



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 – 14, groups are created and registered. Individuals 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. 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 – 14: Group registration

February 1 - 28: Individual 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 – 14: Group registration

February 1 – 28: Individual registration

How are points calculated in the challenge?

1 Step = 0.05 Wellable Points

1 Mile (Walk/Run) = 100 Wellable Points

1 Mile (Cycle) = 30 Wellable Points

30+ Min Of Fitness Activity / Healthy Location Check-in = 150 Wellable Points

Daily Maximum = 1,000 Wellable Points

Daily Challenge = 50 Wellable Points

Daily Maximum = 100 Wellable Points

