



Commit To Get Fit

@ home edition

FAQ

This challenge will look a bit different than our in-club Commit To Get Fit! We want members to stay active, engaged and have fun!

100 points = 2020 CTGF Tee!

How do I earn points:

Join the private group, GTCF 2020, on Facebook to find challenges and point values. Each 'unit' or category will have various challenges listed (and added throughout). Read the description to understand what is required. Also, keep an eye on the events tab for live events that are available!

How do I received credit?

Most challenges will require a picture be posted in the comments to verify! Once completed select 'DONE' on the post. This verifies for you and us that you completed the activity and we will look for the picture to award points.

What if I don't want to post my picture in the comments?

No problem. Select 'done' and email the picture with the challenge name to membership@oakwoodathleticclub.com.

Can I do more then one a day in the same 'unit'?

There are no limitations in what you can do or when. Challenges or activities will be added throughout the program. If it is up for completion you can do it at anytime.

Can I do the same activity more then once?

No, once you click 'done' that challenge or activity is complete. However, that doesn't mean that we will not make that challenge or activity available again later on!

How does the Family Challenge Unit work?

Participate as a family for added prizes for the kids! Post pictures as a family and you and your kids will receive points. Kid's prizes are a frisbee at 50 pts and a jump rope at 100 pts.

Are points applied to the In-club CTGF once it is launched?

YES! We have every intention of offering CTGF once it is safe to do so! Your 100 points will be applied to the CTGF prize tier for the T-shirt, so you will start off ahead! For example, if you complete the @ home edition and the CTGF t-shirt is 10 points on the Club Challenge Card, you will start with 10 points!

Can I earn a 2nd t-shirt once the in-club challenge starts?

No, you will have the opportunity to earn one t-shirt, either during the @ home edition or the in-club edition.

Please complete each challenge honestly and in its entirety. We realize the verification process is limited, so we are counting on you to participate, have fun, and put effort into each task!