

ONEIDA FAMILY FITNESS

FITBALL

Team Fitness Challenge



**2-PERSON
TEAMS**

**PRIZES:
1ST PLACE
2ND PLACE
3 PLACE TEAMS**

**STARTS
NOVEMBER
27**

FREE INCENTIVE

**STARTS: 11/27/23
ENDS 12/30/23**

SIGN UP YOUR TEAM AT ONEIDA FAMILY FITNESS!

HOW TO SCORE

1 Point = 1 check/day max (20 minutes minimum)

6 points= 5 check-ins per week (TOUCHDOWN)

3 points= Saturday check-in (FIELD GOAL)

Draw for 0, 1, or 2 extra points when you get a TOUCHDOWN!

QUESTIONS: CALL 920-490-3730 OR EMAIL: FAMILYFITNESS@ONEIDANATION.ORG