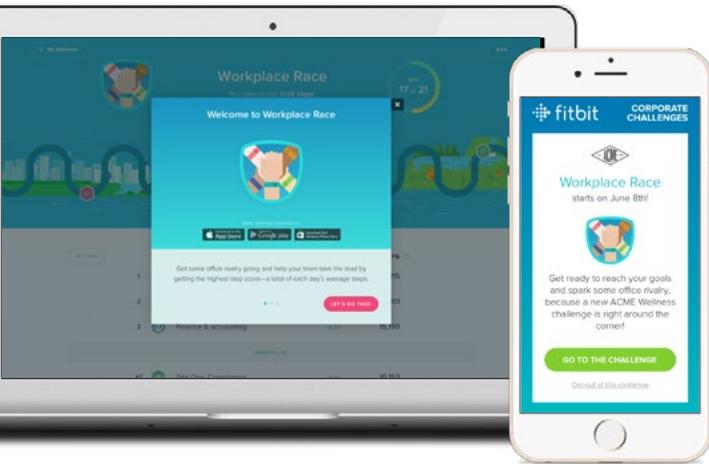




UP FOR A LITTLE  
**HEALTHY**  
COMPETITION?

Need a little extra motivation to get moving?  
We've got just the thing. Fitbit's corporate challenges  
are a fun, fantastic way to connect - and compete! - with  
coworkers.

We've created this FAQ to help you understand how they work, how to join, when to sync, and lots of other helpful tips during a challenge.



## How do I know when a challenge is starting?

Oh, you'll know! You'll get an email announcement, a mobile app notification, and we'll let you know when you log in to your Fitbit account online.



## How do I join a challenge?

You're already in! When you joined the Paychex Active Health Program you were automatically enrolled in all corporate challenges. So, if you want in, you're in. Just don't click "OPT OUT" in the challenge notification.



## What are the rules / how do they work?

It's all about daily averages. Each team's average step count is calculated each day, and added throughout the challenge. For example:

- Team Average, Day 1 = 10,573 steps
- Team Average, Day 2 = 11,258 steps
- Team Average, Day 3 = 11,757 steps
- Total score so far = 33,588 steps

The team with the highest total average step count at the end of the challenge wins.



## How often should I sync my steps?

Often! Since team scores are calculated using participant averages, it's important that your data's included. Keep the leaderboard as accurate (and motivating) as possible by syncing every day. If you miss a day(s), your steps will be retroactively calculated into the averages of those days (and will appear on the leaderboard when you sync).



## What's the minimum number of steps that count toward the team average?

Taking just 1 step will count toward your team average, so make sure you step it up!

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## What if I don't wear my Fitbit one day and get zero steps?

If you get 0 steps, it won't be calculated into that day's average. But remember, if you get just 1 step, that number will count toward the average, bringing it down considerably.

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## What happens if I, or someone on my team, only sync every few days?

All steps taken during the challenge count, no matter when you sync, as long as it's during the challenge period. Steps will be retroactively added to team averages and totals.

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## Can I opt out in the middle of a challenge?

We hope you don't, but yes, you can. Your steps up until the day you opt out (but not including that day) will still be counted toward the team average. You can opt out any time (and still remain active in the program), but once you've opted out of a challenge, you cannot rejoin that challenge.

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## Can I join a challenge after it has started?

Yes! If you join the company wellness program after a challenge has started, you can still participate. Your steps will be calculated into the team average from the time you join the program. Any steps tracked by your Fitbit prior to joining the program won't count.

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## What mobile platforms are supported?

If you have an iOS, Android or Windows phone, you're good. The challenge is also available on the web, where you'll see team – but not individual – standings. It will be presented on your My Wellness tab, with dedicated pages linking from there.

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## Can I still organize and participate in challenges that aren't a part of my company program, the ones that all Fitbit users get?

Yes. You can be in up to 5 challenges at a time: 1 corporate challenge, and up to 4 other challenges.



## Can I manually enter my steps for a challenge?

Yes. Please log into your Fitbit account at [www.fitbit.com/login](http://www.fitbit.com/login). At the top of the page, click **Log > Activities**. Click a common activity or search for one. If the activity is not in the system, create your own by selecting "**Create Custom Activity**" below the search field. Enter the duration, distance (if applicable), and start time of your activity. You can also enter the number of calories burned, if you'd like. Click **Log**. Your activity will now be visible and editable in the Activity History area.

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## Is there a deadline for syncing steps to ensure they're part of the final score?

Yes! Be sure to sync your steps within 24 hours of the challenge end date.

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## How will I know the results?

You'll get a notification on your phone announcing the winning team, with total step count included. Results will be available in the app and on the web for 3 days after the winning team is announced.

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# Have fun!