

# SPRING CHALLENGE

## Pinky Swear



Make a promise to better health by joining the **Pinky Swear Challenge**, which is a four-week rally where you pledge to eat better and exercise more in friendly competition with your co-workers.

**Registration:** May 14—May 31, 2018

**Team(s):** Employees create their own teams, which can have anywhere between two and six members.

**Challenge Duration:** May 21—June 21, 2018

**Rules:** You can earn points on a daily basis (up to a maximum of 1,500) as you begin to move more, eat better and live well. Please refer to the activity points table (on the right) to learn more about how your activities can add up.

**Weekly Prize Draws:** There will be weekly drawings for employees who earn an average of 300 points each day throughout the week:

- ✓ May 30 (for tracking May 21—27)
- ✓ June 6 (for tracking May 28—June 3)
- ✓ June 13 (for tracking June 4—10)
- ✓ June 20 (for tracking June 11—17)
- ✓ June 27 (for tracking June 18—21)

The weekly drawing winners will receive a **Fitbit Charge 2**, which is a heart rate and fitness wristband that tracks activity, exercise and sleep.

**Did you know?** Fitbits are one of the wearable devices that you can sync directly with RedBrick to simplify your experience. Once synced, your steps and physical activity minutes will automatically upload to accumulate towards your incentive requirements.

Get Active	Eat Healthy	Points	Live Well	Points
<p>Time-based activities credit 10 points per minute for moderate activity. For example, 45 minutes of exercise would count for 450 points.</p> <div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%;"> <p>Cardio Machine</p> </div> <div style="width: 50%;"> <p>Walking</p> </div> <div style="width: 50%;"> <p>Yardwork</p> </div> <div style="width: 50%;"> <p>Golf</p> </div> </div> <p>Low-intensity activities are worth 50 percent of moderate activities.</p> <p>High intensity activities are worth 200 percent of moderate activities.</p> <div style="display: flex; flex-wrap: wrap;"> <div style="width: 50%;"> <p>Downhill Skiing</p> </div> <div style="width: 50%;"> <p>Racquet Sports</p> </div> </div> <p>Step-based activities credit 0.10 points per step (recorded as moderate-intensity activity). For example, if you get 7,153 steps in for the day, you will earn 716 points.</p> <div style="text-align: center;"> <p>Steps</p> </div>	<p>Breakfast</p>	110	<p>Belonging</p>	90
	<p>Fruit: 950g</p>	80	<p>Focused Relaxation</p>	100
	<p>Half Whole Grains</p>	80	<p>Friends and Family</p>	80
	<p>Healthy Fats</p>	90	<p>Goal Tracking</p>	90
	<p>Healthy Snacks</p>	90	<p>Involvement</p>	90
	<p>Lean Protein</p>	90	<p>Leisure</p>	80
	<p>No Sweets</p>	110	<p>Less TV</p>	70
	<p>Real Food</p>	90	<p>Learning</p>	90
	<p>Slower Meals</p>	80	<p>Priority Setting</p>	110
	<p>Veggies 2 1/2 Cups</p>	110	<p>Sleep</p>	110
<p>Water</p>	70	<p>Time Outside</p>	90	

## Grand Prize Winners (Two Teams)

We will award the winning team with the **highest average points** and the team with the **highest cumulative points**. The winning team members from each team will each be awarded a **\$100 Gift Card**.

**What if there is a tie?** If there is a tie in either category, RedBrick will conduct a random draw to select the winning team.

