



Good Nights, Great Days Challenge FAQ

Sleep is a key component of a healthy lifestyle. But sleep is often the first thing that gets sacrificed when life gets busy. This challenge will introduce healthy sleep habits and encourage you to identify the strategies that will work for you in obtaining the most quality sleep possible.

Goal: Each day of the challenge, you will record how many Healthy Sleep Habits you followed the night before, the number of hours of sleep, and a rating of the quality of that night's sleep. The Main goal is to inspire you to adopt healthy sleep habits that lead to quality rest "Good Nights" and more energetic and productive days "Great Days".

What do I need to know about the Good Nights, Great Days challenge?

- Challenge Dates: Monday, November 2nd – Sunday, December 13th (6 Weeks)
- Registration dates for Challenge: October 13th – November 2nd
- Online registration is available at <https://www.mywellsite.com/tavihealth/RiteForYou>.
- If registering online please use Company Code: **Franklin**
- Registration will be offered during on-site flu shot events.
- This is a Team Challenge. Teams must be a minimum of 5 people, maximum of 20. If your location has more than 20 participants, employees will be equally divided within your agency.
- Your team is the BUILDING you work in. The list of teams will be available at the onsite registration during the flu shot clinics. The list of teams will also be available online during registration.
- Goal: You must achieve a minimum of 6,000 points during the 6 week challenge.

What happens after I register?

- You will receive a welcome email from support@tavihealth.com with details to confirm your registration.
- **If you do not receive a registration please contact 614-310-2629.**
- **To complete the registration process, you MUST open the email to select your team from the dropdown box and reset the temporary password.**
- Your username is your email address.

How do I earn points and track my activity ?

- You will track your activity using <https://www.mywellsite.com/tavihealth/RiteForYou>.
- **You will earn a Maximum of 250 points per day by:**
 - Earning 50 points for each sleep habit used to a maximum of 3 for a total of 150 points.
 - BONUS: Each night you use 3 or more sleep habits, you receive a 50 point bonus!
 - BONUS: You can earn 25 bonus points for each night you get 7+ hours of sleep.
 - BONUS: You can earn 25 bonus points for each morning you wake feeling refreshed.
- A mobile app **WIO Touch** is available for all Apple, Windows, and Android devices.
- Participants are able to backlog activity for the prior 10 days.

Prizes

- The Top 10 teams who average 6,000 points or more will receive on-site chair massages for each team member!
- BONUS: Each week, participants who complete the challenge goals for the week will be entered to win a FitBit Charge. **You must have a minimum of 1000 points during the week to be entered into the FitBit raffle.** 6 winners will receive a Fit Bit at the completion of the challenge. Winners will get to pick the wrist band size and color for the FitBit.