



**bwwellbeing**  
BECOME YOUR BEST YOU

## **January Steps Challenge Guide**

### **Registration: Starts December 4**

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

The January Steps Challenge is designed to help team members and spouses kick start their 2018 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 January Challenge is based on steps tracked *and* uploaded to Vitality from Challenge-compatible fitness devices (see the January 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 team members and spouses are eligible to join their respective team below.**

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

## REWARDS

### Individual Rewards (BONUS Vitality Points)

$$\text{Daily Average Steps (DAS)} = \frac{\text{Total \# of Steps Uploaded}}{30 \text{ days}}$$

5,000-9,999 DAS	250 BONUS Vitality Points
10,000-14,999 DAS	350 BONUS Vitality Points
15,000+ DAS	500 BONUS Vitality Points

### Individual Rewards (Core Vitality Program Points)

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

### Team Reward

$$\text{Team Daily Average Steps (DAS)} = \frac{\text{Total \# of Steps Uploaded by your team}}{\text{Total \# of Eligible Participants}} \div 30 \text{ days}$$

Team with highest TDAS	Corporate-sponsored celebration (\$10/active registered team member)
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The challenge ends at Midnight Central January 31.  
The deadline for *manually* syncing your device is 9 PM Central February 8.

## Additional Questions?

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