



Healthy Communities A3

Mayor's Fitness Challenge 2017 Guidelines

- The Mayor's Fitness Challenge officially starts on October 7, 2017 and ends on November 17, 2017.
- A person may participate either with a TEAM or as an INDIVIDUAL. A team consists of 2 or more people with a designated captain and a team name.
- Each team must select a team captain. The team captain must submit team name, captain name, email address, and phone number to Jim Rich at: jrichjr@triad.rr.com
- All participants must register at www.healthycommunitiesA3.com in the Conversion Tool section by creating a username, password, and entering required information.
- All activity must be entered into the Conversion Tool section by either:
 - Activity Calculator
 - Pedometer Steps
- A participant's activity or steps may only be counted by one team.
- Teams and individuals may receive community recognition for their efforts.
- Winners will be determined by the following criteria:
 - Most Steps by a Female Individual – Top 3
 - Most Steps by a Male Individual – Top 3
 - Most Steps by a Team – Top 3
 - Highest Step-Average by a Team – Top 3