



Presented by  
Anthem

# 2019 Corporate Challenge

## Corporate Wellness Award Checklist

Action	Point Value	Description/Details	Completed
Organize a Corporate Challenge Training Day	5	<a href="#">Email us</a> to borrow equipment! <i>All participants using the equipment must sign a waiver.</i>	
Take a group "training" run/walk	5	Must include 5 or more employees.	
Post photo of training activity on social media using #CorporateChallenge	3	Tag Indiana Sports Corp (Twitter: @IndSportsCorp, Facebook: Indiana Sports Corp; Instagram: @IndSportsCorp)	
Post video of training activity on social media using #CorporateChallenge	5	Tag Indiana Sports Corp (Twitter: @IndSportsCorp, Facebook: Indiana Sports Corp; Instagram: @IndSportsCorp)	
Max out participation event points	15	5K, 10K, Yoga, and Zumba	
Max out participation in the Community & Compassion events	5	Donations to the Inspiring Sports Grants and Indiana Blood Center.	
Volunteer for any events hosted by Indiana Sports Corp from May 1 <sup>st</sup> through Corporate Challenge (August 24 <sup>th</sup> .)	5	1 point per volunteer up to 5 points. Volunteers can be employees, friends or family. <a href="https://www.indianasportscorp.org/volunteering">https://www.indianasportscorp.org/volunteering</a>	
Post a CEO Selfie on Twitter at one day of the event	5	Must tag @IndSportsCorp and use the hashtag #CEOSelfie	
Attend 3 out of 4 Training Series events.	3	July 10, July 18, July 24, August 1	
Submit an "Athlete Spotlight" or Corporate Challenge Success Story	3	Submit brief profile to <a href="mailto:CorporateChallenge@IndianaSportsCorp.org">CorporateChallenge@IndianaSportsCorp.org</a> Subject: "Athlete Spotlight"	
Submit a t-shirt design for the Golden Hanger Award	2	Submit to <a href="mailto:CorporateChallenge@IndianaSportsCorp.org">CorporateChallenge@IndianaSportsCorp.org</a> by 8/16	
Register an employee for their first ever competitive race	3	Qualified events: 10K, 5K Run, 1/2 Mile, Medley Relay, Cycling TT	
Submit an application for the <i>Healthiest Employers of Indiana</i> award.	5	<a href="https://survey.sogosurvey.com/r/DiNWzL">https://survey.sogosurvey.com/r/DiNWzL</a>	
Join the Corporate Challenge Team Captain Facebook Group	2	Search "Indiana Sports Corp Corporate Challenge Team Captains Portal" on Facebook and click "Join"	
Participation in Indy Ultimate	4	1 point per participant, max 4. <a href="https://www.indianasportscorp.org/events/2019-indy-ultimate">https://www.indianasportscorp.org/events/2019-indy-ultimate</a>	
Participate in the Special Olympics Plane Pull	5	<a href="https://www.firstgiving.com/event/soindiana/2019-Plane-Pull-Challenge">https://www.firstgiving.com/event/soindiana/2019-Plane-Pull-Challenge</a>	
Attend the St. Vincent Sports Performance Training and Recovery Week	5	SVSP Clay Terrace & SVSP St. Vincent Center – August 5-9 (1 pt per person, 5 points max)	

Company Name: \_\_\_\_\_

Submit this form to [CorporateChallenge@IndianaSportsCorp.org](mailto:CorporateChallenge@IndianaSportsCorp.org) by August 26<sup>th</sup> for eligibility