

## BLC 41 - WEEK SIX: - The Amazing Race!

The Amazing Race is the Weekend Challenge for this week! The challenge will run for 7 days instead of the usual 4 from Wednesday thru Tuesday. Post your Weekend Challenge scores, according to your team's guidelines. You will can report your LCW on Tuesday – you may use your fitness minutes from the race as your LCW.

There are 20 destinations. On Wednesday morning, you'll begin traveling to the first destination. Moving from one destination to the next is achieved by exercising for a total of **20 minutes** **AND** completing a challenge. You can break up your exercise - it does not have to all be done in one session. For those who exercise for more than **20 minutes**, since you could travel to more than one destination a day, each challenge may be completed **throughout** the day for every **20 minutes** of exercise. For example - if you do a 60 minute run on Wednesday, you must complete the **first** THREE Challenge activities before you can move onto the next destination on Thursday . If you do 120 minutes of exercise on Wednesday, you will need to do the **first** SIX challenges. In this example, the first SIX challenges do not have to be done in order but instead can be done **throughout** the day. Travel down the list and do not jump around!

If you exercise more than **20 minutes**, you can count those minutes toward your next destination **FOR THAT DAY ONLY**. Only completed blocks of exercise can be counted - if you have 45 minutes in one day - you may count 40 of those minutes. If you exercise 70 minutes, you can count 60 minutes - the 10 minutes do not carry over to the next day. A challenge may include a Sparks video, a quiz or an article to read. Once you complete the challenge, you can mark off the destination as complete – you earn 10 points. Modify any challenge if needed.

	Fitness Minutes 20 minutes each	Destination	Challenge	10 Points Each destination
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1		Cairo, Egypt	Drink 8 glasses of water	
2		Cardiff, Wales	Give 5 Goodies	
3		Manila, Philippines	3 Core exercises (1 set of 12 each)	
4		Paris, France	Plan a week's worth of meals	
5		Dublin, Ireland	Eat 3 green Freggie servings	
6		Copenhagen, Denmark	100 Steps - marching in place	
7		Ottawa, Canada	Post a motivational quote	
8		Madrid, Spain	5 Yoga Poses	
9		Bern, Switzerland	Post a recipe - Team Recipe Thread	
10		Nassau, Bahamas	Organize 2 areas – 15 minutes each	
11		Brussels, Belgium	3 Upper body exercises (1 set of 12 each)	
12		Bangkok, Thailand	Read and share a Sparks Article	
13		Nairobi, Kenya	3 Lower body exercises (1 set of 12 each)	
14		Bucharest, Romania	Stretching Video: <a href="http://goo.gl/5NNs7">http://goo.gl/5NNs7</a>	
15		Moscow, Russia	Eat 5 Freggies	
16		Seoul, South Korea	Post a GOYBAD on the thread	
17		Stockholm, Sweden	Sparks video: <a href="http://goo.gl/oj77D">http://goo.gl/oj77D</a>	
18		Oslo, Norway	25 Squats or Lunges	
19		San Jose, Costa Rica	Take a quiz: <a href="http://goo.gl/hkTox">http://goo.gl/hkTox</a>	
20		Washington DC, USA	30 minutes of ME time	

Total Points \_\_\_\_\_/200