

Face Your Life 2011
Week: 9 March 7 – March 13
“Try something new!”
“Minute to Win It”

Name: _____
Team #: _____ **Team Name:** _____

This is it! The last week of the Face Your Life Program! Our last week is all about having FUN!

1. So your first “fun thing to do” is to **Try Something New**. Try a workout; whether it be a class or a new machine, or an interval program...try something that you have not done before.
2. Your second fun thing to do is to compete in one **Minute to Win It Game. (in the lobby)**
 - Each person may compete in 1 game for 1,000 points. Accomplish the task and receive an additional 1,000 points.
 - There are 5 Minute to Win it Games. You will have to pick your game from a hat and try to accomplish it.
 - If you do not accomplish the task, (win), you may compete again for \$5. You can pick a different game out of the hat or you can try the same game again.
 - Money collected will be added to the Face Your Life prize fund.

_____ **500 points** Did you try something new? What did you do?

_____ **1,000 points** Did you compete in 1 “Minute to Win it Game”?

_____ **1,000 points** Did you complete the task? (Did you win it)?

If you did not “complete the task” (win) you can keep playing, but it will cost you \$5 each time. You can play until you win, but it will cost you \$5 each time. The money collected goes into the fund...

_____ **500 points** How did you like competing in the Face Your Life Program this year?
 What would you change or add for next year?

Reminders:

- **You MUST get re- measured by Saturday, March 19.**
- **Please indicate on your measurement sheet if you accomplished your goal.**
- **Please make sure you sign up to attend the Awards Ceremony and please plan on bringing a dish.**
- **Aerobics Break Week March 13 – March 20/ No Classes**

DOUBLE POINTS FOR THE LAST WEEK:

Exercise Points: 15 minutes = 50 points/ Limit 2-hours a day = 400 points

Monday, March 7: _____	total _____
Tuesday, March 8: _____	total _____
Wednesday, March 9: _____	total _____
Thursday, March 10: _____	total _____
Friday, March 11: _____	total _____
Saturday, March 12: _____	total _____
Sunday, March 13: _____	total _____

Total Workout Points (should not exceed 2,800 points): _____

Total Points for Week #9: _____

Minute To Win It Games

1. Breakfast Scramble

- When the clock starts, player may begin turning over 16 even rectangles.
- To complete the game, player must assemble the pieces to recreate the original cereal box within the 60-second time limit.

2. Johnny Applestack

- When the clock starts, player may begin stacking 5 apples.
- Player may not alter the apples in any way.
- To complete the game, player must stack 5 apples so they are freestanding, 1 on top each other, within the 60-second time limit. They must remain freestanding for 3 seconds.

3. Face The Cookie

- When the clock starts, player must grab the cookie and place it on the forehead.
- The cookie must remain in contact with the face (i.e. player may not toss the cookie from the forehead and catch it in the mouth).
- If a cookie falls, player may reset an intact cookie on the forehead for the next attempt.
- To complete the game, the player must hold an intact cookie with his or her mouth within the 60-second time limit.

4. Defying Gravity

- When the clock starts, player releases all 2 balloons in the air and begins tapping.
- Player may not hold balloons allow them to rest on the body, or hit the body or the game is over.
- To complete the game, player must keep all balloons off the ground for 60 seconds.

5. Nervous Nelly

- Place a wristband with affixed pedometers over each elbow, a headband with affixed pedometers above each knee and set all displays to 0 in the pedometer's step mode.
- When the clock starts, player begins moving arms and legs while in a standing position.
- Player must stop all movement at the end of 60 seconds.
- To complete the game, player must have a combined total of 500 clicks or more within the 60 second time limit.