

WellPATH 2026 Back to Balance Challenge

Registration Opens: Tuesday, September 8th

Start Date: Tuesday, September 22nd

Challenge Ends: Monday, November 2nd

Challenge Details:

Duration: 6 weeks

Back to Balance Challenge- Whether it's starting the new school year or after a long break, this challenge focuses on taking the time to find your balance by reestablishing routines, recreating an environment that supports organization, and building consistency together to begin the school year with clarity and confidence.

The goal is to earn a minimum of 7,500 steps/day on average to earn a prize. Each week, we will send an email highlighting ways to reestablish routines, structure and organization, introduce meal planning, and build sustainable and actionable strategies to prepare for the school year. This is a map challenge with milestones where members can see their progress across a map. It is an individual challenge.

- Challenge will utilize the **Be Well App**
- Individual Challenge (If you do best with an accountability buddy, you can still set up an accountability buddy to check in with daily.)
- This is a step-based challenge, and credit will be given for meeting the daily step goal.
- This challenge is a Map Challenge where you will see your progress on a map along with all other participants' locations on the same map.

Please note, other participants' locations on the map and leaderboard DO NOT affect your eligibility to win a prize. If you are hitting the goal of 7,500 steps/day, then you will receive a prize regardless of where you finish on the leaderboard.

Registration Details:

Participants can register via:

- Paper (email or mail) **Required for Minors under 18**. Registration form can be found in [JHMB website](#)
- Web Browser Here: <https://pinnacle.walkertracker.com/login>
- Download the App to register Here:
 - **Apple iOS**- <https://apps.apple.com/us/app/terryberry-be-well/id844623241>
 - **Android**- https://play.google.com/store/apps/details?id=com.walkertracker&hl=en_US

Registration Instructions:

1. Each challenge participant is required to answer all registration questions, EVERY challenge. This ensures that WellPATH has the most up to date information from you to get ahold of you to notify you if you are a winner. **Please make sure your email address is spelled correctly!** After the challenge ends, your profile will be deleted and the next challenge you participate in you will be required to register again. Registration is quick and simple.

- a. There is a “How to Register and Join a Challenge on Be Well” guide on the JHMB Health Connect Website under “Registration Guide” if you need assistance with registering. You can access the website [here](#).
2. If you have any questions regarding registration, you can email fusd@pinnacletrainingsystems.com.

Who can participate: Active employees, spouses, domestic partners, dependent children **age 12 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.

Challenge Rules: WellPATH Challenges are developed with the goal of engaging and motivating as many members as possible to learn about and improve upon their health. They are designed with the hope that participants will engage in a friendly competition, find encouragement from colleagues, and pass along 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 that the prizes are an incentive and reward, but the ultimate reward is accomplishing a goal you set out to achieve.

1. Each week is Tuesday through Monday at midnight (11:59pm PST)
2. You must be enrolled in Medical Coverage under FUSD.
3. You must be 12 years of age or older. (See specific rules for minors age 12-17 below)
 - a. If it is found that a participant in the challenge is not 12 years of age or older, the participant will be disqualified from the challenge.
4. Be Well has a large list of Activities available to be converted to steps through their platform. These activities include ADA Compliant Conversions. If you are participating in an activity that is NOT listed on the site’s options, please reach out to WellPATH@delapro.com and notify us, so we can work together to determine if the activity should be approved and how to credit you with that activity.
5. Pinnacle Training Systems will delete negative comments toward other participants on message boards.
6. Have fun, encourage each other, engage in the challenge, and learn as much as you can!

Rules for minors age 12-17 participation:

1. Minor participation will require a liability and permission form to be signed by their parent/guardian.
2. Liability and permission form MUST be submitted to FUSD@pinnacletrainingsystems.com before the start of the challenge.
3. The challenge administrator will perform an audit at the beginning of the challenge to ensure that all participants are at the age of 12 at the **start date** of the challenge.
4. If liability and permission forms are not submitted, it will risk their accounts being **deleted** and **disqualified** from the challenge.

ADA Accommodations:

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.

FUSD Challenge Prize Structure:

Challenge participants will participate in daily movement through steps and/or activities and track them in Be Well. Participants will receive credit for their steps and any activities they record on be well. If you earn 7,500 steps/day on average at the end of the 42 days, you will qualify for a prize*. You **MUST** log in to Be Well every day in order for your steps to sync from devices like your Apple health, fitbit, garmen, etc. You can only enter activities and steps for one week retroactively, because of this, it is very important that you stay on top of entering your steps and activities DAILY.

***Winners will be contacted via email. Please make sure your email address is correct during registration!**