Rules:

1. Notify FC Staff before participating. Push-ups must be monitored by a Fitness Center Attendant to be valid.
2. The FC Attendant will record your score on the MOM board & enter your name into the MOM Raffle each time you participate.
3. Participate as many times as you can during the month to increase your score!

COMPLETE THE MOST PUSH-UPS WITHIN THE MONTH OF OCTOBER!

MALES: REGULAR PUSH-UPS
FEMALES: MODIFIED PUSH-UPS

* Females may do regular push-ups, but they will still be counted as modified push-ups.

Complete as many push-ups as you can without stopping, keeping proper form.

You may participate once a day.

You must compete at least twice to receive WellU® credit.

$15 Mellow Mushroom gift cards for male and female winners!

$10 Mellow Mushroom gift cards for 2 Raffle winners!