THE PHYSICAL INITIATIVE
a health, fitness and lifestyle service for seafarers

TAKE THE CHALLENGE

PHYSICAL INITIATIVE SEAFARER'S CHALLENGE

TEAM NAME				WEEK					
NAME	CYCLING	TREADMILL RUNNING	DECK WALKING	STAIR CLIMBING	ROWING	SIT UPS	PUSH UPS	WEEK TOTAL	

TEAM RECORDS

TAKE THE CHALLENGE!

Are you ready for the Physical Initiative Seafarer's Challenge?

For the first time ever, the physicality of your day can now give your crew the chance of winning the Physical Initiative Seafarer's Challenge!

It's easy to take part in the Seafarer's Challenge!

Look at the activities below:

ACTIVITIES and POINTS!

ACTIVITY	For 5 Minutes	For 10 Minutes	For 15 Minutes
Cycling	5 Points	10 Points	20 Points
Treadmill and Running	15 Points	30 Points	60 Points
Deck Walking	10 Points	20 Points	35 Points
Stair Climbing	15 Points	30 Points	60 Points
Rowing	15 Points	30 Points	75 Points
Sit Ups (supervised if novice)	1 Point per Repetition		
Push Ups (supervised if novice)	1 Point per Repetition		

You will see that you already take part in some if not all of these activities EVERY DAY!

To take part in the Seafarer's Challenge simply keep a record of the number of times you take part in each activity then at the end of the day or week multiply this number by the points awarded for each activity. Next using a dry wipe pen write your name on the chart (on this poster) and write your total number of points for each activity in the columns provided.

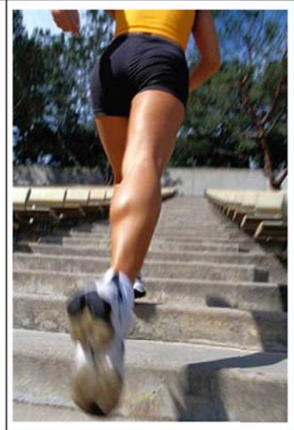
At the end of each month, your appointed team leader will total up all points achieved by each crew member and then send them to the Physical Initiative for compilation. The results will be published on the website at: www.physicalinitiative.co.uk. Alternatively the results can be obtained by email or fax.

Use the **TEAM RECORDS** lines to record crew members who are putting in the hard effort for their team.

The moderately competitive among you will be pleased to know that all over the globe crews are competing for the right to say "We are the **Fittest Crew!**" and now you can join them!

So....

GO ON, TAKE THE CHALLENGE!

CHALLENGE RULES

- Points from disciplines will only count when working onboard.
- Based on the ships' monthly input, an average will be calculated per vessel divided by its crew numbers. (The more take part the higher the average)