



Presented by



**Coca-Cola HAWAII**  
BOTTLING OF  
A SUBSIDIARY OF THE **Dom** CORPORATION

## HOW TO EARN POINTS - BY PROGRAM

### CO RACE SERIES

- 5 points per entry (includes family)  
~ Contact: 808-254-7590

### HEALTH PROMOTION

- 50 points per Class (sleep, stress mgt, sexual health, tobacco cessation, nutrition, weight mgt, injury prevention)  
~ Contact 808-254-7473

### HITT

- 100 points
    - 1st place HITT Competition
    - 1st place Weightlifting Competition
  - 75 points
    - 2nd place HITT Competition
    - 2nd place Weightlifting Competition
  - 50 points
    - 3rd place HITT Competition
    - 3rd place Weightlifting Competition
    - Beast Board placement
      - (Max 1x per category/person)
  - 20 points
    - HITT Competition per entry
  - 10 points
    - Weightlifting Competition per entry
    - Gym Clean-up (Max 2/unit/day)
    - HERO WOD per entry
- ~ Contact 808-254-7597

### INTRAMURAL SPORTS

- 200 points 1st place (per team)
  - 150 points 2nd place (per team)
  - 100 points 3rd place (per team)
  - 100 points per entry (and finish) of sport (only 1 designated team for points)
  - 20 points/person/week for Run Club
- ~ Contact: 808-254-7591

### SMSP

- 100 points
  - E-8/higher, attend Council Meeting
    - 1 max/unit, per mtg
- 75 points
  - 1st place Video Game Tournament\*
  - 1st place Pool Tournament\*
- 50 points
  - 2nd place Video Game Tournament\*
  - 2nd place Pool Tournament\*
- 25 points
  - 3rd place Video Game Tournament\*
  - 3rd place Pool Tournament\*
- 20 points
  - Video Game Tournament per entry\*
  - Pool Tournament per entry\*
- 10 points Volunteer event\*

\*Limit to 2 max/unit/event

~ Contact: 808-254-7593

**REGISTER UNIT POC** 500 points  
(1x/unit/year)

#### CO RACES



#### HEALTH



#### IM SPORTS



#### HITT EVENTS



#### SMP EVENTS



#### OVERVIEW

