

# game variations

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We encourage you to make The Fitness Challenge fit your lifestyle.

## Some suggestions:

### **Instant Gratification.**

Compete every week to win “mini prizes.” Pick a single coupon from any category (except from “Big Stakes”) to serve your opponent if you are ahead at the end of that week.

### **Kick it up a notch.**

When you and your partner are ready to up the exercise ante, compete for four workouts each week instead of three. Save the 3-point star for that fourth workout.

### **Accessible Fitness Challenge.**

Modify the Star-Qualified Exercise List to fit your needs. Stephanie, one of co-creators of The Fitness Challenge first played the game with a broken leg in a cast. She earned her stars by doing 30 minutes of floor leg lifts while her partner, Vicki, (the other co-creator) picked from the Star-Qualified list

### **Fitness Squared.**

Combine two activities from the Star-Qualified Exercise List. i.e. walking AND weight training to earn your star. But remember, you still have to do the required time for EACH activity.

### **Short on Time?**

Compete for four weeks instead of eight for a total point score of 20 points.