

BETHEL FITNESS Challenge



Here is your chance to earn a Fitbit Zip and qualify for some prizes. The Fitbit Zip is a device that tracks your steps, calories, distance, and active minutes. The device helps you reach your fitness goals to help you get healthy. If you already own a Fitbit device and wish to participate you may join the community to compete for monthly and quarterly prizes.

To request a Zip, sign the attached form and return it to Carolyn Dotson in Human Resources at dotsonc@bethelu.edu. You can pick up your device when you are notified that it is available and follow the directions on the Fitbit box to install on your computer or smart phone. The device only works if you install it on either your computer or through Bluetooth on your smart phone. Once you complete the installation you will join the Bethel University Community on fitbit.com. You will be able to see others that have joined the Fitbit challenge. You can keep your profile private or public.

The challenge starts on the first day of the month following your hire date and is ongoing.

*To be eligible for monthly prizes you must accumulate 140,000 steps per month. To be eligible for quarterly prizes you must have accumulated the required steps for each month of the quarter.

*To be eligible for prizes, we must be able to identify you by name in the Bethel Community.

*To be eligible for prizes you must accumulate the required 140,000 steps on the fitbit.com community without exception (this includes lost or malfunctioning devices).

*****Prizes include Chick-fil-A, Bethel gear, Fitbit accessories, and more!!!!**

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To earn the Zip:

1. You must average 7,000 steps 5 days a week for a total of 140,000 steps for the month. If you complete the required steps during your first month of participation, the Fitbit Zip worth \$50.00 is free to you.
2. You must join the Fitbit Bethel University community online so that we can track your steps.
3. Your goal is to earn a free Fitbit or pay for a Fitbit by using the graduated scale below.

140,000 plus steps- Free Fitbit Zip

139,999 to 105,000 steps- Fitbit is \$12.50 from payroll deduction

104,999 to 70,000 steps- Fitbit is \$25.00 from payroll deduction

69,999 to 35,000 steps- Fitbit is \$37.50 from payroll deduction

34,999 and less steps- Fitbit is at cost \$50.00 from payroll deduction

I agree to the terms of the Fitbit challenge and authorize the payroll deduction as outlined above.

Signature

Date

This form must be returned to dotsonc@bethelu.edu to be considered for the challenge.