

Community & Team Challenge Ideas

**Any Season**

* **BINGO!** [**Checkout this cool idea**](https://www.studiosweatondemand.com/wp-content/uploads/2019/02/SWEAT-Bingo-Card-TemplateA.docx) **to get your members to use a game concept to increase engagement and maximize results!**

**Spring**

* **Olympic Challenge** (Gold 5 Classes/Week, Silver 4 Classes/Week, Bronze 3 Classes/Week)
  + Earn points for minutes of SWEATing in a period of (4-weeks/6-weeks)
    - Classes can be live or virtual with SSoD. SSoD Classes Must Be 30 Min or Longer.
    - Track progress by checking off classes on a challenge board in facility( see example below) or by personal tracking cards they can submit at the end of the challenge
    - Announce Medals at the end of the period
* **March Madness**
  + 12 classes in 4 weeks
    - Bonus challenge 1- Do a ‘Two a day’ (two classes in one day)
    - Bonus challenge 2 - Do a bootcamp class
      * Each bonus gets you one extra ticket in the raffle (if they are doing one)
    - Classes can be live or virtual with SSoD. SSoD Classes Must Be 25 Min or Longer.
    - Track progress by checking off classes on a challenge board in facility (see example below)
* **Motivate to Memorial Day**
  + You must complete **3 or More** **SSoD Classes** per week for 2 weeks
    - Classes can be live or virtual with SSoD. SSoD Classes Must Be 25 Min or Longer.
    - At least **1** of the 3 must **include sculpting** (Spin Sculpt, 30 Min Sculpt, Boot Camp, TRX, Yoga Sculpt, etc). For those with injuries you can take the workout, but modify to not aggravate your injury. There are plenty of classes to choose from where no extra equipment is needed.
  + You must do at least **1 On Your Own Workout** per week. It can be anything you deem a workout. Hiking, Biking, a Run, Hitting the elliptical, swim. Whatever!
  + You must do at least **2 or More Stretch Sessions** per week that are 10 minutes or longer. You can do this on your own, or [follow one of the many SSoD stretch videos](http://www.studiosweatondemand.com/classes/stretch-restore-classes/).
  + To track progress use personal tracker cards that can be turned in by the end of the challenge. See tracker sample here: [MtM Tracker](https://docs.google.com/document/d/1Gf-2VRxtLCmz8e1Cnin8zOhjovQHwzuw6FIoRy4E4rM/edit?usp=sharing)

**Summer**

* **SWEAT Tracker Heatin’ up for Summer**
  + Track SWEAT minutes within the community
  + Printable thermometer with a top goal
  + Post up in fitness room
  + Have people color the minutes they worked out until the top is reached
* **Summer Fit List**
  + Take 12 classes in a Month (4 weeks)
    - Classes can be live or virtual with SSoD. SSoD Classes Must Be 25 Min or Longer.
  + 10 extra challenges to be completed within the month.
  + Track progress by checking off classes on a challenge board in facility( see example below) and check 10 extra challenges on personal tracker they can turn in at the end of the challenge.
    - Summer fit list checklist template: [Summer Fit Checklist](https://docs.google.com/document/d/1ZYURMV80gGcvgUFmSQviGs-qd8g7lebtLifjT7XY3hA/edit?usp=sharing)
* **School’s Back In Hell Week (Begins the Tuesday after Labor Day, or the Monday after Labor Day)**
  + 6 SSod classes in one week and one day you have to do a double day (2 workouts in one day), so it’s 6 classes (5 workout days with one double day)
    - Classes can be live or virtual with SSoD. SSoD Classes Must Be 30 Min or Longer.
  + Track progress by checking off classes on a challenge board in facility( see example below)

**Fall**

* **See Hell Week above**
* **The Drive to 25 Fall Fitness Challenge**
  + 25 classes in 6 weeks
    - Classes can be live or virtual with SSoD. SSoD Classes Must Be 25 Min or Longer.
  + Track progress by checking off classes on a challenge board in facility (see example below)

**Winter**

* **12 days of fitness**
  + 30 minutes of exercise 12 days leading up to Dec 23th
* **Merry Maintenance -**
  + 12 Classes in a month
    - Classes can be live or virtual with SSoD. SSoD Classes Must Be 25 Min or Longer.
  + **H.O.W. fitness challenges (hundred of the week) ideas:**
    - Week 1 push-ups (with variations….wall, knees or on toes)
    - Week 2 Squats or Glute bridges
    - Week 3 Sit-ups with variations
    - Week 4 Dips or Tricep Kickbacks
* **“Start Strong. Stay Strong, All Year Long” Challenge**
  + Take 4 Classes a week for 4 weeks
    - Classes can be live or virtual with SSoD. SSoD Classes Must Be 30 Min or Longer.
  + **Nutrition Weekly Challenges (N.O.W.s) Ideas:**
    - Week 1 - Veggies
      * Get 3 servings of vegetables a day for a week
    - Week 2 - Protein
      * Get 1 ounce of lean protein per body weight a day for a week (examples: Chicken breast, turkey, lean beef, fish)
    - Week 3 - Water
      * Consume 8-8oz glasses of water a day for a week
    - Week 4 - Healthy fats
      * Consume 2 servings of healthy fats a day for a week (example 1 teaspoon of olive oil, half an avocado)
  + Track progress by checking off classes on a challenge board in facility (see example below)
  + Track Nutrition by honor system or checking off weekly N.O.W.s on challenge board.
* **Hell Week (Begins right when the kids go back to school)** 
  + 6 Classes in one week and one day you have to do a double day (2 workouts in one day), so it’s 6 classes (5 workout days with one double day)
    - Classes can be live or virtual with SSoD. SSoD Classes Must Be 30 Min or Longer.
  + Track progress by checking off classes on a challenge board in facility( see example below)

**Tracking Ideas for Fitness Spaces**

* Challenge Boards (great for all challenges) [**Challenge board ideas**](https://docs.google.com/document/d/1mITIR4m8BmNNKQ3NHehyiFvEAliDfUCdP5vTFCWeF1w/edit?usp=sharing)
* Individual Tracker (printable templates for guests, residents, students, members)