

FIT FOR LIFE

Empower and Challenge Others



THE CHALLENGE

F2T ambassadors may influence the physical, psychological and social well-being of their peers. To complete this challenge you must document the role that you have played in helping a peer accomplish something meaningful related to wellness and fitness (e.g. establish a new habit, achieve a goal, engage in a new activity, etc.).

Your influence must be documented from your perspective and that of your peer via a written submission.

INSTRUCTIONS

- Within the current renewal cycle for your F2T certificate, help a peer accomplish something meaningful that is related to wellness and fitness.
- Document the role you played in helping the peer from two perspectives; yours and theirs.
- From your perspective, briefly describe:
 - What was your peer able to accomplish (where did they start and where did they end)?
 - What role did you play in helping them?
 - What specific things did you do to try and help? What was successful, what was unsuccessful?
- From your peer's perspective, have THEM describe:
 - What they were able to accomplish and its relevance to their overall wellness and fitness.
 - The role you played.
 - The specific things you did that had the biggest influence on their achievement.
- Combine the two written descriptions into one file.

GRADING CRITERIA

- ✓ Meaningful accomplishment related to wellness and fitness
- ✓ Your perspective criteria met
- ✓ Peer perspective criteria met
- ✓ Description is genuine
- ✓ Written for lay audience
- ✓ Peer permission to use

SUBMISSION GUIDELINES

Submissions should be formatted as a .docx or .pdf file. Submission details will be shared with the launch of the Fit To Thrive member portal.