**Competition Guidelines: Let’s Get Fired Up!**

When the event kicks off, there are two ways to rack up points and claim victory:

1. **Crush Your Daily Goals:** Earn up to 5 points every day by sticking to the competition guidelines—show up, get it done, and snag those points!
2. **Go Big with Bonuses:** Feeling ambitious? Boost your score by completing as many bonus challenges as your heart (and legs) can handle!

Whether you stick to the basics or go all-in on bonuses, it’s all about having fun and bringing your A-game. Let the competition begin!

**Daily Points**

**Daily Workout:** That’s it—just 30 minutes of ANY activity type! Whether it’s yoga, running, dancing, or chasing your dog, just get it done and log it in the designated fitness app. Simple and effective!

**Hydration Station:** Drink 2 liters of water daily to stay hydrated and energized. Keep that water bottle handy and your game strong!

**Eat Healthy:** Stick to the diet of your choice (Keto, Vegan, Paleo, Low Carb, etc.)—all on the honor system! It’s easy to cheat here but challenge yourself to stay strict. If you slip, no shame, but don’t give yourself the point!

**Communicate:** The chat feature is your playground! Share funny pics, words of inspiration, or good ol’ smack talk to keep everyone motivated. To protect your mental health, feel free to silence notifications and check in during set times.

**Alcohol:** No alcohol, except on your day off! If you indulge, no judgment—but you’ll forfeit the point. Stay strong!

**Day Off:** You’ve earned it—one day off for each full week of the competition! On your day off, give yourself 5 points and let all the rules slide (yep, no splitting—one full day of freedom). So kick back, relax, and enjoy your rest day!

Don’t see something you like? It’s all customizable. The event creator can edit, delete, or add and daily challenge they choose.

**Bonuses**

Crush bonus challenges for extra points—run farther, bike faster, or take on quirky activities like restaurant reviews, polar plunges, or basketball 3-pointers.

Multiple bonuses can stack in a single activity (e.g., a 10-mile run at a sub-12-minute pace hits multiple bonus boxes!).

With tons of bonus options, you choose how funky you want to get. Go big or take it easy—it’s all about having fun!

Don’t see something you like? It’s all customizable. The event creator can edit, delete, or add and bonuses as they choose.

**Honor System: Keep It Honest!**

FFG runs on one simple rule—trust! This entire competition is built on the honor system, and we count on our funky athletes to play fair, stick to their goals, and log points with integrity. Whether it’s crushing workouts, eating clean, or tackling bonus challenges, honesty keeps the game fun, inspiring, and meaningful for everyone.

So, keep it real, hold yourself accountable, and remember—it’s not just about winning; it’s about challenging yourself and cheering on your fellow competitors. Let’s keep the vibes strong and the competition honest. Stay funky and fair!