

Team Challenge #2: Track Challenge

This challenge involves the indoor track and your best effort. Everyone on your team has to participate unless you are not able to because of injury or pre-existing condition (as advised by your doctor and approved by your trainer).

1. Your team will line up along the wall off of the track by the Physical Therapy clinic.
2. Each team member will walk, jog or run 2 laps to the best of their current ability to earn two points for their team.
3. **Trainers....please report the 2 lap time of EACH INDIVIDUAL to me via email (efaught@princetonclub.net)**
4. Make sure you cool down by walking around after the challenge. Remember to encourage and cheer each other on – you are all in this together!

Your team has until Saturday, Nov. 18th after classes to complete this challenge and it will be done during your regularly scheduled class time.

Each individual who completes this challenge will earn 2 points for their team. Two individuals who complete this challenge will be randomly selected to win an additional 3 bonus points for their teams. We will conduct this challenge again at the end of this contest to see how far you've come!

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