

# 2023 FITNESS CHALLENGE RULES

This year the Weight Loss Challenge has been phased out. The 2023 Fitness Challenge is now designed solely to encourage individuals to become more active. Individuals who wish to participate in the 2023 Fitness Challenge must be part of a team in order to compete for individual or team prizes.

## Eligibility

- All participants must be active LAPD sworn officers or LAPD civilian employees. Each team must have a minimum of 20 sworn officers participating.
- Each team may have a minimum of 20 members and a maximum of 30 members. Teams can be made up of members from various divisions.
- Each team must designate a Team Captain and co-Captain.
- All team members will be registered on the [MyVirtualMission.com](https://myvirtualmission.com) ("MVM") website or mobile app using their email address. A "Welcome" email will be sent to each participant with instructions on how to logon to the MVM website or mobile app. **If you need assistance the logging into or using the MVM website or mobile app, access the [MVM Help Page](#) or send an email to [mvmsupport@myvirtualmission.com](mailto:mvmsupport@myvirtualmission.com).**
- Each team must designate one "Station Fund" to receive any awarded team prizes.
- Participants must be actively at work during the duration of the 2023 Fitness Challenge.
- All prizes will be paid upon completion of the 2023 Fitness Challenge.
- All activity submissions are subject to review. LAPRA shall make the final determination of the winning teams and individuals.
- A 2023 Fitness Challenge Application must be completed in full and submitted to LAPRA by the end of day on Friday, March 24, 2023. Applications must be emailed to [fitnesschallenge@lapra.org](mailto:fitnesschallenge@lapra.org), in the Excel format provided by LAPRA. Faxed or printed copies will not be accepted.

## Activity Challenge

- The Activity Challenge has 4 segments with each segment running 3 weeks. Participants can walk, run and/or cycle to accumulate miles during each segment of the Activity Challenge.
- Participants must use the My Virtual Mission (MVM) mobile app to report the number of miles completed walking, running, or cycling each day during the dates shown in the table below for each segment of the Activity Challenge. In order to get credit for miles completed, participants must use a compatible device or mobile app to sync their information automatically on the MVM website. Participants can send distances completed to the MVM website from apps or wearables such as Apple Health, Adidas Running, Runkeeper, Strava, Fitbit, UnderArmour Connected Fitness, and Map My Run/Ride/Walk/Fitness.
- Participants may only use one device per activity per day. For example, if you are running outside, you cannot use a Fitbit and a Garmin. If this happens, the activity with the most miles will be kept and the other(s) will be deleted.

- Manual entries will be accepted. If you are using a tracking device, it may take up to 24 hours to sync with MVM. Therefore, if you are using a device, do not enter a manual entry until you confirm that it did not post.
- All Activity Challenge participants are eligible to win individual prizes even if they won an individual prize in a prior year LAPRA Fitness Challenge.
- Activity Challenge final prizes are awarded to the top teams and individuals that accumulate the most miles walking, running, or cycling across all 4 segments. Miles completed for the team competition are calculated taking the total miles completed by all participants on a team who participated in each activity and dividing by the total number of participants who participated across all segments of the Activity Challenge. Winners will be announced, and prizes awarded upon completion of the Fitness Challenge.
- **Activity Challenge segment prizes** are awarded to the top teams and individuals who complete the most miles in each 3-week segment walking, running, or cycling as shown in the table on the next 2 pages. Miles completed for the team competition are calculated taking the total miles completed by all participants on a team who participated in each activity (walking, running, or cycling) and dividing by the total number of participants completing miles in each activity. Winners will be announced, and prizes awarded upon completion of the Fitness Challenge.

Prizes per Segment				
Team	Running	Walking	Cycling	Total
Week 1 to 3 - 1st Prize	\$1,000	\$1,000	\$1,000	\$3,000
Week 1 to 3 - 2nd Prize	\$750	\$750	\$750	\$2,250
Week 1 to 3 - 3rd Prize	\$500	\$500	\$500	\$1,500
Week 4 to 6 - 1st Prize	\$1,000	\$1,000	\$1,000	\$3,000
Week 4 to 6 - 2nd Prize	\$750	\$750	\$750	\$2,250
Week 4 to 6 - 3rd Prize	\$500	\$500	\$500	\$1,500
Week 7 to 9 - 1st Prize	\$1,000	\$1,000	\$1,000	\$3,000
Week 7 to 9 - 2nd Prize	\$750	\$750	\$750	\$2,250
Week 7 to 9 - 3rd Prize	\$500	\$500	\$500	\$1,500
Week 10 to 12 - 1st Prize	\$1,000	\$1,000	\$1,000	\$3,000
Week 10 to 12 - 2nd Prize	\$750	\$750	\$750	\$2,250
Week 10 to 12 - 3rd Prize	\$500	\$500	\$500	\$1,500
Individual	Running	Walking	Cycling	Total
Week 1 to 3 - 1st Prize	\$250	\$250	\$250	\$750
Week 1 to 3 - 2nd Prize	\$100	\$100	\$100	\$300
Week 1 to 3 - 3rd Prize	\$50	\$50	\$50	\$150
Week 4 to 6 - 1st Prize	\$250	\$250	\$250	\$750
Week 4 to 6 - 2nd Prize	\$100	\$100	\$100	\$300
Week 4 to 6 - 3rd Prize	\$50	\$50	\$50	\$150
Week 7 to 9 - 1st Prize	\$250	\$250	\$250	\$750
Week 7 to 9 - 2nd Prize	\$100	\$100	\$100	\$300
Week 7 to 9 - 3rd Prize	\$50	\$50	\$50	\$150
Week 10 to 12 - 1st Prize	\$250	\$250	\$250	\$750
Week 10 to 12 - 2nd Prize	\$100	\$100	\$100	\$300
Week 10 to 12 - 3rd Prize	\$50	\$50	\$50	\$150

Final Prizes Cumulative Segments				
Team	Running	Walking	Cycling	Total
1st Prize	\$6,500	\$6,500	\$6,500	\$19,500
2nd Prize	\$5,000	\$5,000	\$5,000	\$15,000
3rd Prize	\$3,000	\$3,000	\$3,000	\$9,000
4th Prize	\$1,500	\$1,500	\$1,500	\$4,500
5th Prize	\$1,000	\$1,000	\$1,000	\$3,000
6th Prize	\$500	\$500	\$500	\$1,500
7th Prize	\$500	\$500	\$500	\$1,500
8th Prize	\$500	\$500	\$500	\$1,500
9th Prize	\$500	\$500	\$500	\$1,500
10th Prize	\$500	\$500	\$500	\$1,500
Individual	Running	Walking	Cycling	Total
1st Prize	\$750	\$750	\$750	\$2,250
2nd Prize	\$650	\$650	\$650	\$1,950
3rd Prize	\$550	\$550	\$550	\$1,650
4th Prize	\$450	\$450	\$450	\$1,350
5th Prize	\$350	\$350	\$350	\$1,050
6th Prize	\$100	\$100	\$100	\$300
7th Prize	\$100	\$100	\$100	\$300
8th Prize	\$100	\$100	\$100	\$300
9th Prize	\$100	\$100	\$100	\$300
10th Prize	\$100	\$100	\$100	\$300