

# COMMONLY asked questions

---

## Ask Vicki and Stephanie

[Do I have to do the same exercise as my partner?](#)

[Do I have to exercise with my partner?](#)

[Can I pick a partner who exercises all the time even if I am a beginner?](#)

[Can I play with more than one partner at the same time?](#)

[If my partner doesn't live in my house, how do we let each other know when we earn our stars?](#)

[Can we play The Fitness Challenge as a team?](#)

[What do the time frames on the coupons mean?](#)

[Why do you put two of each wagering coupon in the game?](#)

[Can I pick two of the same coupon for my Wager Book if my partner isn't using the other one?](#)

[Can I exercise more than three times a week?](#)

[Can I get more than one star in a day?](#)

[Can I get more than one 3-point star in a week?](#)

[Can I divide a 30-minute workout into two separate 15-minute workouts?](#)

[Can we play The Fitness Challenge for less than eight weeks? What if I've been gardening all afternoon and I work up a good sweat, can I get my star even if it's not on the Star Qualified list?](#)

[Why do you suggest I hang the game board?](#)

### **Do I have to exercise alongside my partner?**

No. Although you play The Fitness Challenge with a partner, you don't have to exercise with your partner. Your partner can be across the street or across the country. You and your partner can also exercise at different times and still earn stars. If you don't live in the same house, we suggest that each of you have your own scorecard so you can track your own progress and each others.

[TOP](#)

### **If my partner doesn't live in my house, how do we let each other know when we earn our stars?**

It's as simple as a phone call. You'll look forward to calling your partner each time you workout. And... it's fun to catch up on the day's events. Or, for you phone-a-phobics, email also works. Update your board with your stars and your partner's stars.

[TOP](#)

### **Do I have to perform the same exercise as my partner?**

No. You and your partner can do your own thing and pick any exercise you enjoy from the Star Qualified List.

[TOP](#)

### **Can I play with more than one partner at the same time?**

We don't recommend it. Remember in grade school when the teacher wanted you get in line for a field trip? You were told to hold hands with a partner and you knew right away if your

little school pal was missing. The Fitness Challenge is based on the same buddy system. It works because you are held accountable to one other person.

[TOP](#)

**Can I pick a partner who exercises all the time even if I am a beginner?**

Yes. The Fitness Challenge is designed to allow players with different exercise levels to compete equally. Only the time duration changes from level to level to earn your star. The important thing is to encourage each other.

[TOP](#)

**Can I get more than 1 star in a day?**

No. You can only get a maximum of one star each day. However, you can get two stars in a 24-hour period if it spans two days. For example, let's say you exercise at 11:00 PM on a Monday night and then at 6:00 AM on Tuesday morning. You would get a star for Monday and another star for Tuesday.

[TOP](#)

**Can I divide a 30-minute workout into two separate 15-minute workouts during the day?**

No. You need to exercise continuously for the entire time period required for your level and not break it up into shorter time periods to earn your star. However, if you experience dizziness or shortness of breath, immediately stop exercising and consult your doctor.

[TOP](#)

**Why do you suggest I hang the game board?**

Out of site out of mind. Placing the board on the refrigerator or anywhere where it will be visible makes it easier to track your progress. It becomes a great motivational tool. Each time you reach for the ice cream, you'll be reminded that your partner has more stars that week than you do. Plus, you'll get lots of support from your friends and family when they see all the stars on your board.

[TOP](#)

**Can I pick 2 of the same coupons for my Wager Book if my partner isn't using the other one?**

Yes. We give you two of each coupon in case both of you want the same thing in your Wager Book. However, feel free to use two of the same coupon if your partner doesn't pick the other one.

[TOP](#)

**Can we play The Fitness Challenge for less than 8 weeks?**

The Fitness Challenge is designed to be played for 8 weeks because it takes that long at to develop good exercise habits and to show results! However, the important thing is to get a start on your exercise program. Therefore, if need be, you can modify the star-points to accommodate a shorter time period (see Game Variations).

[TOP](#)

**What if I've been gardening all afternoon and I work up a good sweat. Can I get my star even if it's not on the Star Qualified list?**

It's all in the negotiations. If you can convince your partner that you earned a star for yanking out those weeds, be our guest. But don't fool yourself. You know when you've worked hard enough to deserve a star. And don't let your partner try to convince you that playing 18 holes of golf while riding a golf cart earns a star.

[TOP](#)

**Can I exercise more than 3 times a week?**

Absolutely! You can exercise as often as you like. It really helps to get in a few extra workouts, especially in the first weeks of the game in case other priorities interfere with your workout schedule later in the game.

[TOP](#)

**Can I get more than one 3-point star in a week?**

No. You only have one chance each week to earn the coveted 3-point star.

[TOP](#)

**Can we play The Fitness Challenge as a team?**

Groups and organizations are encouraged to play The Fitness Challenge. It's a great idea to launch The Fitness Challenge for a neighborhood, office, club, or church group. BUT, you will still need to pair off into teams two by two since the key to the success of the game is to be accountable to one and only one other person. Pick a common eight-week period and get everyone in the group rallied to play! Feel free to create coupons that give back to or are relevant for the group. And do share individual team results with everyone in the group.

[TOP](#)

**What do the time frames on the coupons mean?**

The time frame on the coupon tells you how long you will have to do that activity. For instance, "You auto wash my car" would be performed only one time, but you'd have to do "Mow mow mow the lawn" for an entire month. Likewise, "The cat's been a'scratchin' - better clean out the litter box" means you would have to scoop the litter box for a week. And "Call the ticket office - take me to a sporting event" is a one-time event.

[TOP](#)

**Why do you put two of each wagering coupon in the game?**

We provide a duplicate of each coupon so you and your partner can each pick the same reward. But if you decide that you want two of the same item and your partner didn't use the other coupon, go ahead and double up. For example, if you want your partner to "Rise and shine! - get up with the baby" for two weeks instead of one week, put both of those coupons in your Wager Book.

[TOP](#)