



# CORRIDOR CORPORATE *GAMES*

## BURST YOUR THIRST CHALLENGE Sponsored by Live Healthy Iowa

### Eligibility

1. All participants must be regular employees (full or part-time), interns or retirees of companies registered for the Corridor Corporate Games.

### General Guidelines

1. Teams of 2-10 employees compete in a web-based competition tracking water consumption and minutes of physical activity. Companies can have as many teams as they wish. Each team member will have access to a personal online dashboard to record data throughout the challenge.
2. Participants who record at least once per week for five of the six weeks will count towards company participation points.

### CCG Point System

- o Contestants in this category will compete only against teams in their company division.
- o Participation points will be awarded based on the percentage of total company employees that complete the Burst Your Thirst Challenge (record once per week for 5 of the 6 weeks)
- o Points vary based on company division. See below for points and examples:

Division	Points per 1%	Example
1	50	Total # of employees = 1500 Total # of employees that complete 5 of 6 weeks = 300 % of employees that complete 5 of 6 weeks = 20% Total Points = 20% * 50 = 1000 points
2	25	Total # of employees = 300 Total # of employees that complete 5 of 6 weeks = 150 % of employees that complete 5 of 6 weeks = 50% Total Points = 50% * 25 = 1250 points
3	10	Total # of employees = 100 Total # of employees that complete 5 of 6 weeks = 90 % of employees that complete 5 of 6 weeks = 90% Total Points = 90% * 10 = 900 points

- o Additionally, placing points will be awarded to the top four companies (based on % of total employees recording five of the six weeks) within each division, as follows:

Place	Points
1 <sup>st</sup>	500
2 <sup>nd</sup>	400
3 <sup>rd</sup>	300
4 <sup>th</sup>	200