

75 Days of Fitness Self-Guided Challenge

Official Rules and Regulations

Eligibility:

Participants must be **18 years of age or older** at the time of entry. Individuals under 18 may participate **only with a signed waiver** from a parent or legal guardian. All participants must be **active members in good standing with Desert Recreation District (DRD)**. Employees of DRD and their immediate family members may participate for personal achievement but are not eligible for prizes or drawings, if applicable.

How to Participate:

Join the **75 Days of Fitness Self-Guided Challenge** by:

1. Downloading the weekly tracker available through the DRD website or your local recreation center.
2. Completing and submitting the Jotform at the end of each week to log your activities.
 - Participants may log up to two (2) qualifying activities per day.
3. Eligible activities include fitness classes, workouts, recreational or outdoor activities, and wellness-related tasks as listed on the tracker.

Challenge Period:

The challenge begins at **12:00 a.m. (local time)** on **October 18, 2025**, and ends at **11:59 p.m. (local time)** on **December 31, 2025**.

Recognition:

Participants who successfully complete the challenge by submitting all required weekly logs will receive **official recognition** from Desert Recreation District. Recognition may include, but is not limited to:

- A Certificate of Completion for finishing all 75 days of the challenge.
- Public acknowledgment in DRD newsletters, social media, or website.
- Eligibility for special incentives or prize drawings, if offered.

Recognition is based on verified participation and compliance with all challenge rules.

General Rules:

- No purchase necessary. Void where prohibited by law.
- All weekly submissions must be received no later than 11:59 p.m. local time on December 31, 2025.
- DRD reserves the right to verify participation and eligibility and to disqualify incomplete or inaccurate entries.
- By participating, you agree to comply with all rules, DRD decisions, and applicable laws.
- DRD is not responsible for technical issues, data loss, or submission errors.
- Participants grant DRD permission to use their name, likeness, and participation details for promotional purposes, unless prohibited by law.

Safety Disclaimer:

Participants are encouraged to consult a physician before beginning any new fitness routine. Participation is voluntary and at your own risk. DRD is not liable for injuries, accidents, or damages resulting from participation in this challenge.

Disclaimer:

Participants should consult a physician before beginning any new fitness or exercise program. Participation in the 75 Days of Fitness Self-Guided Challenge is voluntary and at your own risk. Desert Recreation District is not liable for any injuries, accidents, or damages resulting from participation. No purchase necessary; void where prohibited by law.

Printed Materials Disclaimer

Disclaimer: Participants are encouraged to consult a physician before starting any new fitness or exercise program. Participation in the 75 Days of Fitness Self-Guided Challenge is voluntary and at your own risk. Desert Recreation District assumes no liability for injuries, accidents, or damages that may occur during participation. No purchase necessary; void where prohibited by law.

Photo Release Disclaimer

Photo Release: By participating in the 75 Days of Fitness Self-Guided Challenge, participants acknowledge and agree that Desert Recreation District (DRD) may photograph, record, or otherwise capture images and videos during the course of the program. DRD reserves the right to use these images, videos, and related materials for promotional, advertising, and marketing purposes in print and digital media, without additional compensation. Participants who do not wish to be photographed or recorded must notify DRD staff in writing prior to participation.

No purchase necessary. Void where prohibited by law.