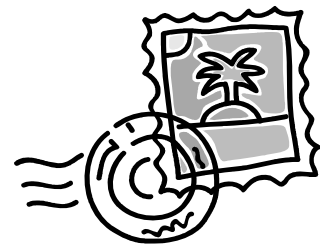


Spring Vacation Trip '09

Monday, April 13 - Sunday, May 24



Individual Guidelines *(Please see Team Guidelines for additional information)*

- The goal of the program is to engage in physical activity for at least 30 minutes per day, 5-6 times per week.
- Each participant is responsible for tracking his or her daily activity on the log provided.
- Activities may include walking, running, aerobics, weight training, etc. – **any exercise-related activity that involves at least 30 minutes of intermittent or continuous movement.**
- Extra minutes on one day cannot carry over to the next day. The idea is to move your body on a *daily* basis.
- **Every participant who achieves his/her individual goal will receive a FREE T-SHIRT!** In addition, all eligible participants will be entered in a drawing for some great prizes!
- Although the Spring Vacation Trip is intended to be a group activity, you may participate as an individual and be eligible for the t-shirt and individual prize drawings. Simply, fill out a registration form and submit to Pualani at pspurloc@bucknell.edu.
- If you have any questions, please contact Pualani Spurlock at 71465 or pspurloc@bucknell.edu.

****TO BE ELIGIBLE FOR PRIZES, PARTICIPANTS ARE REQUIRED TO COMPLETE A MINIMUM OF FIVE 30-MINUTE INCREMENTS OF ACTIVITY FOR 5 OF THE 6 WEEKS OF THE PROGRAM.**

SPRING VACATION TRIP 2009 Daily Activity Log

Your Name: _____ Team Name: _____

Campus Address: _____ Phone: _____

Exercise Goal (x per week): _____ Preferred t-shirt size: _____

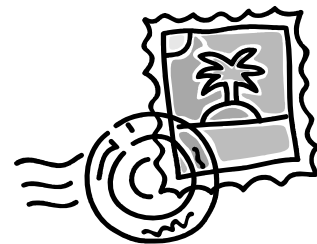
Keep track of your activity by simply adding a **checkmark for each day you complete at least 30 minutes of activity.*

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total
4/13—4/19								
4.20—4/26								
4/27—5/3								
5/4—5/10								
5/11—5/17								
5/18—5/24								

Once completed, please return this log to your Team Captain. To be eligible for prize drawings, logs must be received in Pualani's office (KLARC) by Monday, June 1.

Spring Vacation Trip '09

Monday, April 13 - Sunday, May 24



Team Guidelines *(Please see Individual Guidelines for additional information)*

- ◆ Pick a team of 4-6 people and determine a name for your team. Smaller or larger teams are permitted.
- ◆ Select a team captain as a contact for updates.
- ◆ Choose a destination and determine mileage. See the chart for examples, but feel free to choose your own, unique destination. (For mileage, go to www.infoplease.com/atlas/calculate-distance.html or www.geobytes.com/CityDistanceTool.htm)
- ◆ Set **individual weekly goals** (see *Individual Guidelines*).
- ◆ Add 6-week totals of individual goals to create **total team goal**.
- ◆ Divide destination mileage by team goal to determine how many miles each 30-minute increment of exercise is worth.

Sample destinations:

London, England	3,577 miles
French Riviera	4,112 miles
Rome, Italy	4,408 miles
Honolulu, Hawaii	4,736 miles
Key West, FL	1,166 miles
Orlando, FL	894 miles
San Francisco, CA	2,421 miles
Denver, CO	1,479 miles
Nassau, Bahamas	1,095 miles
Atlanta, GA	646 miles
Cancun, Mexico	1,484 miles

Or any city of your choice!

Example:

Team "Mulligan Stew" selects Edinburgh, Scotland as their Spring Vacation Trip destination (**3,364 miles**). They multiply each member's Individual Weekly Goal x 6 weeks to get Individual Total Goals, then add these goals together to create a Total Team Goal.

<u>Team member</u>	<u>Weekly goal</u>	x 6	<u>Total</u>
Jack	5		30
Sue	5		30
Donna	6		36
Cindy	5		30
Carl	7		42
Total team goal	28		168

Result = Mulligan Stew will travel 20 miles toward Edinburgh each day a team member exercises for at least 30 minutes. (3,364 miles / 168 = 20 team miles)

◆ Notes:

- Each individual team member is responsible for tracking his/her own progress.
- Team Captains are encouraged to create posters for their teams to track and celebrate team progress.
- Team members may exercise more often than they have individually committed to help the team reach its goal.
- At the conclusion of the program, Team Captains will collect all individually completed logs and turn them in for the team.
- **All logs should must be turned in Pualani's office (KLARC) by Monday, June 1.**
- If you have any questions, please contact Pualani Spurlock at 71465 or pspurloc@bucknell.edu.