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# 20 FOR 20

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## TEAM CHALLENGE

Starting Monday, April 17th, FX Well is launching the 20 For 20 Team Challenge. You and your teammates will support each other to get up and get active, 20 minutes each day.

**MOVE FOR 20 MINUTES EACH DAY.  
COMPETE FOR A CHANCE TO WIN PRIZES.**



### TRACK WITH UA RECORD

All activity should be tracked using UA Record, which must be connected to the FX Well Hub. Download UA Record now to get started. Connect UA Record to the Hub using the Devices page of the FX Well app.

### CHALLENGE DESCRIPTION

Encourage your team members to workout for 20 minutes each day, for 20 days. Any activity counts! In the event of a tie, the final teams will be determined through a raffle of top teams.

### EARN IT

Individuals will earn 20 points a day when they complete 20 minutes of activity. Your team score will be an average of each individual's total points.

### FX WELL HUB

Visit [fxwell.com/kaiserpermanente](https://fxwell.com/kaiserpermanente) to get activated in the FX Well Hub. After you've completed each step, be sure to download the FX Well app to access the Hub on your mobile device.

### PART OF THE TEAM

Each Kaiser Permanente employee will be placed on a team based on their location. Get activated by April 13th in order to be placed on a team. Look for an email from FX Well with your team roster.

### THE PRIZE

The 8 teams with the highest points will make it through to the Elite 8 championship round, where they will compete at the Under Armour Performance Center for Under Armour gear.

For technical support, email  
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