PROPEL® CHALLENGE RULES AND AWARDS

CHALLENGE RULES

1. Each competitor performs and logs his and her choice of physical activity—there are more than 100 in the Propel Tracker to choose from.

2. The competitor’s activity is automatically converted to Fitness Points which are added to the competitor’s organization total. That total is divided by the number of the organization’s participants to arrive at the “Average Fitness Points” score for the organization. This average is what appears on the Propel Challenge Leaderboard. Data is synced every 15 minutes, so the leaderboard will be changing throughout the day. The timing of data that comes from wearable devices is based on the device manufacturer’s schedule of sending data, so there may be a difference in the timing of manually entered data vs. device-reported data.

3. Each competitor can manually log data or connect an activity tracking device (such as a Fitbit, Garmin device or Apple Watch) to get activity data into the tracker.

4. No matter how much activity is performed and logged during the day, for purposes of the competition, the competitor is credited with a maximum of 200 Fitness Points per day.

5. A competitor can enter the Challenge after it has begun up to the last day of the Challenge and can back-date activity data. If an activity device is connected, available data from the previous 30 days (or more) will come into the Tracker; however, only data during the Challenge period will count for the Challenge.

6. The Challenge will be complete at noon on June 25. The Challenge Leaderboard display will be hidden during the last few days of the Challenge to add suspense and keep everyone motivated to finish strong!

7. The final Leaderboard and the Challenge winners will be announced at the closing ceremony at 3:00 p.m. CST on June 25.

AWARDS

Challenge Champion and Chicago’s Fittest Employer – Will be awarded to the organization with the highest number of average Fitness Points for the Challenge.

All In Award - Goes to the organization with the greatest percentage participation (number of participants divided by total number of employees).

Adventure Award – Will be awarded to the organization that records the highest number of different activities (there are more than 100 to choose from!).

MVP Award – Goes to the Most Valuable Propeller with the most outstanding performance throughout the entire Propel Challenge. This takes into account total participation in logging activity, encouraging colleagues with healthy selfies, submitting success stories, and total usage of the Portal’s resources.

Healthy Selfie Award – There will be 5 individual Healthy Selfie awards. Every person who submits to the Propel Portal a photo of themselves performing a healthy activity will be entered into a random drawing for a gift card. You get one entry for each photo submitted (up to one per day!)