CHALLENGE WINNERS ANNOUNCED

UNIVERSITY OF QUEENSLAND
CONGRATULATIONS EVERYONE FOR INVESTING IN YOUR HEALTH & WELLBEING!

WWW.15MINCHALLENGE.COM.AU
How Did The Challenge Work?

1. Find 15 Minutes a Day

Simply be active for just 15 Minutes a Day for it to count as an "Active Day". No matter what the current fitness level or how busy people are, they can always find 15 minutes a day to invest towards their health.

2. Track Their Progress

Participants join or create a team. Record their progress on our easy-to-use Online Platform. See how their team tracking and where it is placing on the organisation's leaderboard.

3. Win The Challenge

Participants exercise for as many days as possible during the 6-week challenge. The team that exercises the most "Active Days" for at least 15 minutes per day wins the challenge and some awesome prizes!
University of Queensland Challenge Statistics

- **Number of Active Participants:** 548
- **Number of Teams:** 81
- **Total number of exercise days:** 17,497 days
- **Total number of minutes exercised:** 890,285 minutes
- **18 teams scored above 90%!**
University of Queensland Challenge Statistics

- **Number of hours exercised per person**: 27 hours
- **Number of minutes exercised on average per day**: 39 minutes
- **Average number of days exercised per person**: 32 days out of 42 days
SOME PHOTOS SHARED DURING THE CHALLENGE
INDIVIDUAL WINNERS
BEST PHOTO COMPETITION
BEST PHOTO POSTED ON THE POST PAGE

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Photo Competition Winner #1

Katherine Ewen
(Team Moxico)
Photo Competition Winner #2

Mayra Hill
(Team Breathless)
Photo Competition Winner #3

Laura Hassett
(BELInternational)
TIP ON HEALTH AND WELLBEING
SELECTED FROM SUBMISSIONS DURING THE CHALLENGE
Tip on Health and Wellbeing

Alix Ximena Pinzón-Olive

(Rock Stars)

Prize: $50 Rebel Sports Voucher
BEAT/MATCH YOUR SCORE AWARD

THE PERSON WHO MATCHED OR BEAT THEIR SCORE IN THE SECOND HALF OF THE CHALLENGE (DRAWN OUT FROM PARTICIPANTS MEETING THE CRITERIA)
Beat/Match Your Score Award

Merinda Hall
(SMI & JKTech)

Prize: $50 Rebel Sports Voucher
SELF-IMPROVEMENT AWARD

THE PERSON WHO MATCHED OR IMPROVED THEIR NUMBER OF DAYS EXERCISED THROUGHOUT THE CHALLENGE COMPARED TO THE PRE-CHALLENGE SURVEY (DRAWN OUT FROM PARTICIPANTS MEETING THE CRITERIA)
Self-Improvement Award

Drashti Shah
(FBS Payment Sprints & Splits)

Prize: $50 Rebel Sports Voucher
FRESH START PRIZE

THE PERSON THAT EXERCISED EVERY DAY IN WEEK 5 OF THE CHALLENGE (DRAWN OUT FROM PARTICIPANTS MEETING THE CRITERIA)
Fresh Start Award

Michael Murphy
(CircularNextUsers)

Prize: $50 Rebel Sports Voucher
STAR PERFORMER AWARD

THE PERSON NOMINATED WHO WENT ABOVE AND BEYOND AND WAS AN INSPIRATION FOR OTHERS
Star Performer Award

Ross Dixon
(QB1ers)

Prize: $50 Rebel Sports Voucher
WINNING TEAM AWARDS

THE COMPETITION HAS BEEN EXTREMELY CLOSE WITH FOUR TEAMS FINISHING AT 100%! THE TIE-BREAK WAS SETTL ED BY THE AVERAGE NUMBER OF MINUTES EXERCISED BY EACH MEMBER OF THE TEAM.
4TH PLACE WINNERS

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4th Place – Team: MUScle MUSCULUS

Liesel MacDonald (Captain)  
Caitlyn Scherger  
Mickayla Heinemann  
Samara Ott  
Sebastian Aguilera  
Kai Bessee  
London Hollingshead  
Angela-Raye Nielsen

Team Score: 100%  
42/42 Days  
2,433 average minutes of exercise per person
3RD PLACE WINNERS
3rd Place – Team: ITS Flex Force

Adam Carew (Captain)  
Teresa Lim  
Daniel Howorth  
Lucas Rossdeutscher  
Deborah Roberts  
Carissa Reck  
Luke Angel  
Tracy Williams

Team Score: 100%  
42/42 Days  
2,683 average minutes of exercise per person

Prize: $50 Rebel Sports Voucher to each team member
2nd Place – Team: BELInternational

Laura Hassett (Captain)  Team Score: 100%
Erin de Lacy  42/42 Days
Helen Lee
Ana AbuBakar  2,713 average minutes of exercise per person
Michael Chen
Lisa Drew

Prize: $75 Rebel Sports Voucher to each team member
1ST PLACE WINNERS

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1st Place – Team: Slimming Gang

Hanyu Zheng (Captain)  
Yufei Chen  
Ning Chen  
You Luo  
Yanlin Sun  
Viviene Santiago

Team Score: 100%  
42/42 Days  
3,308 average minutes of exercise per person

Prize: 15 Minute Exercise Challenge Cup and $100 Rebel Sports Voucher to each member!
YOU HAVE WON THE 15 MINUTE CHALLENGE CUP

YOUR TEAM NAME WILL BE ENGRAVED ON TO THE TROPHY

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Other Outstanding Results

90%+ Team Score

- M&C Wellness Warriors 1
- Little RI-ppers
- FBS Payment Sprints & Splits
- MUScle Sprouts
- Chocky Pretzels
- SoMMEliers HSW
- ITS Ctrl-Alt-Defeat Inactivity
- Cash Us If You Can
- Guest Medical Exercisers
- Safety team
- The Cake Pausers
- Hikers
- Team Moxico
- SADdies
THANK YOU FOR TAKING PART IN THE 15 MINUTE CHALLENGE