



East Central College 2017 Spring Walking Challenge Reach the Beach - Florida

How to Sign Up?

1. Go to www.chcw.com click on **REGISTER/LOGIN** located at top-right hand side of the webpage.
2. On the login page, enter your existing username and password.
3. If you have forgotten your username or password, follow the "Forgot username/password?" link below the login box, or call CHC Wellness at **866.373.4242**.
*Note: If you are a **new walking participant** and did not participate in the screening, enter program code **2968Eas566** under new participants and enter the required information.
4. Once you are in your personal profile page, click on 'My Walking Programs'.
5. New participants only, agree to the waiver of liability and click 'submit'.
6. Click on click 'Join Challenge'
7. Click 'Submit' under the 2017 Spring Individual Challenge.
8. You must sign up by **January 24, 2017**.



- **Regular full-time employees are eligible to participate.**
- **Employees can earn paid leave by walking and achieving the challenge goals.**
- **Paid leave must be approved in advance by your supervisor.**
- Special incentives may be offered throughout the challenge. You will need to comply with these requirements and upload dates to be eligible for the reward.
- Full-time employees earning personal leave: spring challenge hours will be awarded by May 20, 2017. All hours must be used by June 30, 2017 or it will be added to your accrued sick leave.
- All returning participants or new participants, who already own a pedometer, will pay **\$27**.
- New participants that would like to use the **Fitbug ORB** will pay **\$54**, which includes the **\$27** cost for the pedometer at a discounted rate or you may use a Fitbit, Jawbone, Garmin, Nike, Misfit or Omron devise or the free Moves App. Fitbug pedometers are replaced by the manufacturer.
- Each participant using an **Omron** pedometer will need to download the **2.1 pedometer software**. **All other devices and apps** will link through the '**Marketplace**' tab. Separate linking instructions will be provided.
- Participants will be expected to upload step data weekly to qualify for incentives and/or rewards. Exception, if the college is closed upload steps the next day.
- Participants will be responsible for the complete cost of the program even if they fail to participate or leave employment.
- The challenge runs from **January 26** through **May 5**. All participants must upload their final steps by end of day **May 7, 2016**.
- **All registered participants will have the option to participate in the team challenge to be announced.**

Awards

Level - Requirements

Beginner: Daily Goal of 6,000 steps, End Goal: 600,000 steps

Reach Tampa for an Average of 6,720 steps per day

Intermediate: Daily Goal of 8,000 steps End Goal: 800,000 steps

Reach Orlando for an average of 8,260 steps per day

Advanced: Daily Goal of 10,000 steps End Goal: 1,000,000 steps

Reach Fort Lauderdale for an average of 11,920 steps per day

Reward

4 hours paid leave

6 hours paid leave

8 hours paid leave

