



# FAQs

Strong starts here \_\_\_\_\_.

## What is the Blue & You Fitness Challenge?

The **Blue & You Fitness Challenge** is a three-month (March 1 – May 31) group contest powered by Wellable. The Challenge aims to remind you that you can start living a healthy, active life anywhere, any time!

## How does the Challenge work?

The Challenge works in stages. From January 1 – 25, groups are created and registered. Group members/teammates sign up to participate in those groups until the last day of February. From March 1 – May 31, participants strive to exercise as much as possible, logging their workouts and activity at [app.wellable.co/blueandyoufitnesschallenge](http://app.wellable.co/blueandyoufitnesschallenge). Participants receive points for logging exercise and healthy habits and motivational health tips. Groups with the most points in their size category win!

## When does it occur?

**March 1 – May 31 each year**

## What are the key dates I should know?

**January 1 – 25:** Group registration

**March 14:** Drop date

**March 1 – May 31:** Challenge

## Who can participate?

People from all over the country are allowed to compete in the Challenge. Group administrators must be at least 18 years of age. Individual participants must be at least 13.

## When can I register?

**January 1 – 25:** Group registration

## How are points calculated in the challenge?

### Physical Activity

1 Step = 0.05 Wellable Points

1 Mile (Walk/Run) = 100 Wellable Points

1 Mile (Cycle) = 30 Wellable Points

Exercise Routine = # of minutes x 5 Wellable Points

*Daily Maximum = 1,500 Wellable Points*

Daily Challenge = 50 Wellable Points

(2 Challenges maximum per day)

