



January Rockin' Workout Challenge Guide

Registration: December 5-January 1

Challenge: January 2-31

The January Rockin' Workout Challenge is designed to help team members and spouses kick start their 2019 fitness routines, while building friendly competition between teams. We understand that while most people set New Year's resolutions for themselves with the best of intentions, the reality of our busy lives can sometimes get in the way. We want to support our BW family in setting goals and creating healthy habits so those New Year's resolutions stick!

Participants will be able to earn 1 workout/day with a maximum of 30 workouts/participant for all verified light, standard and/or advanced workouts (see chart below) completed during the challenge. All active North American associates AND spouses are eligible to join. This time around, the teams are up to you – your department, your BWU classmates, your friends from other divisions – any group of 15-50 North American BW team members and spouses will work! You have the option of becoming a team captain and starting your own team or joining a team that has already been created.

| Workout data submitted from | What Vitality evaluates | Light workout | Standard workout | Advanced workout |
|--|----------------------------------|-------------------|-------------------|-------------------|
| Vitality approved pedometer/mobile apps that track steps | Total Steps | 5,000 | 10,000 | 15,000 |
| Vitality Today app gym check-in | Attendance for 30+ mins | - | Yes | - |
| Vitality approved mobile apps (that track calories burned) | Total Calories | 100 | 200 | 300 |
| Heart Rate Monitor | Time and % of maximum heart rate | 15 minutes at 60% | 30 minutes at 60% | 45 minutes at 60% |
| | Total Calories | 100 | 200 | 300 |

REWARDS

| Individual and Team Rewards (BONUS Rewards per team member for achievements shown below) | |
|---|---|
| $\text{Average Workouts} = \frac{\text{Total \# of Workouts Uploaded}}{\text{Total \# of Team Members}} \div 30 \text{ days}$ | |
| Active Participants with 12-19 Total Workouts | 250 BONUS Vitality Points |
| Active Participants with 20-27 Total Workouts | 350 BONUS Vitality Points |
| Active Participants with 28-30 Total Workouts | 500 BONUS Vitality Points |
| Team with highest Average Workouts | Corporate Sponsored Celebration of Winning Team's Choice! (\$10/ Team Member) |

The challenge ends at Midnight Central January 31.

The deadline for *manually* syncing your device is 9 PM Central February 10.

Workout Challenge Overview

The Workout Challenge is based on verified workouts tracked *and* uploaded to Vitality. A verified workout can be any one of the following:

- Achieve a Light/Standard/Advanced Workout on a linked fitness device (see table on p.1)
- Check in to your local gym on the Vitality Today App and work out for at least 30 minutes
- Sign in to your BW on-site fitness center (where available) and work out for at least 30 minutes

Team members and spouses can earn up to 1 workout/day with a maximum of 30 workouts/participant during the 30-day Challenge. The team with the highest Average Workouts (as calculated below) at the end of the Challenge WINS!

$$\text{Average Workouts} = \frac{\text{Total \# of Workouts Uploaded}}{\text{Total \# of Team Members}} \div 30 \text{ days}$$

To count as an Active Participant for prizes, you must register for the Challenge in Vitality and agree to the Rules of the Road. Registration begins December 5 and ends January 1. **To register, complete the following steps:**

- 1) Login to Vitality and navigate to *Community > My Challenges*
- 2) You will see the Return of the Workout Challenge invitation waiting for you.
- 3) Follow the steps to register for or create your own team!

Team Roles

Team Captain: The Team Captain is responsible for setting up the team within Vitality. You can invite specific team members to join your team or leave your team open for anyone to join. Note: Responsibilities include the initial set up, ensuring your team has the required minimum of 15 team members, and boosting morale and getting your team moving!
Note: If your team does not meet the minimum of 15 team members, you will be notified before the Challenge begins to either recruit more members or have your team members join another team. If your team still does not meet the requirement when the Challenge begins, you and your team will not be able to participate in the Challenge.

To register as a Team Captain and start your own team:

1. **Please set up your team early in the registration period to allow maximum time for team members to join.**
2. Login to Vitality and navigate to Community > My Challenges.
3. You will see the Challenge invitation waiting for you.
4. Select "Get Started" and "Join this Challenge". Read and agree to the Rules of Road and you're ready to go.
5. Select "Create Team" and create a team name and slogan.
6. Choose "Open to Join" if you would like anyone to be able to join your team or "Invitation Only" if you have a specific group of people in mind.

Note: If you make your team "Invitation Only", only people you invite can join your team. The team will not show up for everyone on the "Join the Teams" page.

7. Upload your own team logo or choose from Vitality's photo options and you're ready to go.
8. Whether you choose "Invitation Only" or "Open to Join", don't forget to encourage people to join your team! Your team must have 15-50 members in order to participate in the challenge.

Team Member: Get moving to help your team finish the program year strong and earn BONUS Vitality Points!

To register and join a team that has already been created:

1. Login to Vitality and navigate to Community > My Challenges. You will see the Challenge invitation waiting for you.
2. Select "Get Started" and "Join this Challenge". Read and agree to the Rules of Road and you're ready to go.
3. Select "Join Team," find the group with whom you would like to compete and follow the instructions to register. You can join any team you see on the list!

Additional Questions?

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