Commit to be Fit

- The program is 8-weeks from **January 22-March 18**.
- You must complete four **different** activities over 5-days each week.

**Activities can include any of the following:**

- Participating in an Intramural game
- Participating in a Sport Club practice
- Bowling at the K-State Student Union
- Swimming
- Climbing
- Attending a Group Fitness class
- Running
- Walking
- Lifting
- Racquetball game
- Basketball game
- Volleyball game
- Boxing
- Cycling
- Strength core training
- Cardio training
- Working with personal trainer
- Other

*Activity = minimum of 30 minutes of activity at a Rec Services facility or bowling at the K-State Student Union*

- After signing up at the North Service Desk, you will receive an email with a link to the qualtrics survey that you will use to track your activity.
- You will receive an email each week to submit your activity for that week. You **MUST** submitted the survey (each week) to be entered into the weekly drawings and to complete the challenge.
- Participants that complete the challenge will receive a Wildcat Challenge t-shirt.