

New Sports Initiatives and Health Exercises

Fitness Buddy

1. Background

- to encourage students to do exercise regularly;
- to encourage students to build up exercise peer groups.

2. Criteria

- All CUHK Full-time undergraduate students (For Non-University Sports Team Members only).

3. Application and Content

- Applicants should submit the online application form and fill out the survey at the end of semester (a total of two times);
- Applicants should attend the **Opening Ceremony** of Fitness Buddy and participate in the ball games activities at **5:30pm** on **20 January (Tuesday), 2026** in the **Thomas H.C. Cheung Gymnasium United College**;
- Applicants are required to do exercises for two sessions per week and one hour per session at least;
- Applicants have to form their own group (2-4 persons/group) and fill in the logbook by themselves;
- Souvenirs / gifts will be given to students with accumulation of over 24 hours at the end of each semester;
- Max. 100 participants in each semester.

4. Application Deadline

- 19th Jan (Monday), 2026

5. Year Plan

	Time	Events	Remarks
Session 1	Sept	Recruitment	Application form & Questionnaire
2025	Early Oct	Opening & Talk	Ball games activities after Opening
(Sept-Dec)	Oct to Dec	Implementation	5 groups with teachers' advisers
	2 Dec	Phase 1 finished	Participants send their logbooks to their teachers for record
	Mid-Jan 2026	Prize giving	
	Time	Events	Remarks
Session 2	Jan	Recruitment	Application form & Questionnaire
2026	Jan/Feb	Seminar & grouping	Ball games activities after Opening
(Jan-Apr)	Feb to April	Implementation	5 groups with teachers' advisers
	20 Apr	Phase 2 finished	Participants send their logbooks to their teachers for record
	Late April 2026	Prize giving	

6. Advisers List

- Ms. Huang Min Yi (PIC) (yihuang@cuhk.edu.hk; 3943 7696)
- Mr. Wong On Tung (Coordinator) (ontung@cuhk.edu.hk; 3943 9247)
- Dr. Ng Siu Kuen (Data Analyst) (robertng@cuhk.edu.hk; 3943 9856)
- Mr. Cheung Yuk Chuen (Adviser) (joshuacheng@cuhk.edu.hk; 3943 1732)
- Mr. Hui Ka Kit (Adviser) (kakithui@cuhk.edu.hk; 3943 3986)
- Ms. Mak Wai Sze (Adviser) (wsangelmak@cuhk.edu.hk; 3943 5179)

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7. IT Support

- Information Platform on PEU Website, e.g. training venue, apps
- Workout links (E-learning)
- Logbook samples

8. Application

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13638739>



9. Fitness Buddy Towel

