



# **100 DAYS OF FITNESS**

**December 10, 2022 – March 19, 2023**



# LAST YEAR RECAP

DELL Technologies

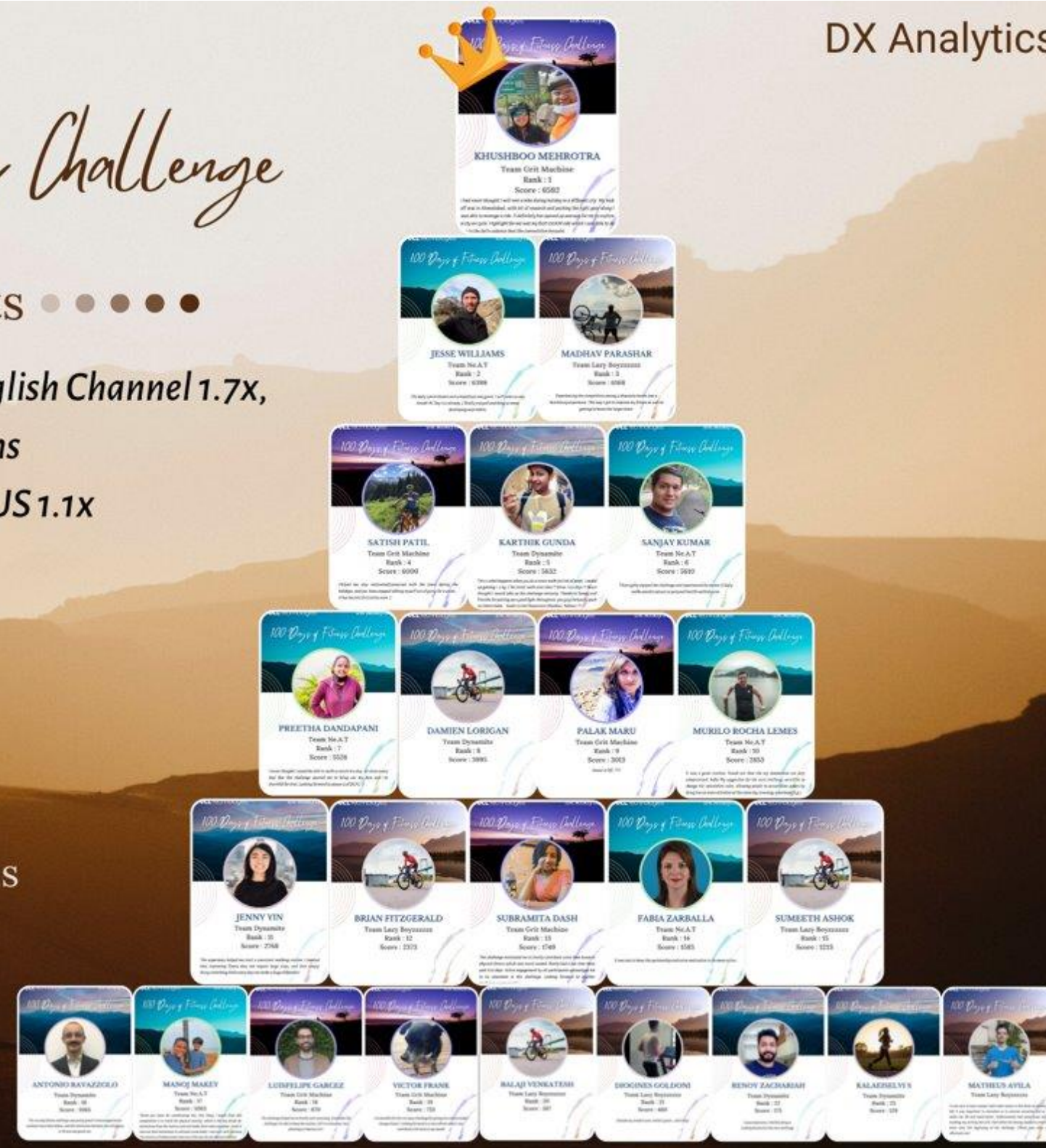
DX Analytics

## 100 Days of Fitness Challenge

••••• 24 Participants •••••

Together, we swam across the English Channel 1.7x,  
ran 119 marathons  
and cycled across the US 1.1x

Total Activities: 1,347  
Total Distance : 9,918 Kms  
Cycling : 4,832 Kms  
Running : 5,028 Kms  
Swimming : 58 Kms



Competition is an amazing  
motivator –  
We found time for fitness even  
with traveling/family/Covid



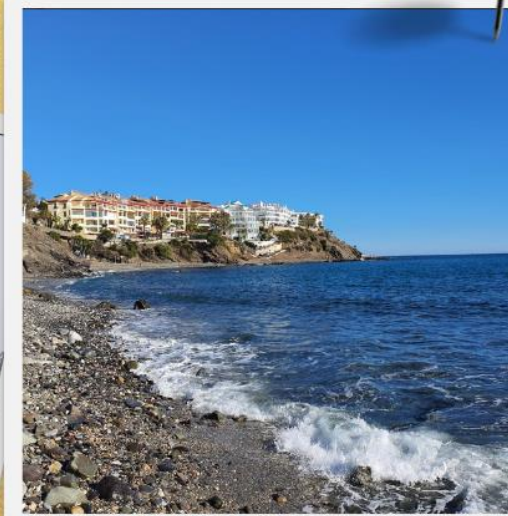




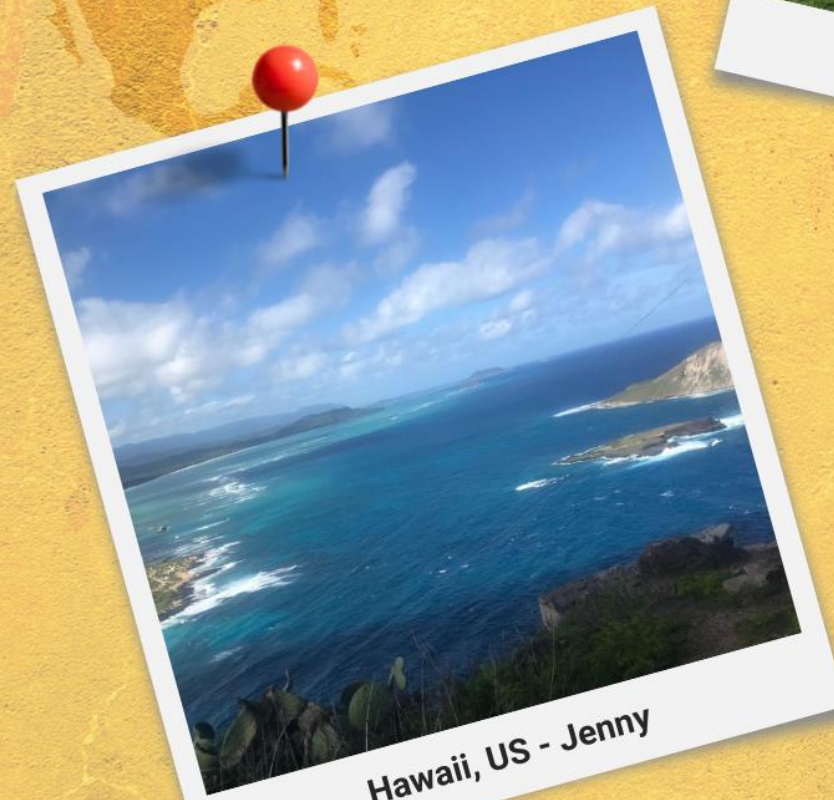
Idaho, US - Jesse



Limerick, Ireland - Damien

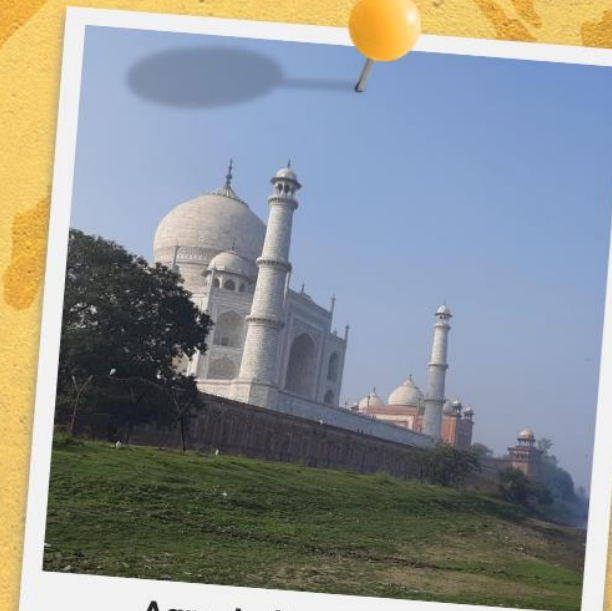


Malaga, Spain - Fabia



Hawaii, US - Jenny

*Memories  
across the  
Globe*



Agra, India - Madhav

***Sharing is awesome -  
Malaga, Idaho, Brazil, India, Ireland***





# RULES

## DATES

December 10, 2022 – March 19, 2023

## TEAM CHALLENGE

- Teamwork makes the dream work! The best team wins the challenge
- Participation is voluntary – register through our form
- Prizes will be won by all members of the winning team
- Teams will be created with a mix of participants from different teams

## TRACKING

- Through our [Strava club](#)
- Invitation and precise information will be sent to participants registered for the challenge
- If you have private account, please accept following requests from our organizers

***The highest challenge was  
getting out of the comfort zone***



# POINTS

**POINTS:** Sum of daily points + activity points

	Cycling	Running/Walking	Swimming	All others
Activity Points	1 point per km	5 points per km	4 points per 100m	10 points per 30 min of activity*
Daily Points	20	20	20	20

\*Other activities: Zumba, Dance, Tennis, Yoga, Gym, Pickleball, Team sports, gardening etc., must be at least 30 minutes long to be eligible for activity points. Shorter activities receive daily points only.  
Maximum 2 hours per other activity (40 points).

Eg 1: John runs for 5 kms on Sunday. His points for that day will be 45 = (5\*5 + 20)

Eg 2: Jane swims for 1 km. Her points for that day will be 60 (4\*10 + 20)

## MAX 2 ACTIVITIES PER DAY COUNT

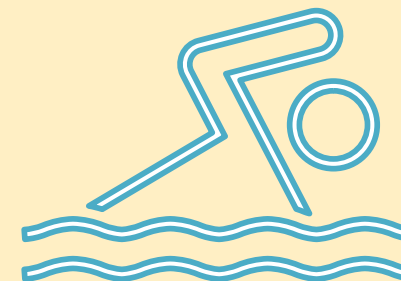
In case of more activities, the two activities fetching most points will be taken into consideration

## YOU CAN ONLY EARN DAILY POINTS ONCE A DAY

E.g.1: Anne cycles for 15 kms and then swims 1 km. Her score will be 75 (20 + 1\*15 + 4\*10 )

E.g.2: Jake lifts in the gym in the morning for 1.5 hours and runs 10 km in the afternoon.  
His score will be 100 (20 + 30 + 10\*5)

***A mixed team helped us  
to get to know each other better***



# POINT BOOSTS

- 2X DAYS: Saturdays and Sundays fetch double points!
- 3X DAYS: Day 1 (Dec 10), Jan 1<sup>st</sup> – Jan 3<sup>rd</sup> , and Day 100 (Mar 19) fetch triple points!

## MILESTONE AWARDS:

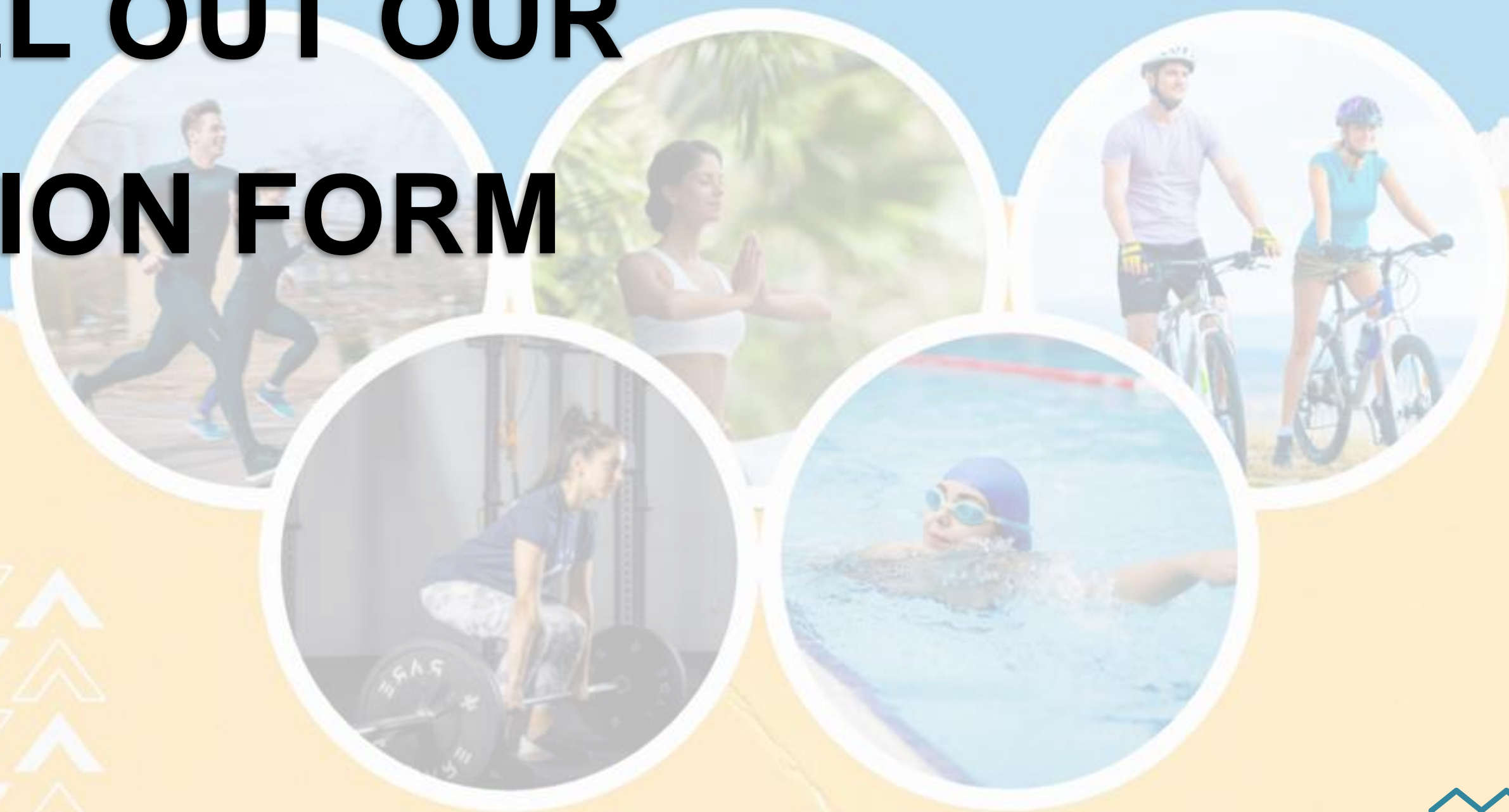
	Milestone	Points
Running/Walking	200 km (124 mi)	1000 pts
Cycling	1000 km (621 mi)	1000 pts
Swimming	25 km (15.5 mi)	1000 pts
Other activities	20 activities	500 pts
The Great Comeback Award	Recording an activity after a gap of at least 14 days	100 pts

Each athlete can receive each award only once.  
The only exception is the Great Comeback Award, which can be received repeatedly.

Consistency helps achieve  
bigger distances



**PLEASE FILL OUT OUR  
REGISTRATION FORM  
HERE 😊**



# **QUESTIONS OR DOUBTS?**

## **CONTACT THE ORGANIZERS:**

**SUBRAMITA DASH**

**IVANA KOVACOVA**

**MADHAV PARASHAR**

**SANJAY KUMAR**





# IMPORTANT LINKS

[STRAVA CLUB](#)

[REGISTRATION FORM](#)

