



DEPARTMENT OF THE ARMY
UNITED STATES ARMY GARRISON BAVARIA
UNIT 28130
APO AE 09114-8130

IMBA-MWR

10 May 2018

MEMORANDUM OF INSTRUCTION (MOI)

SUBJECT: USAG Bavaria Health Initiative Challenge

1. REFERENCES:

- a. AER 10-3, Taskings, dated 12 OCT 2016.
- b. AR 350-53, Comprehensive Soldier and Family Fitness, 19 JUN 2014.
- c. AR 600-20, Command Policy, 06 NOV 2014.
- d. AR 600-85, Army Substance Abuse Program (ASAP), 28 NOV 2016.
- e. AR 600-63, Army Health Promotion, 14 APR 2015.
- f. DA PAM 600-24, Health Promotion, Risk Reduction, and Suicide Prevention (HPRRSP), 14 APR 2015.
- g. EXORD 221-12 2012, Sexual Harassment/Assault Response and Prevention (SHARP), 23 JUN 2012.
- h. Senior Responsible Officer (SRO) East Community Health Promotion Council (CHPC) Charter, 22 DEC 2017
- i. AR 215-1, Non-appropriated Fund Instrumentalities and, Morale, Welfare and Recreation Activities, 24 SEP 10.
- j. AR 350-53, Comprehensive Soldier and Family Fitness, 19 JUN 2014
- k. AR 600-63 Army Health Promotion, 14 Apr 2015
- l. DA PAM 385-5 Fundamentals of Safety in Army Sports & Recreation

2. PURPOSE: This memorandum provides procedures for implementing the Bavaria Health Initiative (BHI) Challenge, and information to program participants of the USAG Bavaria.

3. OBJECTIVE: Promote the USAG Bavaria Commander's Bavaria Health Initiative (BHI) program by leveraging community and unit resources in a coordinated and deliberate effort to improve the health, wellness and overall readiness of community members, by aligning existing best practices and deploying new strategies intended to promote a healthy lifestyle culture.

4. CONCEPT: The BHI challenge is designed to capitalize on increased involvement in healthy habits by encouraging Units/Organization to achieve the most wellness milestone points. The Challenge will encourage the organization of teams within units and organizations in the USAG Bavaria community to compete as group to increase involvement in the BHI

5. ADMINISTRATION:

MEMORANDUM OF INSTRUCTION (MOI)
SUBJECT: USAG Bavaria Health Initiative (BHI) BeFit for Life

- a. During week ten of the BeFit for Life sustain program, the BHI 8-week challenge, will begin on 13 July 2018. The top three teams from each categories will be recognized with certificates of achievement, trophies and public recognition.

6. DATE: 13 July 2018 – 6 September 2018

7. REGISTRATION: 1 June 2018 – 12 July 2018

8. CATEGORY:

Teams

- a. Small Unit/Organization (100-)
- b. Large Unit/Organization (+100)

9. RESPONSIBILITIES:

- a. Family and MWR Tower Barracks Sports & Fitness will;
 1. Provide and maintain participant's registration form.
 2. Supply weekly challenge instructions and score sheets for each challenge.
 3. Verify completion points for teams
 4. Identify Winners by 14 September 2018.
- b. Teams will:
 1. Turn in registration by 12 July 2018
 2. Maintain all score sheets for team members
 3. Turn in final score sheet each Friday. (20, 27 July, 3,10,17,24, 31 August, and 7 September)

10. Challenges and Scoring: Descriptions of Weekly Challenges and Scoring System are defined in appendix A and B.

- a. Weekly Challenges – Appendix A
- b. Scoring Sheet – Appendix B
- c. Scoring System – The winner will be determined by the team with the most points at the end of the 8 weeks.
 - Physical activities points will be award according to the teams ranking amongst other times submitted
 - Sleep, Nutrition and Mental Health points will be award according to the percentage of team members that complete the challenges
- d. Bonus points

MEMORANDUM OF INSTRUCTION (MOI)
SUBJECT: USAG Bavaria Health Initiative (BHI) BeFit for Life

1. 50 bonus points will be given to units that sponsor one community wide event, program or class.
 2. 10 bonus points for each team that incorporate families in weekly challenges.
 3. 10 bonus points for each team that volunteers for a community event or organization.
- 11. AWARDS:** 1st, 2nd and 3rd place teams from each category will receive, public recognition, a trophy and certificate of achievement.
- 12. AWARD CEREMONY:** 14 September 2018
- 13. Point of contact** for this program is Mr. Charles M. Bradfish, Tower Barracks Sports & Fitness Manager, DSN: 475-9024, COM: 09641-83-9024, or email: Charles.m.bradfish.naf@mail.mil.

SERGE KEARSE
Chief, Sports & Fitness Operation Branch
Family and MWR, USAG Bavaria

Appendix A

BHI Weekly Challenges

Week # 1 Challenges

Physical Activity: *Fitness test*

1 mile run/jog/walk, 25 Pushups, 50 sit-ups and 75 squats for time.

Sleep: *Reducing Caffeine*

Stop caffeine use at least 6 hours before bedtime.

Nutrition: *Daily Food Log*

Keeping track of the food that you eat to help maintain a balanced diet.

Mental Health: *Meditation*

Complete at least a total of an hour and half of meditation exercise throughout the week.

Week # 2 Challenges

Physical Activity: *Bike Trip*

Each group member bikes 10 miles for time.

Sleep: *Sleep Routine*

Create and maintain a routine before bedtime.

Nutrition: *8X8 H2O*

Aim to drink 8 glass of 8 ounces of water a day.

Mental Health: *Journal*

Challenge yourself to Journal your daily thoughts and reflect on the events of the day.

Week # 3 Challenges

Physical Activity: *200 meters of Lunges*

Complete 400 meter of lunges for time.

Sleep: *Wake-up Time*

Wake up at the same time every day this week, including on the weekend.

Nutrition: *Meal Prep*

Prepare your meals and snacks for the week.

Mental Health: *Play a Sport*

Participate in a sport once during the week.

Week # 4 Challenges

Physical Activity: *Burpee Challenge*

50 burpees for time

Sleep: *Sleep Environment*

Turn off electronics 1 hour before laying down each night.

Nutrition: *Fruits and Veggies*

Aim to eat at least 8 servings of fruits and vegetables each day.

Mental Health: *Encourage Others*

Do something nice for someone every day this week.

Week # 5 Challenges

Physical Activity: *Flutter Kick Challenge*

100 Flutter-kicks on a 3 count cycle.

Sleep: *Relaxing activity*

Find a relaxing activity before laying down each night.

Nutrition: *GO Green*

Incorporate leafy greens into your daily diet.

Mental Health: *Read a book*

Find a book on self-growth or any book you enjoy and read this week.

Week # 6 Challenges

Physical Activity: *Jump Rope Challenge*

Reps of jump rope for time

Sleep: *Small Snack*

Small nutritious snacks before bed will help you sleep.

Nutrition: *Snacks Substitute*

Substitute at least one sugary snack with a fruit, vegetable or low-fat/fat-free dairy snack each day this week.

Mental Health: *Ted Talks*

Watch 1 Ted Talk. <https://www.ted.com>

Week # 7 Challenges

Physical Activity: *Push Ups test*

50 pushups for time

Sleep: *Book before bed*

Read a BOOK of choice 20 minutes before bed every night.

Nutrition *Health Start*

Eat a healthy breakfast every day.

Mental Health: *Connect with Family or Friend*

Choose an activity to do with a family member or friend for 20 minutes a day.

Week # 8 Challenges

Physical Activity: *Fitness test*

1 mile run/jog/walk, 25 Pushups, 50 sit-ups and 75 squats for time.

Sleep: *Shower*

Take a hot shower or bath before bed to relax the body.

Nutrition: *Daily Food Log Comparison*

Keeping track of the food that you eat to help maintain a balanced diet.

Mental Health: *Gratitude*

Journal one thing you are grateful for each day this week.

BHI Challenge Scoring System (Example)

Physical activities points will be award according to the ranking of times submitted

Example:

Team	Time	Points Earned
FMWR	5:00	3
AAFEES	6:00	2
ACS	7:00	1

Sleep, Nutrition and Mental Health points will be award according to the percentage of team members that complete the challenges

Example:

Teams name	Team Size	Participants completed	Percent Completed	Poitns Earned
FMWR	50	15	30%	8
AAFEES	75	50	67%	14
ACS	99	40	40%	10

0-9% - 2 Points
10-19% - 4 Points
20-29% - 6 Points
30- 39% - 8 Points
40-49 % - 10 Points
50- 59 % -12 Points
60- 69% - 14 Points
70- 79% - 16 Points
80 – 89 % -18 Points
90-99% - 20 Points
100% - 25 Points

TEAM NAME	
Number of team Members	_____

Challenge Week 1	13-19 June 2018
Volunteer Bonus	
Unit/Originations sponsored community Event Bonus	
Family Involvement Bonus	

Challenge:	Number of participants to COMPLETED the Challenge:
Sleep:	
Nutrition:	
Mental Health:	

Physical Activity Average=	Sum of all team members times/ number of teams members that participated
Physical Activity Average=	

Challenge Category	Scoring
Physical Activity	Each person will submit their time for the challenged activity. The team's average time will be submitted. To get the average time, add all participants' times and divide by the number of participants that completed the challenge.
Sleep	Each team member that COMPLETED the challenge will be calculated into the total number of participants for this challenge.
Nutrition	Each team member should supply a food journal for that week. Each participants that COMPLETED this will be calculated into the team's total number of participants for this challenge.
Mental Health	Each team member that COMPLETED the challenge should be calculated into your total number of participants completed.

Volunteer Bonus	10 points for Each team that volunteers for a community event or organization.
------------------------	--------------------------------------------------------------------------------

Unit/Originations sponsored community Event Bonus	50 bonus points will be given to units that sponsor one community wide event, program or class. This will be conducted during this week of the challenge and a sign in sheet from the event will need to be presented for bonus points.
Family Involvement Bonus	10 Bonus points for each team that incorporate families in weekly challenges.

TEAM NAME	
Number of team Members	_____

Challenge Week	_____
----------------	-------

Physical Activity Average=	Sum of all team members times/ number of teams members that participated
Physical Activity Average=	

Challenge:	Number of participants to COMPLETED the Challenge:
Sleep:	
Nutrition:	
Mental Health:	

Volunteer Bonus	
Unit/Originations sponsored community Event Bonus	
Family Involvement Bonus	

Challenge Category	Scoring
Physical Activity	Each person will submit their time for the challenged activity. The team's average time will be submitted. To get the average time, add all participants' times and divide by the number of participants that completed the challenge.
Sleep	Each team member that COMPLETED the challenge will be calculated into the total number of participants for this challenge.
Nutrition	Each Team Member that COMPLETED this challenge will be calculated into the team's total number of participants for this challenge.
Mental Health	Each team member that COMPLETED the challenge should be calculated into your total number of participants completed.

Volunteer Bonus	10 points for Each team that volunteers for a community event or organization.
Unit/Originations sponsored community Event Bonus	50 bonus points will be given to units that sponsor one community wide event, program or class. This will be conducted during this week of the challenge and a sign in sheet from the event will need to be presented for bonus points.
Family Involvement Bonus	10 Bonus points for each team that incorporate families in weekly challenges.