2017 Georgetown Law Dean’s Challenge  
Monday, January 30th – Friday, March 3rd

General Information
The 2017 Dean’s Challenge Program has been designed to assist you with developing healthy behaviors to incorporate into your busy lifestyle. This Challenge consists of physical activity and calendar events to help motivate you. The online scorecard makes it easy to track your activities. Here is how it works...

Registration is open to students, staff and faculty at Georgetown Law
- All participants must register in person and sign the Statement of Informed Consent.
- Participants who are not members of the Scott K. Ginsburg Sport & Fitness Center must wear the BLUE BAND in order to enter the facility at no charge during our planned events. You may purchase an $11.00 guest pass to use the facility at other times.
- Registration will end Friday, February 3rd.
- Anyone who wishes to participate after February 3rd may do so, but will not be eligible for drawing prizes.

Points, Scorecards and Prizes
Points:
Points are awarded for attending scheduled events and for exercising on your own (you can take the exercise points while attending the exercise classes).
- 5 points for every day you exercise a minimum of 30 minutes; 10 points for 60 minutes (max points for exercising).
- 10 points for every scheduled fitness and wellness program you attend (see calendar of events).
- 20 points for donating blood or doing a service project.

Take 10 – 10 BONUS POINTS PER WEEK if you exercise three times a week, meditate twice a week, eat one healthy food option a day for all seven days, and turn off your cell phone for at least two hours a day, you may take 10 bonus points.

Scorecards: The Electronic Scorecard!
An electronic scorecard is available on the Sport & Fitness website to download and save on your desktop. Simply fill in the number of accumulated workout hours each week, check the box on the activities you attend, and the calculations will be automatically added for you. You can also print out the scorecard and complete it manually. If you have any questions or find the scorecard difficult to navigate, do not hesitate to contact Karen Pierce or Rhonda Bompensa. In order to be entered into the drawing for prizes and receive a t-shirt, your scorecard must be completed and turned in at the end of the program.

- ALL SCORE CARDS MUST BE EMAILED TO RHONDA AT rbd37@georgetown.edu OR DELIVERED TO THE FITNESS CENTER BY 8:00pm FRIDAY, MARCH 3RD.

Prizes:
First prize is a $300 gift card to REI, and second prize is a three-pack of personal training sessions. Participants who turn in their scorecard will receive a Dean’s Challenge t-shirt and entered into a drawing to win one of three $100 gift cards to REI, as well as Tier prizes. If you make the healthy changes recommended in this program, you will be a winner, regardless of your points. Prizes will be awarded for both the Dean’s Challenge and Dean’s Extreme Triathlon (see below). Note: You can only win the top scorer prizes once, but you will be eligible for all raffle prizes. If there is a tie, the $300 gift card or personal training sessions will be divided among the winners.

Again this year -- a tier point system for adding prizes. Participants who submit their scorecard by the due date will be entered to win one of five gift cards within the applicable tier for total points earned (one chance per entry).

<table>
<thead>
<tr>
<th>Tier</th>
<th>Points Range</th>
<th>Chance to win</th>
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</thead>
<tbody>
<tr>
<td>Tier One</td>
<td>5-305</td>
<td>one of five $15 Sweetgreen gift cards</td>
</tr>
<tr>
<td>Tier Two</td>
<td>310-620</td>
<td>one of five $20 Sweetgreen gift cards</td>
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Dean’s Extreme Triathlon
The Dean’s Extreme Triathlon, scheduled for Wednesday, March 1, will consist of a 300-yard swim, 3-mile bike ride and 1-mile run. Report to the pool level of Sport and Fitness. Participants will sign up for a specific time to complete the event and spaces will be limited. More information will follow closer to the event date.

AWARD CEREMONY with the DEAN
The Dean’s Challenge Award Ceremony will be held in the Scott K. Ginsburg Sport & Fitness Center lobby. Date TBA.

Contacts:
Karen Pierce, 202-662-9835, piercekl@georgetown.edu
Rhonda Bompensa, 202-662-4254, rbd37@georgetown.edu

All information, including registration form, scorecard, and calendar, can be found on the Dean’s Challenge webpage at http://www.law.georgetown.edu/campus-services/fitness/. Please “like” us on Facebook at http://on.fb.me/1wjvgtH and Follow us on Twitter @GTownLawFitness.