



January 2021 Workout Challenge Guide

Registration: December 7-January 3

Challenge: January 4-January 31

The January Workout Challenge is a team-based workout challenge designed to motivate our team members and spouses to develop or continue their fitness routine in 2021.

Participants will be able to earn 1 workout/day with a maximum of 28 workouts/participant for all 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 20-50 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)

$$\text{Average Workouts} = \frac{\text{Total \# of Workouts Uploaded}}{\text{Total \# of Team Members}} \div 28 \text{ days}$$

Active Participants with 10-17 Total Workouts	250 BONUS Vitality Points
Active Participants with 18-25 Total Workouts	350 BONUS Vitality Points
Active Participants with 26-28 Total Workouts	500 BONUS Vitality Points
Team with highest Average Workouts	Corporate Sponsored Celebration of Winning Team's Choice! (\$10/Active Registered Participant)

The Challenge ends at Midnight Central January 31.

The deadline for syncing, uploading and verifying your workouts are on the leaderboard is 9 PM Central February 12. Winners will be announced on February 15!

Workout Challenge Overview

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

- Achieve a Light/Standard/Advanced Workout on a linked fitness device (see table on p.1)
- Complete an at home workout and track it through Forms and Waivers on Vitality's website by clicking on Gym Workout and then listing the Name of Gym as "Home"
- Check in to your local gym on the Vitality Today App and work out for at least 30 minutes

Team members and spouses can earn up to 1 workout/day with a maximum of 28 workouts/participant during the 28-day Challenge. The team with the highest Average Workouts (as calculated below) at the end of the Challenge WINS!

$$\text{Average Workouts} = \frac{\text{Total \# of Workouts Uploaded}}{\text{Total \# of Team Members}} \div 28 \text{ days}$$

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 Monday, December 7 and ends Sunday, January 3.

To register, complete the following steps:

- 1) Login to Vitality and navigate to *Community > My Challenges*
- 2) You will see the January 2021 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 20 team members, and boosting morale and getting your team moving! **Note: If your team does not meet the minimum of 20 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 January 2021 Workout 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 20-50 members in order to participate in the challenge.

Team Member: Get moving to help your team start off 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 January 2021 Workout 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!