



# TEAM BOOTCAMP

**6 Week Team  
Bootcamp Program**

*1/13 and ends 2/23 (\$75)*

**SEE BACK FOR DETAILS**



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

**Officially begins Monday 1/13 and ends Sunday 2/23**

### **How does it work?**

- Register & pay at the Welcome Center
- Attend a kickoff for your assignments, measurements, and excitement before 1/13 (you will be contacted to be scheduled after you register)
- You will be invited to join Team Bootcamp Facebook Group where you will find the weekly challenges, opportunities for extra points

### **What does it entail?**

- Complete weekly challenges with your team
- Earn points individually by exercising, meal prepping
- Prizes awarded for the following; most successful team and the individual who loses the most inches.

### **How do I earn points?**

- Each individual that completes a workout will earn points for their team  
Each 30+ minutes straight of purposeful exercise earns 1 pt. (60+ minutes = 2pt)  
YMCA Group Fitness classes earn 2pts regardless of length  
YMCA Personal Training earns 2pts for 30 min, 4pts for 60 min
- Complete weekly team challenge for 5pts each challenge per team member (all must participate).
- Meal prep for 5 points, receive 1x per week
- Check-in on Facebook each time you work out here for 1pt. each time (YMCA Of Lansing, Oak Park Branch, Westside Branch or Parkwood Branch)
- Team total inches lost = 2 pts each inch
- Creative team name—5 pts total

### **What are requirements?**

- Each Sunday night, the weekly challenge will be posted in the private facebook group
- Weeks run Monday-Sunday
- Fill out weekly sheet, email to [ymcateambootcamp@gmail.com](mailto:ymcateambootcamp@gmail.com) by 12pm the following Monday
- Send photo proof of workouts to the email above by the following Monday (if taking a class, checking in on the attendance sheet is sufficient)
- Send photo proof of meal prep to the email above by the following Monday
- Team points will be calculated once all sheets are in. Team Standings will be posted by mid-week in the private facebook group