



QUAD CITIES 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 Quad Cities 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.

QCCG 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

- 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 st	500
2 nd	400
3 rd	300
4 th	200