

WellPATH Spring 2023 Macro Madness Challenge

Registration Opens: Monday, March 6th

Start Date: Monday, March 20th

Challenge Ends: Sunday, April 30th

Registration Details:

Participants can register via:

- Paper (fax, email or mail)
- Walker Tracker App/Website: Pinnacle.WalkerTracker.com

Please note: Each challenge you will have to answer all questions to ensure that we have the most up to date information for sending your gift cards, your site locations, your age, your email address, and your acknowledgement of risk and liability.

Duration: 6 weeks

Focus: The **focus** of this challenge is **on learning the world of structuring your Macros**. This is a nutrition focused challenge. “Macro” stands for macronutrient, which are the 3 categories of nutrients you eat the most and provide you with most of your energy: protein, carbohydrates, and fats. This challenge will focus on education of how to structure your meals to get the right combination of these 3 nutrients to support your body’s functions and energy needs. A focus on eating to fuel your body, instead of just eating for pleasure or to stave off hunger feeling. Things like which macronutrient combinations should you eat to best support a workout, which macros should be eaten later in the day to support digestion, and what macronutrient combination can set you up to have a successful day.

All of the previous allowed activities are fair game toward your daily step goal!

WellPATH wants to help you think outside of the box to get moving with a little friendly competition, healthful tips and tricks, and of course the opportunity to win some great prizes!

Who can participate: Active employees, spouses, domestic partners, dependent children **age 18 and over**, early retirees (defined as a retired individual under age 65 and not eligible for Medicare), and retirees covered under the District’s health benefit plan are eligible to participate in the WellPATH Employee Wellness Program.

In compliance with the American Disabilities Act 1990 (ADA), all Challenges are designed and open to all eligible FUSD members and will provide reasonable accommodations. Should you feel you need reasonable accommodations, make sure you check the box notifying us of this need on the registration form that reads “please check here if you feel you need reasonable accommodation as outlined in the ADA ____” and reach out to Pinnacle Training Systems at FUSD@pinnacletrainingsystems.com.

Challenge will utilize the Walker Tracker App

- Individual Challenge (If you do best with an accountability buddy, you can still set up an accountability buddy to check in with daily.)

Registration Instructions:

1. Each person is required to answer all registration questions every challenge. This ensures that WellPATH has the most up to date information from you to be able to mail/email your gift cards, determine site trophy winners, and get ahold of you to notify you if you are a winner.
 - a. There is a “How to Register on Walker Tracker” guide on the JHMB Health Connect Website if you need assistance with Registering. You can access it [here](#).
2. **Once you are registered, you must click on the ‘Challenges’ tab, click on the Macro Madness Challenge and Click “Join” in order to be in the challenge.**
3. If you have any questions regarding registration, you can email fusd@pinnacletrainingsystems.com.

You will participate in any combination of the approved activities listed below and record them on Walker Tracker to accumulate steps.

What activities earn daily steps?

The below approved activities get converted to “steps” based on the activity selected and how long you participated in the activity.

Bowling	Billiards/Pool	Canoeing
Kayaking	Dancing	Frisbee
Horseshoes	Ice Skating	Skateboarding
Skiing (cross country or downhill)	Snowboarding	Softball
Tennis	Baseball	boxing
Firewood carrying/chopping	Golf (in and out of a cart)	Housework
Gardening	Yardwork	Kickball
Ping Pong	Sailing	Skating
Snowshoeing	Tae Kwon Do	Trampoline
Wrestling	Basketball	Climbing (rock or mountain)
Football	Horseback Riding	Miniature Golf
Pickleball	Racquetball	Scuba Diving
Soccer	Stair Climbing	Tai chi
Volleyball	Judo and Karate	Water Polo
Walking	Jogging	Running
Swimming	Water Aerobics	Yoga
Circuit Training	High Intensity Interval Training (HIIT)	Zumba
Bicycling	Hiking	Pilates
Spinning	Weightlifting	

Rules: WellPATH Challenges are developed with the goal to help engage and motivate as many members as possible to learn and improve upon their health. They are designed with the hope that participants will engage in a friendly competition, will find encouragement from colleagues, and will reciprocate that encouragement to others along the way. Most importantly, WellPATH Challenges are designed to help participants build healthy habits, which will hopefully become a foundation to build upon. Please keep in mind the prizes are an incentive and reward, but the ultimate reward is accomplishing a goal you set out to achieve.

1. Each week is Monday through Sunday at midnight.
2. You must be enrolled in Medical Coverage under FUSD.
3. You must be 18 years of age or older.

- a. If it is found that a participant in the challenge is not 18 years of age or older, the participant will be disqualified from winning prizes in the challenge and their steps will not count toward the overall steps of the registered site for the Site Trophy.
4. Activities must be entered into Walker Tracker **within a week from the day the activity was performed**. If the activity is not entered within that time frame, your steps for that activity will not be counted. We recommend you register your activity each day.
5. Pinnacle Training Systems will delete negative comments toward other participants on message boards.
6. Activities outside of the above approved activities (unless approved by WellPATH) do not count toward your step totals for this challenge. If you cannot find your activity/exercise on the list, please reach out to WellPATH@delapro.com to check how you should enter it.
7. Have fun, encourage each other, engage in the challenge and learn as much as you can!

How to get steps to earn a prize:

FUSD Challenge Prize Structure

You will participate in any of the above listed activities to get steps. At the end of the challenge all your steps will be added up, and we will divide by the number of days in the challenge to get your average daily steps and this will determine your place in the prize structure. There are 3 levels to the prize structure and each level has a different prize associated with it, and as the levels increase, so does the gift card amount.

Level	Points Range	Prize	Total Spend
1	5,000-7,499 steps/day average	Guaranteed \$25 Gift Card	Variable depending on # of participants that reach this level.
2	7,500-9,999 steps/day average	Guaranteed \$50 gift card	Variable depending on # of participants that reach this level.
3	10,000+ steps/day average	Guaranteed \$100 gift card	Variable depending on # of participants that reach this level.

Site Trophy- The site with the highest step percentage (number of steps ÷ number of members registered with the site) will win the coveted trophy and bragging rights. The site's name and the challenge name/year will be added to a plaque so that your victory will be etched in history.

*Winners will be announced via email and also on www.jhmbhealthconnect.com/wellness-challenges