day for recording food diary
(e.g. record each day = 31pts)
- T**echnique 10 points for getting a new exercise program done during July
(can only be claimed once during the challenge)
- S**cales 10 points for weighing in each week (i.e. 5 weigh-ins = 10 points)

ALL SESSIONS TO BE RECORDED IN LOG BOOK PROVIDED

PRIZES: All participants who finish will receive a Pace Water Bottle

Also - Randomly drawn from all participants who complete challenge

- 5 x 1 month Pace Memberships (value \$110 ea)
- 2 x 1 hour massages (Results Physio) (value \$80 ea)
- 5 x 1 hour Personal Training Sessions (value \$70 ea)
- 5 x Come & Try Track Cycling Passes (Cycling Qld) (value \$20 ea)
- 4 x \$10 Voucher at SQ Swim Shop (Swimming Qld)



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REGISTRATION FORM

Name: _____ (Mobile) _____

Email: _____