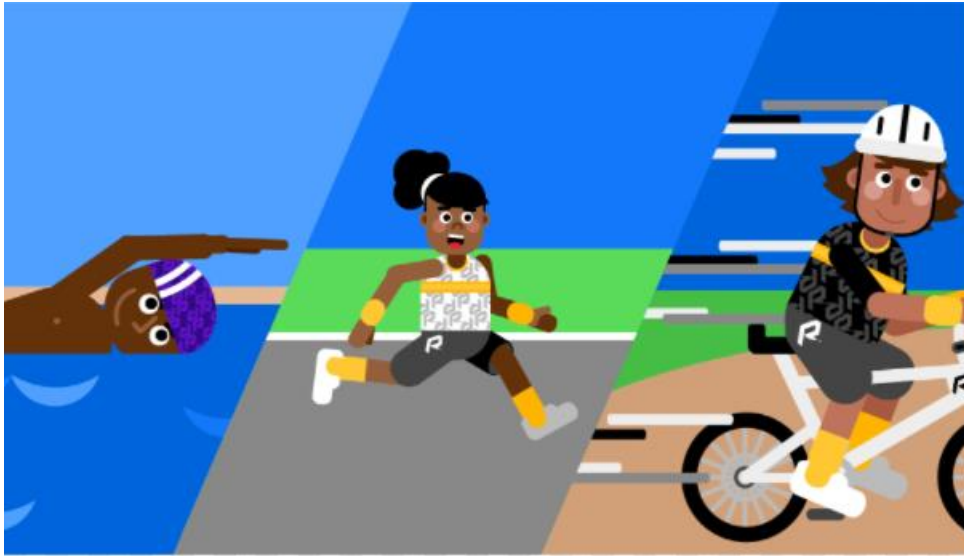


# Hundred Days of Fitness Challenge

What is it?



- A fitness challenge spread out over 100 days (10<sup>th</sup> Dec, 2022, to 19<sup>th</sup> Mar, 2023)
- It is a team competition. Prizes to be won by all members of the winning team.
- Team points will be the sum of individual scores. The team with the highest total score wins.
- You can score points doing any physical activity and Cycling, Running/Walking and Swimming fetch you mileage points!
- You can check your points anytime [HERE](#)
- Please note that the points are updated ~ every 24 hours on workdays

## Scoring details

Over the course of 100 days, you will get a chance to participate and compete in the challenge and add points to your team basket. You can perform up to two activities every day to improve your team's standings.

Points/Activities	Cycling	Running/Walking	Swimming	All others
<b>Activity Points</b>	1 point per km	5 points per km	4 points per 100 m	10 per 30 min
<b>Daily Points</b>	20	20	20	20

Other activities: Zumba, Dance, Tennis, Yoga, weight training, pickleball, team sports etc. Maximum 40 points per other activities (if they are at least 2 hours long).

E.g. 1: John runs for 5 kms on Sunday. His points for that day will be  $45 = (5 \times 5 + 20)$

E.g. 2: Jane swims for 1 km. Her points for that day will be  $60 = (4 \times 10 + 20)$

E.g. 3: Janine cycles for 30 kms. Her points for that day will be  $50 (1 \times 30 + 20)$

E.g. 4: Chris works out in the gym for an hour, it was his arms day. His points will be  $40 (20 + 20)$

- Remember, **no bonuses for increased difficulty or high speed**. Only distances matter.
- **Max. 2 activities per day per person count**. If we see multiple entries against a member in a single day, we will choose the top 2 activities that fetch the highest points. No add-ons or stacking ups beyond that within a day. Daily 20 points is only once even if you do 2 activities.

E.g. 1: Anne cycles 15kms and swims 1 km on the same day. Her points will be  $75 (20 + 1 \times 15 + 4 \times 10)$

E.g. 2: Mike runs 5 kms, walks 10 kms and cycles 30 kms on the same day. His points will be  $100 (20 + 5 \times 10 + 1 \times 30)$ . Running points will not be counted.

- **3x days** - Saturday: D1 and D100 (Dec 10 and Mar 19), January 1-3 (to start the year off on the right foot)
- **2x days** - all other Saturdays and Sundays
- **2x and 3x days do not combine!** Day 1 does not bring  $x \times 3 \times 2$  points even though it is a Saturday.
- For 2X and 3X days, the count of daily points and activity points is multiplied
- **Milestone points** – each person can earn each award only once except for The Great Comeback Award which can be earned more than once. Milestone points will be added to the score of the activity that crossed the threshold. Milestone points are not subject to other bonuses (e.g. NOT  $1000 \times 2$  on 2X days)

	Milestone	Points
Running/Walking	200 km/124 mi	1000 pts
Cycling	1000 km/621 mi	1000 pts
Swimming	25 km/15.5 mi	1000 pts
Other activities	20 activities	500 pts
The Great Comeback Award	Recording an activity after a gap of at least 14 days	100 pts

## Recording activities:

### Only activities recorded or synced to Strava will be counted

For your activities to be recorded please follow these steps. We are going to use the STRAVA app for this purpose which is widely used by people around the world. You will need to create an account (any email) and download the app to your phone.

- Go to <https://www.strava.com/login>
- Log in using your Google ID or any other preferred way (Facebook, e-mail, etc.)
- Go to <https://www.strava.com/clubs/995662>
- Request to join the club
- Download the STRAVA app on your phone (to track the activities). Login using same email address as before.
- If you come across any difficulty with the app, go through the following link or reach out the SPOC below:

<https://support.strava.com/hc/en-us/articles/115000063184-FAQ>

If clicking on the above link does not work, please copy and paste the link to your browser.

Or reach out to

Sanjay Kumar, email: Sanjay\_Kumar29@dell.com

Ivana Kovacova, email: Ivana\_Kovacova@dell.com

Subramita Dash, email: Subramita\_Dash@dell.com

Madhav Parashar, email: Madhav\_Parashar@dell.com

- To log your activity, please follow these steps:

<https://support.strava.com/hc/en-us/articles/216917397-Recording-an-Activity>

- Or connect your smartwatch to the app so that your activities upload automatically to your account.
- Please note that it is impossible to change the distance covered.

### **Logging activities other than offered by Strava**

Strava offers a limited number of sports to choose from. For this challenge, you can log any activity that is not offered by Strava simply by selecting one of the activities it offers – choose the closest one or “Workout” to log in the activity and after finishing, type into the title what kind of activity you did.

## General Guidelines:

1. Please maintain good hydration by drinking lots of water/juices on your workout days.
2. Please follow a good warm-up pre-workout and stretching post work-out.
3. Have loads of fun! Reach out to the organizers for any further details.