Walked 6 Miles	20 Push-ups per day for a week	Didn't pay a penalty during 4 straight weeks	Received an Immunity Card	Jogged (not walk) half a mile or more
Completed a 20-30 day plank challenge of your choice	Walked 5 Miles	Loss 5 or more pounds in one week	20 Squats per day for a week	Picture from initial weigh in shows improvement at 21 day weigh in.
Walked 1 Mile	Walked around and/or within the office	**FREE**	Attended Yoga Class	Flexed around the office talking about how 'Fine' you currently are
Give up a vice for 30 days	Talked Friendly Smack During Competition at least three times	Hit target weight before end of 8 week challenge	Drink a half-gallon of water daily for 7 days straight	Jumped Rope for 15 Minutes
Drank a full-gallon of water daily for 7 days straight	Brought Lunch to Work 4 days of one week	No added Sugar for 7 straight days	Worked out 5 days of one week	Created a group event and at least two people participated

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Walked around and/or within the office	20 Squats per day for a week	Received an Immunity Card	Completed a 20-30 day plank challenge of your choice	Loss 5 or more pounds in one week
Didn't pay a penalty during 4 straight weeks	Worked out 5 days of one week	Jogged (not walk) half a mile or more	Brought Lunch to Work 4 days of one week	Picture from initial weigh in shows improvement at 21 day weigh in.
Give up a vice for 30 days	Attended Yoga Class	**FREE**	Flexed around the office talking about how 'Fine' you currently are	20 Push-ups per day for a week
Drink a half-gallon of water daily for 7 days straight	No added Sugar for 7 straight days	Walked 6 Miles	Created a group event and at least two people participated	Talked Friendly Smack During Competition at least three times
Hit target weight before end of 8 week challenge	Jumped Rope for 15 Minutes	Walked 1 Mile	Walked 5 Miles	Drank a full-gallon of water daily for 7 days straight

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Brought Lunch to Work 4 days of one week	No added Sugar for 7 straight days	20 Squats per day for a week	Jumped Rope for 15 Minutes	Attended Yoga Class
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Walked 1 Mile	Created a group event and at least two people participated	**FREE**	Talked Friendly Smack During Competition at least three times	Drink a half-gallon of water daily for 7 days straight
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