

EXERCISE COMMITMENT MADE FUN + SIMPLE.

THE EXERCISE GAME | WHAT IS IT?

THE EXERCISE GAME

MEMBERS-ONLY EXERCISE SUPPORT + BEHAVIORAL CHANGE PROGRAM.

FITGAMES

PERSONAL INTENSITY INTERVAL TRAINING CLASSES

HOMEWORK

HABIT HACKS + OUICKFITS ASSIGNMENTS



THE **EXERCISE** GAME | HOW TO PLAY THE GAME

FITGAMES

- TWO MEMBERS ONLY CLASSES PER WEEK
- MULTIPLE EXERCISES + TARGETS PER CLASS
- PLAYER REPS = PROGRESS POINTS
- CLASS SCORE = TOTAL PROGRESS POINTS

GOAL I IMPROVE SCORE OVER COURSE OF MEMBERSHIP

HOMEWORK

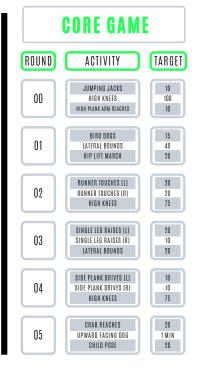
OFF DAY SELF-CARE AND COMMITMENT TESTING

EXERCISE GAME SAMPLE MONTH*

TOTAL BODY GAME							
ROUND	ACTIVITY	TARGET					
00	JUMPING JACKS DEEP SQUATS WORLD'S GREATEST STRETCH	100 20 10					
01	MODIFIED PUSH-UPS Lateral Jump Burpees Drop Squats	30 10 30					
02	PLANK SAWS Squat Jumps YTW	20 10 15					
03	SPLIT JUMPS LATERAL JUMP BURPEES STRAIGHT LEG BICYCLES	20 10 20					
04	FLYING SHOULDER PRESSES SQUAT JUMPS CROSSBACK LUNGES	15 10 20					
05	JUMPING JACKS Side Lying T (L) Side Lying T (R)	100 10 10					







QUICKFITS ASSIGNMENTS

HABITHACKS ASSIGNMENTS

STRENGTH

WATER

ENDURANCE

EAT

MOBILITY

SLEEP

GAME / / 20 DAY	MY PROGRESS SCORE	115	COACH'S COACHING SCORE	TOTAL BODY GAME UPPER BODY GAME LOWER BODY GAME CORE GAME
PROGRESS POINTS	MOVE ACTIVITY	TARGET	ACTUAL LESS 50%	50% 100% BONUS POINTS MY PERFORMANCE
1ST HALF SCORE				
	H			2 3 2 2 2 3 2
2ND HALF SCORE	B C D			2 3 2 2 3 2 2 3 2
	E			2 3 2 2 2 3 2
	H			2 3 2
CARDIO SCORE	CARDIO 1 CARDIO 2			2 3 2 2 2 3 2
	CARDIO 1			2 3 2 2 2 3 2
	CARDIO 2			2 3 2

AUTOPAY MEMBER

INDIVIDUAL | \$150 PER MONTH

ROOMATES | \$250 PER MONTH

MONTH-TO-MONTH MEMBER

INDIVIDUAL | \$200 PER MONTH

ROOMATES | \$300 PER MONTH

