Dearest March Fitness enthusiasts-

It's nearing that most wonderful time of year! March Fitness is a mere 8 days away, and boy do I need it! I’ve been ‘carefully calibrating’ my diet over the last few months - successfully keeping the momentum that was started with the traditional delicacies of the December holiday season, upping the ante in the [Philippines to six meals](https://en.wikipedia.org/wiki/Merienda#:~:text=In%20the%20Philippines%2C%20merienda%20(Filipino,the%20equivalent%20of%20afternoon%20tea.) a day of rice, vinegar, and various fried meats, and tapering to a more balanced three meals a day of fondue, raclette, and crepes. Needless to say, I am sufficiently carbo-loaded and carbo-bloated and am excited to use some of this stored fuel in March!

**Origin of March Fitness:** When Owen and Andrew were in college, they were proud members of the Harvard rowing team where they were expected to maintain peak physical condition to make up for their relative lack of rowing technique. To stay fit over the winter break, the team devised a winter points system (not unlike March Fitness)  to reward good behavior. After graduation and out in the wild, Owen and Andrew struggled to replicate this sense of camaraderie, accountability, and dedication to self-improvement, and so they enrolled all of you to help apply the requisite peer pressure to stave off the lbs. Thus March Fitness was born.

**Overview of March Fitness:**The goal of March fitness is to accumulate as many points as possible to climb the ranks of the leaderboard. Each day, you are expected to log your workouts as well as your ‘transgressions’. As a reminder, the point system is highly rigorous and ever-improving. This year we used generalizable artificial intelligence, cross applications of Coase theorem and Chaos theory, long division, and our old faithful finger in the air to devise a revised point system that converts daily fitness activity into a single daily score. Throw that into our **newly improved leaderboard**, add some special workouts and subgames, and you have yourself March Fitness!

**What’s New This Year?:** In short… a lot. We are entering the era of March Fitness 2.0. Last year, you may have noticed that our beloved spreadsheet was straining under our collective weight *<insert weight loss pun for Costi and Caroline’s sole enjoyment>*. While many simply noticed, Paul Razgaitis, took matters into his own hands and devised March.Fit - meticulously recreating the leaderboard and scoring logic and bringing it to the 21st century. What does that mean?

* No more spreadsheets. Workouts are logged on March.Fit and the leaderboard is updated in real-time. Strava integrations also available..
* Invite your friends or rivals - whatever gets you motivated. Once you log-in, you will have a referral link that you can send so that we know who introduced whom to keep our community. We can now handle more people than ever before!
* Log your feedback - while we underwent rigorous beta testing, there are certainly areas for improvement. Don’t be shy about telling us what you like and don’t like. Just as we will each transform ourselves this March, so too will the March Fitness competition.
* There will be more to come on how to navigate March Fitness 2.0. The interface to log and track points should be intuitive, but **we will send** a demo in case you need help getting startedStay tuned!

**Next Steps:**

1. **Sign-up by Feb. 27 (<1 minute):** If you are participating this year, please sign-up [here](https://www.march.fit/?i=JVsOHh)
2. **Payment: $30 accepted via venmo** (@owenvp), fractional shares of Nvidia stock are also accepted. Please include your full name in the comment

**Duration:** March 1 - March 30 (30 Days, starting on 3/1)

**Scoring:** Updated scoring is available on March.Fit and will be shared via email, as well. The categories are: Running, erging, high intensity workout, low intensity workout, yoga, and horses. Points will be deducted for overindulgence. Streaks awarded for consecutive days of working out subject to 10-point minimum.

**The Payouts:** 50% to the winner; 50% shared with all who maintain their 30-day streaks

**Inviting others:**Please feel free to forward this to any who might be interested or share your referral link.