TRITONS IN MOTION

CHALLENGES

COMPLETE EACH CHALLENGE WITH YOUR TIM BUDDY/IES TO EARN REWARDS AND LEVEL UP YOUR PHYSICAL ACTIVITY.

LEVEL ONE CHALLENGE
- Complete 20 minutes of any physical activity with your TIM buddy/ies

REWARD | NUTRITION COUNSELING WITH THE SHS DIETITIAN

LEVEL TWO CHALLENGE
- Attend a free fitness class at The Zone OR
  - Do push-ups, sit-ups, lunges, a wall sit, and a plank, each for 1 minute

REWARD | TIM SUNGLASSES

LEVEL THREE CHALLENGE
- Meet with your TIM buddy/ies 2 or more times within a 2-week period

REWARD | TIM TOWEL

LEVEL FOUR CHALLENGE
- Walk/run the stairs located at the UCSD Track & Field Stadium for 15 minutes

REWARD | TIM SWAG BAG

LEVEL FIVE CHALLENGE
- Post a pic on our Facebook group of you and your TIM buddy/ies being active OR
  - Sign-up for a 5K race or walk/run 3.1 miles
- Complete one of the following activities:
  - Bike for 5 miles | Go on a hike | Swim for 20 minutes | Walk/run the campus loop

REWARD | SUN GOD SAYS... T-SHIRT
FREQUENTLY ASKED QUESTIONS

HOW DO I CLAIM MY REWARD ONCE I HAVE COMPLETED A CHALLENGE LEVEL?
Email the TIM Program at tritonsinmotion@ucsd.edu. You will receive instructions on how to pick up your reward.

THE CHALLENGES REFERENCE SPECIFIC LOCATIONS. WHERE CAN I FIND MORE INFORMATION ABOUT WHERE THESE PLACES ARE LOCATED?
- The Zone | http://zone.ucsd.edu
- UCSD Track & Field Stadium | http://bit.ly/29oo7m4
- Campus Loop | http://bit.ly/1LSQLfL

HOW DO I FIND THE TIM FACEBOOK PAGE?
If you would like to learn more fitness tips and communicate with other TIM buddies, join our Facebook group at: http://bit.ly/fbtritonsinmotion.

WHO DO I CONTACT IF I HAVE ANY QUESTIONS OR CONCERNS?
If you have any questions or concerns, contact the TIM Program at tritonsinmotion@ucsd.edu.