

## ***CANADA'S HEALTHY WORKPLACE MONTH***

### ***How the points are won***

***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
- 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 must 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 each week, or 100 points in total for the month, as follows:

- Each group gets 3 points for doing 1 activity in 1 category per week (maximum 9 points per week)
- There are 6 bonus points for doing all three categories in each week (maximum 6 points per week)
- The participation rate is rewarded with bonus points equal to 1/10<sup>th</sup> of the percentage participation of the group. *Example: If 53 people participate out of a group of 100, that is a 53% participation rate, and your group will be awarded 5.3 bonus points.* (maximum 10 points per week)