



## **Game On Steps Challenge Guide**

### **Registration: Starts December 1**

### **Challenge: January 2-31**

The Game On Steps Challenge is designed to help team members and spouses kick start their 2017 fitness routines, while building friendly competition between Barry-Wehmiller divisional teams across North America. 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!

The Challenge is based on steps tracked *and* uploaded to Vitality from Challenge-compatible fitness devices (see the Game On Steps Challenge FAQ, available on [bwwellbeing.com](http://bwwellbeing.com), for a complete list). Participants will be awarded Vitality BONUS points for individual achievements and the team with the highest daily average steps will win the team prize!

All active North American associates are eligible to join their respective team below.

<b>TEAMS</b>	
Accraply Canada	Hayssen Flexible Systems/Synerlink
Accraply MN	MSI/Vante/Steeger
Alliance	PCMC Ashland
Baldwin Americas	PCMC Cofrin
BW STL (All STL associates except DG)	PCMC Cormier
BWCS Romeoville	PCMC Duncansville
BWCS Loveland	PCMC Glory Rd
BWCS Lynchburg	PSA Akron
BWI/Merritech	PSA Angelus
BWPS Hunt Valley	PSA Clearwater
BWPS WI	Thiele NE
Design Group – Central	Thiele FF
Design Group – Northeast	Thiele HS
Design Group – Southeast	Thiele Reedley
Design Group – West	W+D North America

<b>REWARDS</b>	
<b>Individual Rewards (BONUS Vitality Points)</b>	
<i>Daily Average Steps (DAS) = <math>\frac{\text{Total \# of Steps Uploaded}}{30 \text{ days}}</math></i>	
5,000-9,999 DAS	200 BONUS Vitality Points
10,000-14,999 DAS	350 BONUS Vitality Points
15,000+ DAS	500 BONUS Vitality Points
<b>Individual Rewards (Core Vitality Program Points)</b>	
5,000-9,999 steps in 1 day	5 Vitality Points
10,000-14,999 steps in 1 day	10 Vitality Points
15,000+ steps in 1 day	15 Vitality Points
<b>Team Reward</b>	
<i>Team Daily Average Steps (DAS) = <math>\frac{\text{Total \# of Steps Uploaded by your team}}{\text{Total \# of Eligible Participants}} \div 30 \text{ days}</math></i>	
Team with highest TDAS	Corporate-sponsored celebration (\$10/active registered team member)

The challenge ends at Midnight Central January 31.  
The deadline for *manually* syncing your device is 9 PM Central February 8.

**Additional Questions?**  
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