

On The Move Game Board

Use your On The Move game board to track your progress throughout the 12-week On The Move Challenge!

Start by completing the Step It Up! Challenge. This can even be completed before the challenge officially begins. Then complete your BLAMS (Boost, Learn, Assess, Move & Share) each week of the challenge to rack up points. You can earn 820 points each week for these activities, plus an extra 50 points in Week 1 and Week 12. You can also earn an extra 5 points every time you get a Boost from a teammate. The more active you are in the challenge, the more likely you'll receive a Boost.

Remember, this is a university challenge, too – the more points you earn, the more TEAM KENT STATE's average goes up!

Full-time, benefits-eligible employees: Interested in earning Wellness Your Way reward points for participating in the On The Move Challenge? Maintain 65% participation in the challenge to earn 60 points toward Tier 2 for 2019. This means earning at least 65% of total points available for the 12-week challenge (6,461 points). Make sure you achieve this total by June 30.

You can participate in the mini-challenges for a chance to have fun with coworkers and win awesome prizes! Mini-challenge details will be communicated via email, so be on the look out for communications coming from the Employee Wellness office. These mini-challenges are *entirely voluntary* and just another way to encourage fun and win prizes!

Mark each space you complete with a sticker or by shading in the space. As an added bonus, you can return this game board with at least 12 spaces completed to the Employee Wellness office by July 5, 2019 to be entered into one final prize drawing.* So keep track of your achievements and stay engaged!

Employee Name: _____

Department: _____

Email Address: _____@kent.edu

Office Phone Number: _____

*Return your game board between June 24, 2019 and July 5, 2019 to the Employee Wellness office by scanning and emailing it to wellness@kent.edu or faxing to 330-672-5447. Winners will be chosen by a random drawing, and prizes will be distributed in July. Please make sure to fill out the contact information above before sending in your completed game board.

- Challenge dates: Monday, April 8 – Sunday, June 30, 2019 (Each of the 12 weeks starts on a Monday and ends on Sunday)
- MOVE points can be entered into the platform for up to 2 weeks in the past, but you must earn the BOOST, LEARN, ASSESS and SHARE points within the current week
- You do **not** need a fitness tracker to participate, but you can link one if you have one. MOVE points can be added manually or will be added automatically when you link your fitness tracker or app
- For more resources, including frequently asked questions and information on how to link a device or app, manually enter moves, add a shortcut to your smartphone, and more, visit <https://www.kent.edu/hr/benefits/move-challenge>

MAKE YOURSELF AND YOUR HEALTH A PRIORITY

