

Start date: 14th Feb

End date: 13th Mar



TLL Fitbit Challenge: February Showdown!

Because NOTHING beats a healthy heart!

V-Day
Special

Try something **FREE** and **FUN** this Valentine's Day with your loved ones! Participate and walk your way to a healthy heart & mind!

THE CHALLENGE:

- The average number of steps taken by each Dept/Lab team will be collected every day, over a month.
- Please refer to the Rules at the next page for more details.

Details:

- **Everyone** in TLL Fitbit Wellness Platform will be included automatically.
- You will receive **email reminder** to your fitbit account on **12 Feb 17 (Sun)**.
- This challenge will commence on **Valentine's day!**

Just walk to win!

Prizes will be given to the winning team with the highest average steps per day!



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RULES

WHAT

Every day of the challenge, each team's daily steps will be collected and averaged. Those daily averages will be added to create an overall total score. The team with the highest step score wins.

Here's an example of how we add things up:

Your Team Average Day 1 = 10,500 Steps

Your Team Average Day 2 = 11,250 Steps

Total Score for Your Team So Far = 21,750

WHO

All participants will automatically be included in this challenge. However, participants who do not contribute any steps in any given day will not be included in their team's head count for that day. Only steps tracked by a Fitbit tracker or Fitbit MobileTrack will be recorded - activities that are manually logged into the app will not be included (this depends on the settings of your program).

TIMEZONE

This challenge begins at 12:00am on 14 Feb 2017 (based on Singapore's timezone), and will stop at 11:59pm on 13 March 2017. Results for each day will only be fully calculated once all participants in all timezones have synced their devices. Grace period will be in place after the challenge ends, so all participants have time to sync their devices before the results are tallied.

PRIVACY

Participants in each of the teams can see each other's profile photos, posted messages and daily steps in the challenge. They will be able to turn off push notifications, emails or opt-out from the challenge at any time.