

CANADA'S HEALTHY WORKPLACE MONTH

How the points are won

This year, *Canada's Healthy Workplace Month (CHWM)* has made the friendly competition between similar sized groups even more fun by adding lots more awards! There are forty-five awards in total!

- There are awards available to be won in each of 3 categories of group sizes: 1 to 50 people, 51 to 250 people, and 251 people or more.
- For every group size category, there are First, Second, and Third place awards every week, and then for the entire month overall. The award is an official CHWM signed certificate, suitable for framing.
- When you originally register your organization, branch, or department to participate in the activities, you will include the total number of people that are being invited to participate in CHWM. You might even plan to compete against other departments or branches in the same organization! Just make sure each one is separately registered and uniquely identified.
- Points are awarded only on group activities, not individual activities. There are 25 points available per week, or 100 points in total for the month. Each group gets 3 points for doing 1 activity in 1 category per week. There are 4 bonus points for doing all three categories. Finally, participation rate is rewarded with up to 12 points for the greatest percentage participation of the group.

The Bonus Participation points will be awarded according to increasing percentage involved:

11 to 20%	=1 Points	41 to 50%	=5 Points	71 to 80%	=9 Points
21 to 30%	=3 Points	51 to 60%	=6 Points	81 to 90%	=10 Points
31 to 40%	=4 Points	61 to 70%	=7 Points	91 to 100%	=12 Points

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**EXAMPLE - Here is an example of a group that gets ALL the points – don't worry, we will keep track for you!
In the event of a tie, all tied groups will get the same award.**

GROUPNAME = APEX -London Warehouse	ORGANIZA- TION = APEX INDUSTRIES INC.	BRANCH = LONDON, ON	DEPT = WAREHOUSE	FULL GROUP SIZE = 63		
Week	Category	Activity	Activity Points	Bonus Activity Points (for doing all 3 Categories)	Average # Partici- pants	Bonus Participa- tion Points
1 – Work	Mind	Book/Video Sharing Cupboard	3			
	Body	Chair Massages	3	4	61	12
	Work	Improved Sleep Program	3			
		TOTAL WEEKLY POINTS				25
2 – Family & Friends	Mind	Electronics Off Nights	3			
	Body	Flu Shots Clinic	3	4	58	12
	Work	Family Work Tour Day	3			
		TOTAL WEEKLY POINTS				25
3 – Play	Mind	Sudoku Challenge	3			
	Body	Ultimate Frisbee	3	4	57	12
	Work	Lunch Hour Dart Tourney	3			
		TOTAL WEEKLY POINTS				25
4 – Giving Back	Mind	Volunteer Fair	3			
	Body	Food Bank Day	3	4	60	12
	Work	Skill Swapping	3			
		TOTAL WEEKLY POINTS				25
		TOTAL MONTHLY POINTS				100