



Naval Support Activity Naples, Italy Morale Welfare and Recreation Captain's Cup Incentive Programs

Addendum to Captain's Cup Program for MWR Fitness Incentive Programs 2026

Naval Support Activity Naples, Italy Morale Welfare and Recreation (MWR) Fitness hosts monthly challenges now through Dec. 31, 2026, which will be applicable for points included in the 2026 Captain's Cup Program. This initiative falls under, "Incentive Programs," outlined in the 2026 Captain's Cup Program Bylaws.

I. FITNESS CHALLENGES

- A. Monthly fitness challenges will be posted at MWR Fitness centers and on MWR social media outlets. Challenges can be entered from the first of each month until close of business on the last day of each month. To receive credit and earn points, participants **must** submit verifiable proof of completion. Participants can reference social media and fitness center "leaderboards" for results of the challenge starting the following month.
- B. Challenges may be conducted in the following capacities:
 - 1) Self-directed or operated on an honor system with proof of completion
 - 2) Organized opportunities, like Physical Readiness Training (PRT), with an MWR Fitness Specialist with participant sign-in sheet
- C. Verifiable proof must be shown to a Fitness Specialist at Capodichino and Support Site Fitness centers. All submissions must accurately reflect the activity performed and be provided within the designated reporting timeframe. Failure to submit valid proof may result in disqualification from that challenge or forfeiture of points.
 - 1) Acceptable forms of proof include:
 - i. Activity records from recognized fitness apps such as Strava, Apple Fitness or Fitbit.
 - ii. Data from wearable fitness devices such as smartwatches or fitness trackers
 - iii. Video recordings clearly demonstrate completion of the activity (Fitness staff will make an exception for filming solely for the purpose of this challenge. Please adhere to MWR Fitness center rules and regulations at all times.)
 - iv. Sign-in sheet from an MWR Fitness-hosted opportunity



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II. SCORING AND POINT SYSTEM

- A. Monthly fitness challenges will be scored and ranked based on the following criteria. Each monthly challenge will clearly specify the domain in which it is scored when posting.
- 1) For time (fastest time)
 - 2) Number of reps (repetitions)
 - 3) Load (heaviest weight)
- B. Challenges and participation will be scored via the following "Participation Point" system.
- 1) Participation points:
 - a. One point per person for individual "Scaled" events
 - b. Five points per person for individual "Prescribed (RX)" events
 - c. 10 Points per department when monthly challenge is conducted for PRT with MWR Fitness personnel.
 - 2) Place points:
 - a. First place = 50 Points
 - b. Second place = 40 Points
 - c. Third place = 30 Points
 - d. Fourth place = 20 Points
 - e. Fifth place = 10 Points
 - 3) Tie-break system: In the event of a tie in the top five places at the end of each month's challenge, all competitors will receive points according to their ranking.