



2020 WINTER CHALLENGE

Registration begins: Monday, January 6, 2020

Sign-up by: Monday, February 10th (Midterm Break)

Challenge ends: Friday, March 6th, 2020

- Newly re-designed!
 - Set a goal and work to achieve it during Winter Term 2020 by competing in 1 of 3 tiers: beginner, active, or advanced
 - Find a work/life balance in all areas of your life: physical, nutritional, and emotional/social
- The Challenge can be completed as a team, department, or individual
- Start by registering for the Challenge at the MindBodySpirit class registration page under your preferred tier @ <https://apps.carleton.edu/campus/rec/MindBodySpirit/mindbodyspirit/>
- All participants will be guaranteed a Rec. Center 20th Anniversary t-shirt!
- Additional prizes will also be awarded

Email Jenna Kuhlman (jenna12believe@gmail.com) if you have any questions.