



KÅM → I → GÅNG

The student's sports campaign 19.9 – 14.11



SET UP PERSONAL GOALS



WORK OUT REGULARLY



REMEMBER THE DAILY WORKOUT

Motionsgulis	600 p
Motionsgamyl	1000 p
Motionsalumn	1500 p

Collect points and earn an overall badge! The points are determined following the table on the right. You can't divide up a chunk of time into smaller segments.

NB! You can collect a maximum of 100 points per day.

Mark your points in the table on page 2, and remember to fill out your contact information.

BONUS

If you bicycle, run, walk or nordic walk at least four times a week (a minimum of 15 minutes a day) you get an additional **10 bonus points** for that week.

Turn in the form to the Student Union office no later than 21.11.

Sports that are rated for every 15 minutes of exercise (points / 15 min)

• Bicycling	3 p
• Walking	2 p
• Running	5 p
• Orientation	6 p
• Swimming	5 p
• Skiing	5 p
• Nordic walking / fast walking	3 p
• Stretching	2 p
• Water running	3 p

Sports that are rated for every 30 minutes of exercise (points / 30 min)

• Walking in stairs (about 50 steps/3 floors)	1 p
• Forestry	6 p
• Shoveling snow / sweeping sidewalk	5 p
• Cleaning	3 p
• Garden work	3 p
• Chopping wood	5 p
• Badminton	5 p
• Ball sports / team sports	6 p
• Table tennis	4 p
• Bowling	2 p
• Boxercise	7 p
• Crossfit	7 p
• Dance	4 p
• Fishing	1 p
• Frisbee golf	3 p
• Golf	3 p
• Gym	6 p
• Martial arts	6 p
• Climbing	5 p
• Fitness	6 p
• Riding	4 p
• Rowing	6 p
• Roller skating	5 p
• Ice skating	3 p
• Squash	7 p
• Spinning	7 p
• Tennis	5 p
• Aquaerobics	6 p
• Volleyball	4 p
• Yoga, easy (Hatha)	2 p
• Yoga, heavy (Astanga, Power)	4 p

• Other

(use the corresponding sport)

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200 p

400 p

600 p

800 p

1000 p

1200 p

1400 p

1600 p

Name: _____
E-mail: _____
Phone: _____
Studying in: Åbo Vasa Jakobstad

= 1 point