

# 50 DAY CHALLENGE

## TERMS & CONDITIONS

MSAC 50 Day Challenge is free to a limited number of members with all gym access memberships. The number of participants accepted is at the discretion of MSAC management

The challenge will begin on the 11th February 2019 and will finish on the 8th April 2019.

To be eligible to win, the member must have a 30-minute consultation at the start of challenge, and in the midpoint of the challenge.

To track consistency, the MSAC Gym & Wellness Team will keep track of the points acquired by each member over the 50 days. A maximum of 2 points can be acquired daily from any combination of the following; 1 for a gym workout, 1 for attending a group fitness class and 1 for a small group fitness class. A member can have a maximum of 100 points in total, over the 50 days.

A workout is worth one point. A workout is defined as a workout set by instructor in the initial consultation, a supervised programme by an instructor, a small group training session or a group fitness class.

The greatest number of workouts per week is fourteen and the maximum points per day is two points.

The workouts must take place in the Melbourne Sports and Aquatic Centre Health & Wellness area.

The sessions must be logged by the gym instructor on the 50-day challenge scorecard and/or signed by instructor.

1st, 2nd and 3rd prize will be allocated to the most consistent member throughout the 50 days, prizes cannot be exchanged for cash.

If there are multiple participants on same number of points, it will be at the discretion of management to decide the winning member. Their decision will be based on the most consistent number of workouts per week of the challenge. They will also look at the healthy habits sheet to see who has been the most consistent through the challenge.