

Graduate & Professional Student Fitness Competition

March 22–April 5, 2022



Join the Graduate and Professional Student Government (GPSG), Office of the Provost – Graduate Studies, and Campus Recreation for a fitness competition just for graduate & professional students!

Structure

- The competition is set up for teams of four
- If you do not have a team to join with, you will be matched to a team
- Weekly and grand prize winners will be determined by weekly step count, which will be submitted via a tracking form by each individual on a weekly basis
- * If you do not have a tracking device, are unable to complete steps, or require accommodations, a comprehensive exercise conversion chart will be provided to translate activity into steps

Timeline

- Two weeks: Wednesday, March 23– Tuesday, April 5
- The winning team will be announced on Friday, April 8

Guidelines

- Every individual will submit step counts via a tracking form each Tuesday during the competition period
- Team step counts will be updated weekly and can be checked via the team tracker website



Prizes

Here's what you can win! Apple Watch, Fitbit, AirPods or Beats, iPad, Electronic Gift Cards, Ninja Blender, Wellness Consultation + Personal Training sessions with Campus Rec, **and MORE!**

- Weekly prizes for most team steps
- Weekly prizes for most individual steps
- People's Choice: Best Team Name (a vote will be conducted)
- Overall Grand Prize for team with the most competition steps

Register to Participate

Register by 11:59 p.m. on March 21 to be paired with a team. Additional details about the competition and helpful resources will be emailed upon registration. All questions can be directed to Kevin Sciuolo (KLS150@pitt.edu).

Watch the leaderboard at gradstudies.pitt.edu

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