On The Move Game Board

Use your On The Move game board to track your progress throughout the University Challenge!

Each week of the challenge, complete your BLAMS (Boost, Learn, Assess, Move & Share) to rack up points. You can earn 820 points each week for these activities. Plus, you get an extra 5 points every time you’re Boosted by a fellow teammate. The more active you are with the challenge, the more likely you are to receive a Boost.

Remember, this is a university challenge, too – the more points you earn, the more TEAM KENT STATE’s average goes up!

Full-time, benefits-eligible employees: Get a jump start on your 2018 Wellness Your Way rewards points! Maintain 65% participation in the University Challenge to earn 60 points towards Tier Two for 2018. This means earning at least 65% of points possible, which adds up to 6,396 points.

You can participate in the mini-challenges, designed to help keep you motivated along the way, for a chance to have fun with coworkers and win awesome prizes! Mini-challenge details will be communicated via email so be on the look out for those. These mini-challenges are entirely voluntary.

Give yourself a star ★ (or simply shade in the box) for each space you complete. As an added bonus, you can return this game board, with at least 12 spaces completed, to Employee Wellness by January 5, 2018 to be entered into one final prize drawing.* So keep track of your achievements and stay engaged!

Employee Name: _________________________________

KSU Email Address: _______________________________

Office Phone Number: _____________________________

*Return your game board between December 18, 2017 and January 5, 2018 to Employee Wellness by scanning and emailing it to wellness@kent.edu or faxing it to 330-672-5447

Winners will be chosen by a random drawing and prizes will be distributed in the new year. Please make sure to fill out the contact information above before sending in your game board

- Challenge dates: Monday, October 2 – Sunday, December 24 (Each of the 12 weeks starts on a Monday and ends on Sunday)
- MOVE points can be entered into the platform for up to 2 weeks in the past, but you must earn the BOOST, LEARN, ASSESS and SHARE points within the current week
- You do not need a fitness tracker to participate, but you can link one if you have one. MOVE points can be added manually or will be added automatically when you link your fitness tracker or app
- For more resources, including frequently asked questions, a video tutorial and information on how to link a device or app, manually enter moves, or add a shortcut to your smartphone, visit www.kent.edu/hr/benefits/university-challenge
Stay engaged – Give yourself a star for every space you complete!