



“4 W’s of Exercise” Challenge FAQ

1. [What is the goal of the “4 W’s of Exercise” Challenge?](#)
2. [When is the “4 W’s of Exercise” Challenge?](#)
3. [How do I register for the challenge?](#)
4. [How do I unregister from the challenge?](#)
5. [How do I complete my weekly tasks?](#)
6. [How do I complete the challenge to earn wellness incentive points?](#)
7. [How can I find out challenge standings?](#)
8. [How can I communicate with other participants?](#)
9. [Who should I contact with questions?](#)

4 W's of Exercise

1. What is the goal of the "4 W's of Exercise" Challenge?

- a. The goal of the "4 W's of Exercise" Challenge is to encourage participants to work on physical activity through a variety of exercises, nutrition information and ergonomics over 4-weeks. For successful completion participants must:
 - i. Log the required number of minutes of the physical activities of your choice by February 18th (any activity counts). There will be two groups for this challenge:
 - Completes 600 minutes of exercise
 - Completes 900 minutes of exercise

You select the best group for you! **Please note: once you select your group you cannot change once the registration period ends.**

- ii. Complete all weekly tasks by Monday, February 19th. Tasks are the same for both groups.

2. When is the "4 W's of Exercise" Challenge?

The challenge begins Monday, January 22, 2018 and runs for 4-weeks finishing on Sunday, February 18, 2018.

3. How do I register for the challenge?

- a. Registration opens Monday, January 8, 2018 and closes on Sunday, January 28, 2018.
- b. Log-in to the [Wellness Portal](#)
- c. Click the "Sign Up" button in the Challenge Bar

*Remember when you select a group, you cannot change it.

The screenshot shows two challenge cards. The first card is titled "Four W's of Exercise" with a goal of "600 Minutes of Exercise" and a "Sign Up" button circled in red. The second card is titled "Four W's of Exercise (Advanced)" with a goal of "900 Minutes of Exercise" and a "Sign Up" button also circled in red. Both cards include a description of the challenge and the dates from January 8, 2018, to February 18, 2018.

- d. Choose "Create your own team" or "Select your team". **If you are participating solo, consider joining the LiveWell Vermont Team!** Once you have created a team name, the system will give you the option of inviting others to join your team. Simply click on the link to invite others, which will create an Outlook email to do so. If choosing to "select your team", you will have the ability to see your team members who have already signed up. You can also still participate as a solo team.

- e. Click "Sign Up Now"

The screenshot shows the "Team Based Challenge" interface. The "Select your team" radio button is selected, and a dropdown menu shows "Wellness Team (my current team)". Below the dropdown, it says "Selected team has no members currently enrolled in this challenge". The "Create your own team" radio button is unselected, and there is a "Go Team" button next to it. At the bottom, there is a "Primary Challenge" section with a checked box for "Make Primary Challenge".

The screenshot shows the bottom of the registration form with two buttons: "Sign Up Now" (circled in red) and "Close".

4 W's of Exercise

4. How do I unregister from the challenge?
 - a. Log-in to the [Wellness Portal](#)
 - b. Click on "Details" in the Challenge Bar

Challenges

Four W's of Exercise - Week 1 of 4 [My Progress](#) **Details** * [My Tasks](#) [View Challenge](#)

Goal: 150 minutes of exercise a week (600 total) Start: 12/12/17 End: 1/9/18, 11:59:59 PM Days Left: 27 Team: AK

My Total: **0** Minutes of Exercise

* 6 required tasks to complete by 2/18/2017 [Complete now](#)

No data has been logged. Be the first!

[Log Minutes](#)

"Though no one can go back and make a brand new start, anyone can start from now and make a brand new ending." -Carl Bard | Remember to log at least 600 minutes of physical activity and complete ALL tasks by the end of the 4-week challenge!

- c. Scroll to the bottom of the page and click "unregister"
- d. Select "OK"

Four W's of Exercise ✕

Congratulations! You have successfully registered for the LiveWell Vermont "4 W's of Exercise" Challenge, which begins on Monday, January 8, 2018 and runs through Sunday, February 18, 2018. Completion requirements include: 1) Log at least 600 minutes of exercise for 20 days during the 4 week challenge and 2) Complete ALL weekly tasks. Please note there are 4 weeks of tasks, which will load each Monday of the challenge. If you get behind, there is a 24-hour re-set for the next week's tasks.

Description
Do you want to start this New Year off on the right foot? This challenge has been designed to focus on bettering your health through physical activity. This 4-week challenge will cover a variety of topics surrounding your fitness, including: Week 1) Why should I exercise?; Week 2) Where can I exercise?; Week 3) When should I eat?; and Week 4) What can I do to protect my body? Over the four weeks of the challenge, log a minimum of 600 exercise minutes for 20 days to support your overall health. Create your own team or join the LiveWell Vermont Team. Weekly drawings for wellness prizes will occur each week for comment board participation. Employees will earn 80 points towards Trimester 1 (Lean) of the 2018 Incentive Program for successful completion of all challenge requirements.

Goal
150 minutes of exercise per week. 600 minutes of exercise total

Start/End
12/12/17 - 1/9/18

Sign Up Period
11/28/17 - 12/18/17 (sign up date: 12/13/2017)

Concurrent
No - cannot be taken with other challenges

My Team
AK

My Teammates

SOV

Primary challenge on dashboard ⓘ
Yes

Unregister

Close

4 W's of Exercise

5. How do I complete my weekly tasks?

- Log-in to the [Wellness Portal](#)
- Click on **"My Tasks"** on the Challenge Bar

Challenges

Four W's of Exercise - Week 1 of 4 [My Progress](#) [Details](#) **My Tasks** [View Challenge](#)

Goal: 150 minutes of exercise a week (600 total) Start: 12/12/17 End: 1/9/18, 11:59:59 PM Days Left: 27 Team: AK

My Total: **0** Minutes of Exercise

* 6 required tasks to complete by 2/18/2017 [Complete now](#)

No data has been logged. Be the first!

[Log Minutes](#)

"Though no one can go back and make a brand new start, anyone can start from now and make a brand new ending." -Carl Bard | Remember to log at least 600 minutes of physical activity and complete ALL tasks by the end of the 4-week challenge!

- Or scroll down your page to **"My To Do List"**

My To Do List

Challenges

▼ (DEMO) Four W's of Exercise - Week 1 of 4 [Details](#)

* Read: "4 W's of Exercise" Challenge FAQ **Do this now**
Required: 12/18/2017

Week 2 - Read: Stairway to Better health **Do this now**
Due: 12/18/2017

* Log: 600 minutes of physical activity for at ... **Do this now**
Required: 12/18/2017

- New weekly tasks will load every Monday.
Note: All tasks for the current week must be completed before the next week's tasks will load. If you are "overdue" on tasks, please note that there is a 24-hour delay for a new week's tasks to load.
- If the task requires you to watch a video or read a blog article, click on the image and then click on play if it's a video. Once you read the blog or watch the video, be sure to return to the Image page and click "Close" to have the task close out on your "To Do List".

6. How do I complete the challenge to earn wellness incentive points?

- Successful completion of a wellness challenge rewards you 80 points toward the 2018 *Wellness: Your Way* Incentive Program. Successful completion is:
 - Logging the required number of minutes of physical activity for your group (600 or 900 minutes) by Sunday, February 18th (any activity counts)
 - Completing all weekly tasks by Monday, February 19th.

4 W's of Exercise

- b. 80 points will be awarded on February 19th. You can see your points reflected on your “Incentive Summary” page, which can be found under the “Incentives” tab on the dashboard.

Take Action	Possible Points	Earned Points
Water logged (up to 1 point daily for every 64 ounces of water logged)	50	0
Four Week Challenge	80	0
Three Week Challenge	60	0
2018 LiveWell Run/Walk Event Participation	40	0
2018 LiveWell Sport/Recreation League Participation	40	0
2018 LiveWell Group Exercise/Personal Training Session	25	0
2018 LiveWell Preventive Health Exam	25	0
2018 LiveWell Sponsored Event	30	0

Remember you must complete the Health Assessment and Wellness Score Survey before you are eligible to earn any incentive payout or chance for drawings.

7. How can I find out challenge standings?

- a. Log-in to the [Wellness Portal](#)
b. Click “**View Challenge**” in the Challenge Bar.

Challenges

Four W's of Exercise - Week 1 of 4 [My Progress](#) [Details](#) * [My Tasks](#) **View Challenge**

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- c. Scroll down to “**Standings**” box on the bottom-left of the page.
d. You can view standings for all participants, all teams or just your team.

8. How can I communicate with other participants?

- a. Log-in to the [Wellness Portal](#)
b. Click “**View Challenge**” in the Challenge Bar

Challenges

Four W's of Exercise - Week 1 of 4 [My Progress](#) [Details](#) * [My Tasks](#) **View Challenge**

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- c. Scroll down page to the bottom-right of the page to view: “**Comment Boards**”.

4 W's of Exercise

Comment Boards

All Participants My Team

Sov (Wellness Team) 3/4/2015 12:11 PM [Delete](#)

Great job team!

[Reply](#)

9. Who should I contact with questions?

- Email: DHR.LiveWellVermont@vermont.gov
- Phone: (802) 828-7308

