



GoldBusters Workout Challenge Guide

Registration: Starts August 8

Challenge: August 31-September 21

The Race to Gold Workout Challenge is a team-based workout challenge designed to drive a STRONG end to our 2018 BW Wellbeing program year, while building friendly competition between Barry-Wehmiller divisional teams across North America.

Participants will be able to earn 1 workout/day for any light workout or above with a maximum of 22 workouts/participant during the challenge. All active North American associates AND spouses are eligible to join.

With the program year ending on September 30, we hope to...

- Inspire you to increase your activity level with some competitive spirit.
- Help you earn some extra Vitality points (10% carryover into the next program year) and bucks (you keep 'em till you spend 'em).
- Provide an additional opportunity for you to get to Gold status if you're working towards the Better You Incentive and need to turn up the heat before the September 30 deadline.

All active North American team members and spouses are eligible to join their respective team below.

TEAMS	
Accraply Canada	BWFS Duncan/Synerlink
Accraply MN	Machine Solutions
Alliance	PCMC Ashland/ Cormier
Baldwin Americas	PCMC Cofrin
BW STL (All STL associates except DG)	PCMC Glory Rd
BWIS Romeoville	PSA Akron
BWIS Loveland	PSA Angelus
BWIS Lynchburg	PSA Clearwater
BWP Hunt Valley	Hawkeye
BWP WI	BW Packaging Systems Minneapolis
Design Group – Central	BWIS Fergus Falls
Design Group – Northeast	BWFS Green Bay
Design Group – Southeast	BWIS Reedley
Design Group – West	W+D North America

REWARDS

Individual and Team Rewards (BONUS Rewards per team member for achievements shown below)

$$\text{Average Workouts} = \frac{\text{Total \# of Workouts Uploaded}}{\text{Total \# of Team Members}} \div 22 \text{ days}$$

Active Participants with 9-15 Total Workouts	250 BONUS Vitality Points
Active Participants with 16-20 Total Workouts	350 BONUS Vitality Points
Active Participants with 21-22 Total Workouts	500 BONUS Vitality Points
Team with highest Average Workouts	Corporate Sponsored Celebration of Winning Team's Choice! (\$10/ Team Member)

The challenge ends at Midnight Central September 21.

The deadline for *manually* syncing your device is 9 PM Central September 25.

Additional Questions?

E-mail bwellbeing@barry-wehmiller.com