



bwwellbeing
BECOME YOUR BEST YOU

August Divisional Workout Challenge Guide

Registration: Starts July 28

Challenge: August 9 – August 31

The August Divisional Workout Challenge is a team-based workout challenge designed to inspire BW team members and spouses to drive a STRONG end to our 2021 BW Wellbeing program year while building friendly competition between Barry-Wehmiller divisional teams across North America. **All active North American team members and spouses are eligible to join their respective team below.**

TEAMS	
Accraply Canada	Design Group – North Central
Accraply MN	Design Group – Northeast
Afinitas	Design Group – Northwest
Alliance	Design Group – South Central
Baldwin	Design Group – Southeast
BW Packaging Systems Minneapolis	Design Group – Southwest
BW STL (All STL associates except DG)	Machine Solutions Inc.
BWFS Duncan/Synerlink	PCMC Ashland/ Cormier
BWIS Fergus Falls	PCMC Cofrin
BWIS Loveland	PCMC Glory Road
BWIS Lynchburg	PCMC Lombardi
BWIS Reedley	PSA Akron
BWIS Romeoville	PSA Angelus
BWP Hunt Valley	PSA Clearwater
BWP WI	W+D North America

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)

$$\text{Average Workouts} = \frac{\text{Total \# of Workouts Uploaded}}{\text{Total \# of Team Members}} \div 23 \text{ days}$$

Active Participants with 10-15 Total Workouts	250 BONUS Vitality Points
Active Participants with 16-19 Total Workouts	350 BONUS Vitality Points
Active Participants with 20-23 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 August 31. The deadline for *manually* syncing your device is 9 PM Central September 13.

Additional Questions?

E-mail bwellbeing@barry-wehmiller.com