

Get Fit Kaua'i Award Winning 2016 Worksite Wellness Challenge

**Overhauling
Workplaces.**



**Transforming
Lives.**

Welcome to Get Fit Kaua'i's National Award Winning Worksite Wellness (WSW) Challenge 2016. This challenge is limited to the first 25 companies who complete and submit the WSW Challenge survey.

The survey consists of 41 "Yes or No" questions. Each question has a point value *and will raise your final score when incorporated*. The total number of points will determine which category your workplace will start this challenge. You will take the survey at the beginning and then again at the end of the 'Challenge'. Your ending survey point total will be compared to your beginning survey point total and the point difference between your beginning and ending score will be your Final Challenge Score.

Scoring Levels:

Platinum = 106-120 points

Gold = 91-105 points

Silver = 76-90

Bronze = 60-75 points

Copper = 59 or less points

Mokihana Status = Platinum for 3 years.

Points are based upon: Policy=4, Environment=3, Program=2, Small=1

The survey should take about 20 minutes to complete. If you answer "no" to part of the question, the answer to the entire question is "no".

Step-by-Step Instructions

- Step One: Go to www.getfitkauai.com and download PDF of Worksite Wellness Challenge Scorecard (this is your working copy).
- Step Two: Make the decision to join the Worksite Wellness Challenge.
- Step Three: After being able to answer all questions on your working copy, go to www.getfitkauai.com and click on "ENTER HERE".
- The WSW challenge is limited to the first 25 companies who complete and submit the WSW Challenge survey.

***** The survey link closes on Friday, January 22, 2016 or when the first 25 surveys are completed *****

For more information call Bev Brody at 212-4765