



CORPORATE WELLNESS AWARD

Action	Point Value	Description/Details	Completed
Organize a Corporate Challenge Training Day	5	To borrow equipment contact corporatechallenge@indianasportscorp.org (Available until 8/25)	<input type="checkbox"/>
Take a group "training" run/walk	5	Must include 5 or more employees	<input type="checkbox"/>
Post photo of training activity on social media using #CorporateChallenge	3	Tag Indiana Sports Corp (Twitter: @IndSportsCorp, Facebook: Indiana Sports Corp)	<input type="checkbox"/>
Post video of training activity on social media using #CorporateChallenge	5	Tag Indiana Sports Corp (Twitter: @IndSportsCorp, Facebook: Indiana Sports Corp)	<input type="checkbox"/>
Provide a healthy snack at a staff gathering	2		<input type="checkbox"/>
Max out participation in the 5K Fitness Walk	5	25 or more participants in the fitness walk (or 100% participation for smaller companies)	<input type="checkbox"/>
Max out participation in the Community & Compassion events	5	Donations to Geared for Health, Susan Williams CHAMPS Grants and the Indiana Blood Center	<input type="checkbox"/>
Volunteer at the Corporate Challenge	5	1 point per volunteer up to 5 points. Volunteers can be employees, friends or family.	<input type="checkbox"/>
Post a CEO Selfie on Twitter at one day of the event	5	Must tag @IndSportsCorp and use the hashtag #CEOSelfie	<input type="checkbox"/>
Attend the cycling training ride on 8/24	3	Register: http://bit.ly/ISC_Cycling	<input type="checkbox"/>
Submit an "Athlete Spotlight" or Corporate Challenge Success Story	3	Submit brief profile to CorporateChallenge@IndianaSportsCorp.org Subject: "Athlete Spotlight"	<input type="checkbox"/>
Submit a t-shirt design for the Golden Hanger award	2	Submit to CorporateChallenge@IndianaSportsCorp.org by 9/7	<input type="checkbox"/>
Register an employee for their first ever competitive race	2	Qualified events: 10K, 5K Run, 1/2 Mile, Medley Relay, Cycling	<input type="checkbox"/>

Company Name: _____

Submit this form to CorporateChallenge@IndianaSportsCorp.org by September 20 for eligibility