



# May (More Than A) Workout Challenge Guide

**Registration: May 4-17**

**Challenge: May 18-31**

The May (More Than A) Workout Challenge is a two-part workout and BW Wellbeing challenge designed to support both mind and body wellbeing during these unprecedented times. Team members and spouses can participate in either challenge or both. Choose what's best for YOU – the more you complete, the more Vitality Points you earn! **All active North American team members and spouses are eligible to create and join their own teams for the workout challenge.**

## Part 1: Workout Challenge

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 completed during the challenge.

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
Self-Reported Gym Workout at Home (Forms & Waivers > Gym Workout)	Workout Date & Name of Gym: HOME	-	Yes	-
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 individual for achievements shown below)

$$\text{Average Workouts} = \frac{\text{Total \# of Workouts Uploaded}}{\text{Total \# of Team Members}} \div 14 \text{ days}$$

Active Participants with 7-10 Total Workouts	250 BONUS Vitality Points
Active Participants with 11-12 Total Workouts	350 BONUS Vitality Points
Active Participants with 13-14 Total Workouts	500 BONUS Vitality Points

Team with highest Average Workouts	100 BONUS Vitality Points for each team member!
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The challenge ends at Midnight Central May 31. The deadline for *manually* syncing your device is 9 PM Central June 14.

### Part 2: BW Wellbeing Challenge

The BW Wellbeing Challenge involves submitting your answers to four questions to check in with you on how you are doing during this time and focus on your mental wellbeing. On Monday, May 18<sup>th</sup> and Monday, May 25<sup>th</sup> we will post two questions on [bwwellbeing.com](http://bwwellbeing.com). To participate in the BW Wellbeing Challenge, simply submit your answers directly through [bwwellbeing.com](http://bwwellbeing.com) any time before midnight Central on May 31<sup>st</sup>.

<b>BW WELLBEING CHALLENGE REWARDS</b>	
<b>Individual Rewards (4 Questions Total)</b>	
1-2 Questions Answered	200 BONUS Vitality Points
3 Questions Answered	250 BONUS Vitality Points
4 Questions Answered	350 BONUS Vitality Points

### Additional Questions?

E-mail [bwwellbeing@barry-wehmiller.com](mailto:bwwellbeing@barry-wehmiller.com)