



Summer's coming! Look and feel better as you get ready to reveal a summer-ready you. Track your healthy habits to vie for points, prizes and bragging rights.

Registration: May 27 — June 24, 2019

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

Challenge Duration: June 3 — July 8, 2019

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 [at least 300 points](#) each day throughout the week:

- ✓ June 11 (for tracking June 3—9)
- ✓ June 18 (for tracking June 10—16)
- ✓ June 25 (for tracking June 17—23)
- ✓ July 2 (for tracking June 24—30)
- ✓ July 11 (for tracking July 1—7)

The weekly drawing winners will receive a **Fitbit Charge 3**, which is a heart rate and fitness wristband that tracks activity, exercise and sleep.

Did You Know? Fitbits are one of several 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.

Extra Bonus! Employees who reach an average of 300 on their daily wellness meter for at least 15 days of the challenge will be awarded 50 points towards their Wellness Incentive.

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. For example, if you get 7,153 steps in for the day, you will earn 716 points.</p> <div style="width: 100%;"> <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 drawing to select the winning team.

