
Reference Guide for the Fitwel Certification System: Workplace



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Introduction



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This Reference Guide provides an orientation to the Fitwel Certification System, its background and development, as well as useful tools and guidance for users who are embarking on the certification process.

This Fitwel Reference Guide has been revised and published in July 2021 to reflect the Fitwel v2.1 enhancements.

The enhancements offer minor clarifications and expanded compliance pathways for select Building scorecard strategies. These enhancements address questions and feedback we have received to date to support clear and flexible strategy implementation. Additionally, the enhancements align with the Fitwel Viral Response Module (VRM) to offer a more streamlined approach for pursuing VRM and Building Certification in tandem.

All projects that have not yet been certified—including those currently in review—have the opportunity to benefit from this expanded content.

The Fitwel Portal and relevant v2.1 supporting collaterals, including downloadable Excel worksheets, have been updated to integrate these enhancements.

The Need for Healthier Buildings and Communities

→ Time spent indoors accounts for roughly 90% of daily life.

A direct line can be drawn between how and where a person spends their time, the quality, amenities, and design of that environment, and individual health outcomes. Spaces that filter and promote clean air, provide ample opportunities for drinking water, encourage moderate physical activity, situate users to views of nature and daylight, and foster a culture of healthy habits, are spaces that can deeply alter a person's health trajectory. Now, imagine an environment where these qualities are lacking or altogether unavailable.

→ The existing global building stock is between these two poles, providing a vast, and ever-increasing opportunity to rethink and redesign the spaces all of us inhabit.

This opportunity also hangs on a dire economic forecast. According to the World Health Organization (WHO), from 2011-2025, cumulative economic losses due to non-communicable diseases (NCDs)—under a “business as usual” scenario in low- and middle-income countries—are estimated at US \$7 trillion. WHO estimates the cost of reducing the global NCD burden at US \$11.2 billion a year—staggering, but when broken down, an annual investment of only US \$1-3 per person.

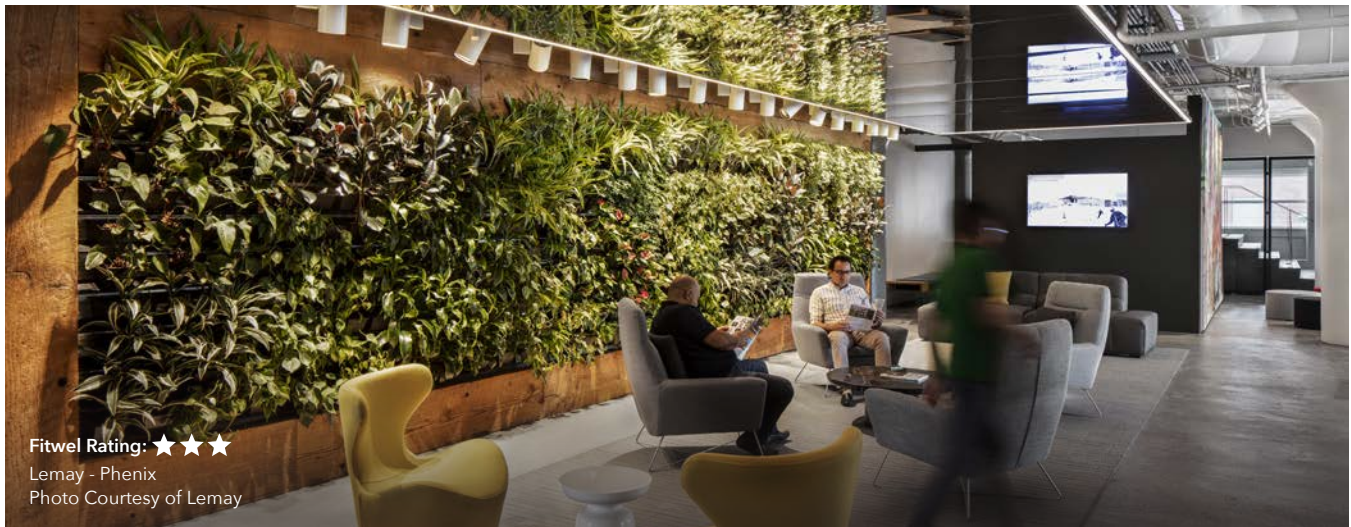
Investing in health—even incrementally—can shift “business as usual,” and alter the dire global forecast.

→ Increased levels of stress in the US adult population have also contributed to poor health.

Employers are well aware of the impact health related costs have on their bottom line. According to the Integrated Benefits Institute, productivity losses related to health cost US employers over \$225 billion annually. Research by the CDC and others corroborates these findings, demonstrating how the design and maintenance of the built environment can significantly benefit health, productivity, and overall happiness.

Fitwel builds on this knowledge, and has a vision for a healthier future where every building, every community, is enhanced to support well-being.





Fitwel Rating: ★★★★★
 Lemay - Phenix
 Photo Courtesy of Lemay

Building Health: One Building and Site at a Time

The Fitwel Certification System is the premiere system for optimizing design and operations to improve health and productivity outcomes. Fitwel offers evidence-based, targeted, and incremental interventions that can foster healthier environments, regardless of a property size, location, or construction year.

Since its launch in 2017, Fitwel has become the leading global health certification system, advancing a unique portfolio-based approach, and engaging more than 600 companies worldwide. Generated by expert analysis of over 5,000 academic research studies, and evolved by leading industry experts in design, development, construction, and operations, Fitwel is implementing its vision to build health in communities across the globe. Today, Fitwel is in use in over 35 countries, impacting over 750,000 people.

A Brief Background

The U.S. Centers for Disease Control and Prevention (CDC) and the General Services Administration (GSA) led the development of Fitwel, garnering input from experts in public health and design, reviewing over 3,000 scientific studies to formulate targeted design and operations strategies. After winning a competitive bid, the Center for Active Design (CfAD) is now its operator, charged with leading Fitwel's adoption worldwide, managing certification and engagement, and overseeing future development. The CDC remains a primary partner to incorporate future research findings as the science behind healthy real estate evolves.

About the Center for Active Design

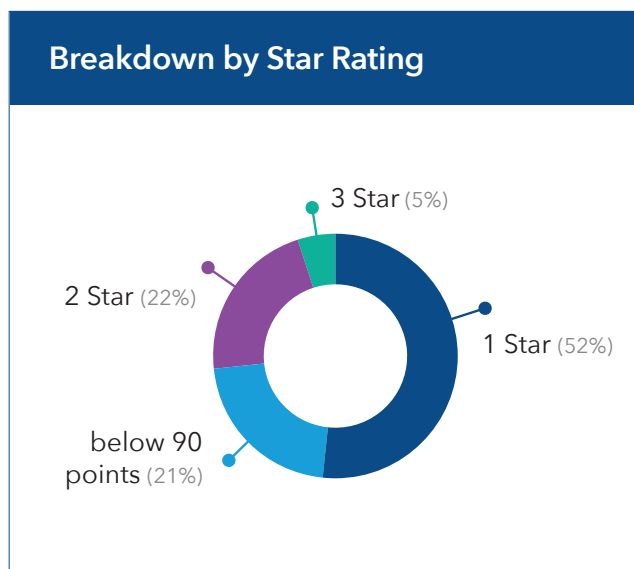
The Center for Active Design (CfAD) is the preeminent global not-for-profit organization working at the intersection of health and the built environment. We transform design and development practice to support health and ensure equitable access to vibrant public and private spaces that support optimal quality of life.



CfAD is the operator of Fitwel, leading future development and use within the private and public sectors.

All Fitwel components, including the strategies, scoring algorithm, and portal, were originally developed and pilot tested in 2014 across 89 buildings in a variety of urban, suburban, and rural locations. The pilot results revealed a bell curve of results, with over one third not receiving certification, roughly one third receiving a 1-Star certification, and the remaining third receiving 2- and 3-Star certifications. Across all outcomes, 84% of users reported an improved understanding of how buildings support healthy behaviors, spotlighting one of the system's most powerful uses—as a tool to benchmark and spur improvements.

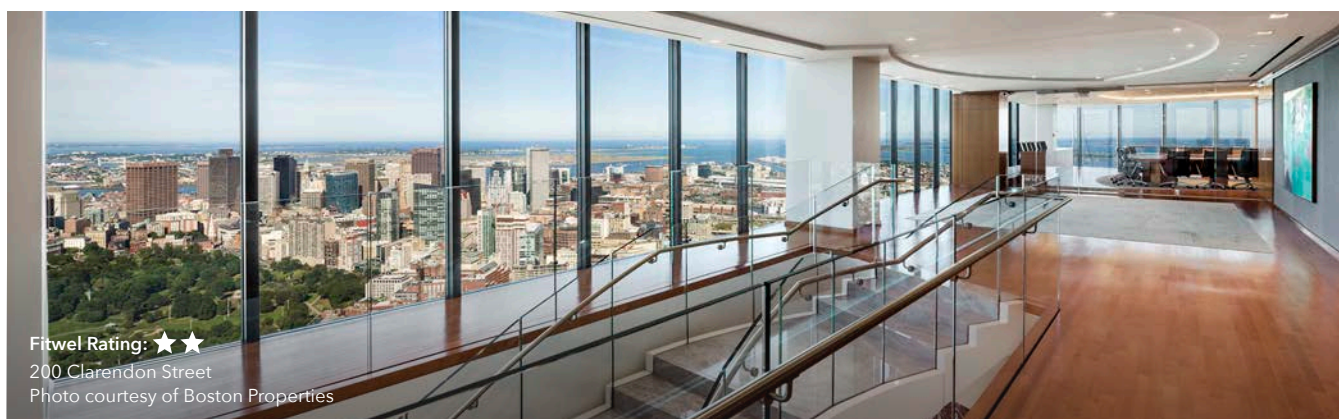
Today, achieving a 3-Star rating remains a coveted and competitive score, with only 10% of all properties awarded Fitwel's highest honor.

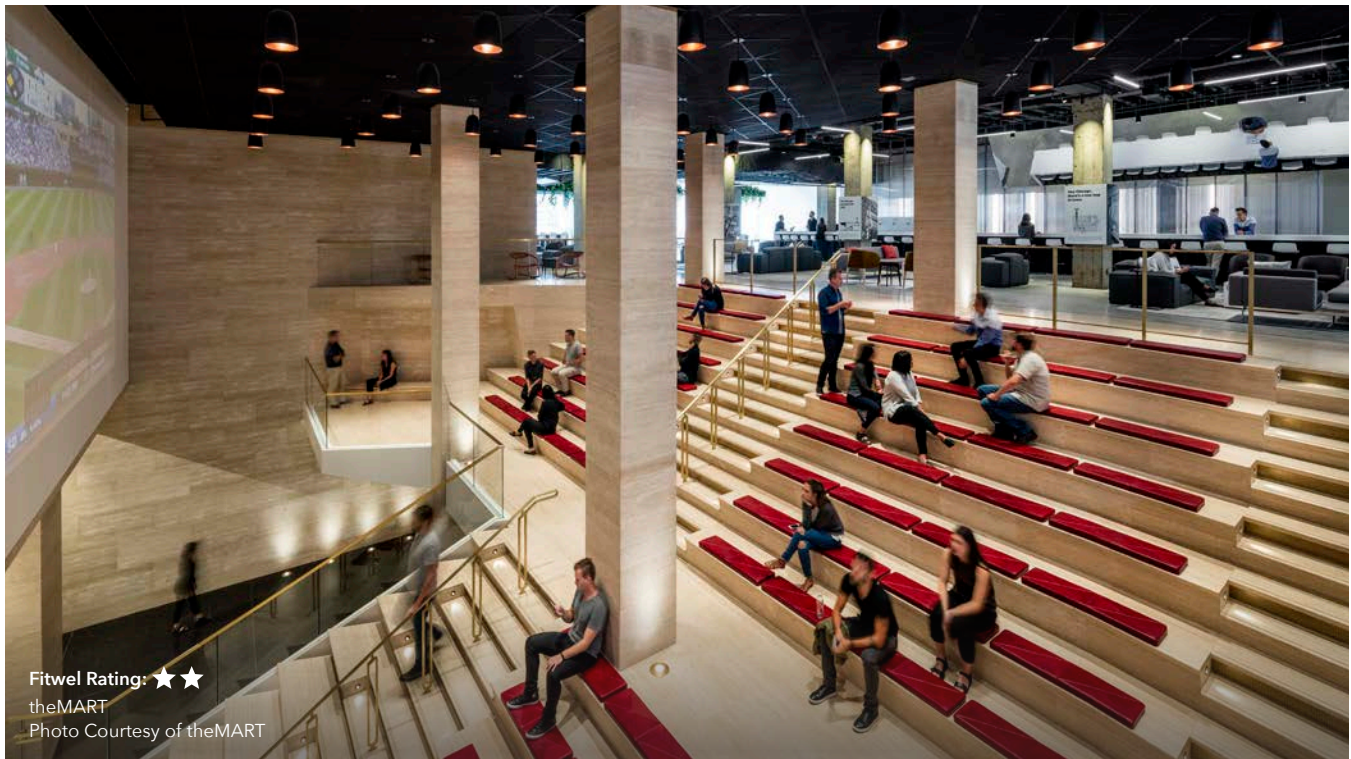


Fitwel Development Process

Since its launch in 2017 Fitwel has continued to expand its impact on the built environment. As an evidence based standard, Fitwel is designed to evolve to reflect the most recent research and industry expertise.

Through a systematic process, Fitwel brings together experts to support both the evidence base and applicability of the Fitwel Standard. To ensure that the standard remains abreast of the latest research, Fitwel established the Fitwel Federal Scientific and Operations Liaison Team (FSOLT) with its federal partners at CDC and GSA. The team holds quarterly meetings, during which the evidence behind the Fitwel Strategies is revised and validated. In parallel, Fitwel also convenes an Advisory Council on a quarterly basis. The council brings together subject matter specialists to advise on the application of the Fitwel Strategies on the ground. Additionally, Fitwel gathers ongoing valuable feedback from its industry partners, including its Leadership Advisory Board (LAB) members, Strategic Partners, Champions, as well as Fitwel users.





The Fitwel Standard

Fitwel provides tailored strategies for existing, new construction, and in-development properties, optimizing unique opportunities for each project.

Fitwel's strategies for improvements are metric-driven, lending themselves to demonstrated results for occupants. All strategies are voluntary, with no cost prohibitive pre-requisites, allowing for extensive applicability on diverse projects.

The certification process is captured in the Fitwel Portal, an interactive, digital interface that provides fast access to key information on building and site-scale performance and health impacts. The Fitwel Portal is an all-encompassing platform that allows users to register, benchmark, and submit a single project or an entire real estate portfolio for certification.

Expanding Partnerships

Fitwel links with other recognized leaders in development and design practice, driving and amplifying the movement to support healthy design. This includes syncing with Leadership in Energy and Environmental Design (LEED), Building Research Establishment Environmental Assessment Method (BREEAM), and others, to offer parallels in strategy achievement and documentation submission.

Fitwel has also partnered with Fannie Mae to support health within affordable housing development, providing reduced borrowing rates for affordable housing project backers who certify with Fitwel Multifamily. The Healthy Housing Rewards program responds to the reality that Fitwel can work in a multitude of environments, typologies, and financial structures.

Focus on Holistic Health

Fitwel addresses health holistically as an interconnected system, with no single dominant category or area of focus. Empirical evidence links Fitwel's strategies to at least one of seven Health Impact Categories:

-
-  **Increases Physical Activity**

 -  **Promotes Occupant Safety**

 -  **Reduces Morbidity and Absenteeism**

 -  **Supports Social Equity**

 -  **Instills Feelings of Well-being**

 -  **Impacts Surrounding Community Health**

 -  **Enhances Access to Healthy Foods**

Fitwel strategies are those with the strongest evidence base and with the highest demonstrated impact on Fitwel's Health Impact Categories.

Each strategy is associated with a unique point allocation based on the strength of the science and the demonstrated impact on occupant health. Strategies with stronger, multi-faceted impacts receive more points. The point value assigned to each strategy was determined by a scientific advisory group of leading public health researchers assembled by the Centers for Disease Control (CDC). The CDC continues to weigh in on strategies and point allocation as the Fitwel standard, and the research behind it, evolves.

The weighting system allows for strategies that are linked to impacts under multiple Health Impact Categories to receive more points, and recognizes those strategies whose health outcomes are supported by the strongest evidence base.

Fitwel's Scoring Process

Projects that achieve a Fitwel score of 90 or above are considered "Fitwel-Certified" at one of three levels:

★	90 - 104 Points
★★	105 - 124 Points
★★★	125 - 144 Points

All final Fitwel Scores will be rounded up or down based on two decimal points. This rounded number will dictate the Fitwel Star Rating awarded.

Because Fitwel addresses health as a holistic system, and the benefits of strategies are cumulative, there are no prerequisites or mandatory thresholds within different categories, only the 90-point threshold for receiving a Fitwel-Certified designation. For example, even a project that scores a theoretical zero in its benchmark score can benefit from using Fitwel as a tool to improve health outcomes.



A Tailored Approach for Diverse Environments

The Fitwel Standard is designed to impact different typologies through the Fitwel Scorecards.

All scorecards seek to improve the health outcomes and quality of life of **regular occupants** within the **project boundary**, as well as doubly improve health outcomes of the surrounding community. Regular occupants and project boundary are two terms that frequently appear in Fitwel, and thus important to define upfront.

Regular Occupants are those that are habitual users of a building or space where Fitwel Strategies will be applied, including all residents, full- and part-time employees and volunteers, but not transitional occupants (such as subway commuters passing through a portion of the building). For all scorecards, the number of Regular Occupants may be estimated using full-time equivalent figures used for code or zoning filing.

- For application within owner controlled areas of a multi-tenant commercial building using the Multi-Tenant Base Building or Retail Scorecards, regular occupants are considered occupants of owner controlled areas only, including on-site building staff.
- For application within an entire multi-tenant commercial building using the Multi-Tenant Whole Building Scorecard, regular occupants are considered all occupants of owner controlled areas and tenant spaces.
- For application within a single-tenant commercial building using the Single Tenant or Retail Scorecards, regular occupants are considered all occupants within the building.
- For application within a commercial interior space using the Commercial Interior or Retail Scorecards, regular occupants are considered occupants of tenant-controlled areas only.
- For application within a commercial or residential site using the Commercial and Industrial Site or Community Scorecards, regular occupants are considered all occupants of owner controlled areas, tenant spaces, and residential buildings.

When certifying a building or space within a building, the **Project Boundary** includes all spaces within the building footprint. For commercial and residential buildings, the project boundary includes residential units, tenant spaces, rooftops, parking garages, common areas, and all areas under the control of building owner/manager. For tenant spaces, the project boundary includes all areas that are leased to the tenant. Multiple buildings that are connected by at least one contiguous and programmed floor qualify as one project. Parking garages and pedestrian circulation areas do not qualify as a programmed floor.

When certifying a site, the project boundary includes the contiguous area of land identified for certification, upon which development is completed or proposed. The project boundary may include owner-controlled areas only, or may be expanded to encompass areas outside of owner control. While a project boundary may be expanded to encompass beneficial amenities or community assets farther away, the expansion will simultaneously require a greater degree of connectivity and maximum allowable distances. Submitters should be strategic about ensuring that the project boundary does not grow so large that it puts select strategies out of reach.

Fitwel is currently available for the following property types:

Sites:

Fitwel's site scorecards are for application within communities (residential-oriented developments) and commercial and industrial sites (workplace-oriented developments). These scorecards focus primarily on the exterior composition, connectivity, operations, and maintenance procedures applied within the site.

Community

Community Scorecard (CM) is applicable to privately or publicly owned/managed sites that are contiguous and incorporate at least one residential building. This scorecard impacts all site outdoor areas and common areas.

Commercial and Industrial Site

Commercial and Industrial Site Scorecard (C&I) is applicable to contiguous sites that are owned or managed by a single entity, and includes commercial building(s) only. This scorecard impacts all site outdoor areas and common areas that are under the control of site owner/manager.

Buildings:

Fitwel's building scorecards emphasize internal design and operational strategies, and further evaluate ancillary spaces and building-to-site connectivity to bolster overall health impacts. The building scorecards emphasize occupant amenities, such as commuter infrastructure, daylighting, and stairwell access. These scorecards are available for a range of typologies, including workplaces, multifamily residential, and enclosed retail environments.

Workplace Scorecards

Multi-Tenant Base Building Scorecard (MTBB) is applicable to commercial buildings whose floors and common areas are occupied by multiple tenants. This Scorecard impacts the spaces that are under the control of the building owner/manager, including common areas accessible to tenants, and building owner/manager spaces accessible to onsite staff.

Multi-Tenant Whole Building Scorecard (MTWB) is applicable to commercial buildings whose floors and common areas are occupied by multiple tenants. This Scorecard impacts all spaces within the building, including tenant spaces, common areas, and those under the control of building owner/manager.

Single-Tenant Building Scorecard (ST) is applicable to commercial buildings whose floors and common areas are occupied by a single tenant. This Scorecard impacts all occupants with all spaces within the building.

Commercial Interior Space Scorecard (CI) is applicable to contiguous spaces within a commercial building that are occupied or controlled by a single tenant. The scorecard impacts the spaces occupied by a single tenant.



Fitwel Rating: ★★

The Pearl

Photo Courtesy of Tower Companies

Housing

Multifamily Residential Scorecard (MFR) is applicable to residential buildings that contain multiple dwelling units. The scorecard impacts all spaces within the building.

Retail

Retail Scorecard (RT) is applicable to retail complexes whose floors and common areas are occupied by multiple tenants, or contiguous spaces within a building that are occupied or controlled by a single tenant. For retail complexes, this scorecard impacts the spaces that are under the control of the building owner/manager, and common areas accessible to visitors. For retail tenants, this scorecard impacts spaces occupied by a single tenant.

Senior Housing

Senior Housing Scorecard (SH) is applicable to properties that provide housing for aging residents. Applicable properties include those that provide an independent living experience, as well as those that provide assisted living services and/or memory care. Areas where 24-hour skilled nursing care and high level medical care are not covered by the Senior Housing scorecard.

For adjacent, related, and individual workplace properties, Fitwel offers the ability for projects to recognize their campuses as Fitwel certified. Projects seeking this recognition should register and certify each adjacent building separately on the Fitwel Portal. Once each building is certified, the campus can be awarded an overall score and star rating based on the average score of all buildings within the campus. Pursuing a campus certification is a separate process from achieving a site level certification, as campus represents the average building score using Fitwel's workplace scorecards, whereas a site level certification focuses primarily on exterior spaces and the public realm of a project.

Certification

New Construction Pathway

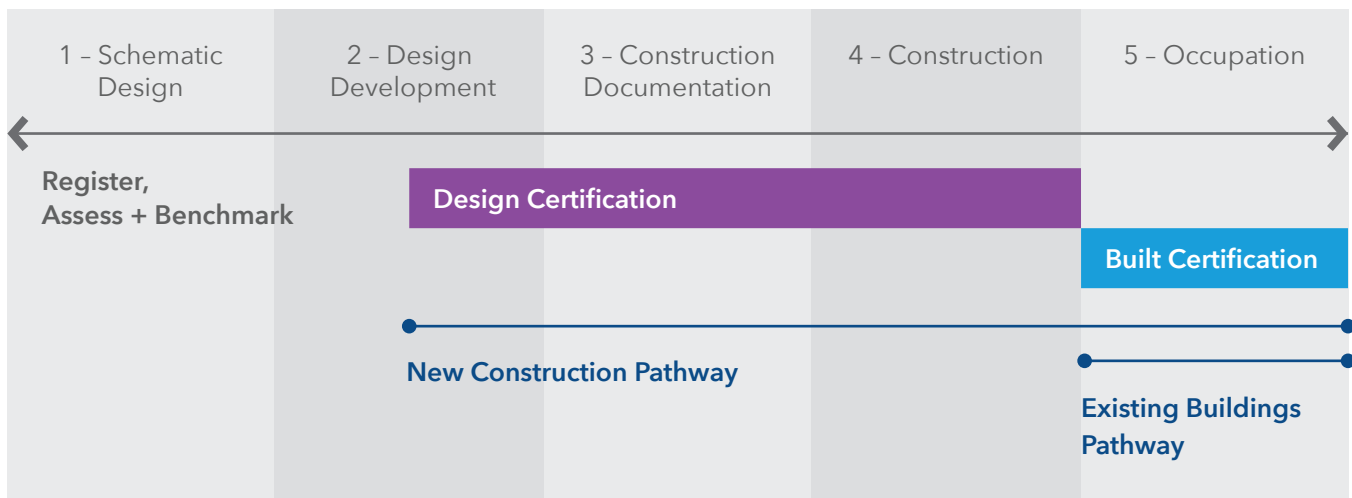
Projects that are currently in design or under construction can complete a Design Certification prior to occupancy, allowing for market differentiation based on a recognized commitment to health. Once occupied, project teams should then pursue a Built Certification. This new pathway integrates healthy design and operations at the outset of the design process, optimizing the next generation of buildings and sites to promote health for all.

Projects pursuing the New Construction pathway should have, at a minimum, finalized design schemes in order to demonstrate general layout and project intent.

For Community and Commercial and Industrial Site scorecards, finalized site, circulation, and landscaping plans are recommended in order to fully demonstrate future site uses, connectivity, and open spaces. For building scorecards, finalized site and floorplans are recommended in order to fully demonstrate massing, siting, and amenities within a project footprint.

Existing Building Pathway

Existing or recently completed projects can pursue certification through the Existing Building pathway. Available to projects post-occupancy, existing building projects will receive a Built Certification.



Recertification

The Fitwel Certification Pathways are valid for three years.

Projects can stay up-to-date with the latest science, and maintain Fitwel status without lapse by initiating a recertification on the Fitwel Portal at any point within the three years from the date on which the project was awarded its initial certification. Projects that have received a Built Certification that are submitted for recertification will be reviewed under the version of the Fitwel Scorecard that is in place

on the date that the project initiates its recertification. Projects that have received a Design Certification will be reviewed under the same version in which the original certification was awarded, but also have the option of re-certifying under the most up-to-date version (for example, projects that received a Design Certification under v2 can be re-certified under v2 or v2.1). Projects will be charged a re-registration fee plus 80% of the prevailing certification rate.

Certification Expiration

Projects that have not been re-certified within three years of the original certification date will no longer be distinguished as a certified project within Fitwel's project database and marketing channels.

Upon lapse of Fitwel certification, project owners/managers must refrain from advertising or implying that a project is Fitwel certified, and must discontinue the use of any and all Fitwel products and logos, including displaying the certification plaque(s) and any other installed or digital signage regarding the certification.

Certification Process

Fitwel guarantees that all projects advance through the review and certification process in 16 weeks. For those companies committing to use Fitwel at scale, a 12-week process is offered.

Fitwel uses a verified approach to evaluate each project's certification documentation. Through a double-blind review process, two independent reviewers assess each project and then confirm a numerical score. Developed by public health professionals, this method ensures that each review is unbiased and consistent.

- Step 1** Project documentation is initially reviewed and given a score using a double-blind process.
- Step 2** The project team receives, via the Fitwel Portal, details on any additional documentation or clarification needed, offering a direct dialogue between project team and Fitwel Certification Team. Project teams are permitted one response to the Fitwel Certification Team within a period of four weeks.
- Step 3** Final review of any additional documentation or clarification by the Fitwel Certification Team. This part of the process culminates in a final numerical score and associated star-rating if achieved. Additionally, project teams are provided with the final Fitwel Scorecard and a Fitwel certificate for the project.

Certification Guidance

Before diving into the submission process, users should take a moment to consider the following certification tips to help in streamlining the review process and reducing any necessary revisions and clarifications.

→ Review the scorecard thoroughly.

Fitwel provides a single file for all scorecards. In addition to selecting the appropriate scorecard and corresponding tab within the file, please thoroughly review the “Instructions” tab, which includes pertinent information related to documentation applicable to all scorecards. These instructions include required information and details to be included on all supplied diagrams and annotated plans, as well as guidance on how to submit clear, contextual photographs, thorough official statements, and comprehensive policies. This guidance includes:

A. Floor Plans and Sections

When providing floor plans, ensure that the areas that show how the project meets the strategy and compliance documentation requirements are highlighted and/or annotated. Project names and floor numbers must be clearly indicated on all floor plans, including a legend, where needed. If typical or base floor plans are used to show the same floor plate on multiple floors, such plans must indicate the number of building floors the plans represent.

B. Photographs

When providing photographs, ensure that the images are clear and show how the project meets the strategy and compliance documentation requirements. Details on the location from which the photographs were taken and the relevance of the image to the strategy should be provided. This may be done by marking the images or including a brief written description.

C. Official Statements

All official statements, declaration of compliance, schedules, and letters must be dated and provided on company letterhead. Statements and declaration letters are only accepted in the following cases:

- when listed as an accepted document in the compliance documentation section for the strategy,
- as an additional document, when the accepted documents listed in compliance documentation section are also provided, and
- when specially requested by the Fitwel Certification Team during the project review period.

D. Design Drawings

When providing design drawings (plans, sections, and/or renderings generated during the design phase of a project), ensure that the areas that show how the project meets the strategy and compliance documentation requirements are highlighted and/or annotated. Design drawings are only accepted as compliance documentation for projects tracking towards a Design Certification.

E. Policies

All official or draft policies must be on company letterhead, and clearly indicate the time period (start and end date) for which the policy is instituted. Submitted policies should be highlighted and/or annotated to indicate the areas within the policy that meet the strategy and compliance documentation requirements.

F. Diagrams

Diagrams may be provided in addition to the required compliance documentation listed for a strategy to clarify compliance with the requirements of a strategy. When providing diagrams, ensure that the diagrams are clear and include a description of the relevance of the diagram to the strategy.

→ Define the project site.

Visually delineate the project boundary when uploading site plans and/or maps within the project registration page on the Fitwel Portal (navigate to this page by clicking on “Edit project” on the top right hand side of the scorecard page). For building scorecards, identify the main building entrance(s) that will be used for demonstrating distance. For site scorecards, outline the full extent of the site in order to gauge distance from the site boundary to off-site amenities.

→ Finalize the regular occupant count.

Fitwel relies on having a firm count of regular occupants (see pages 6-8 of this Reference Guide). For all projects, this figure should be based on full-time equivalent figures used for code or zoning filing.

→ Annotate clearly.

The Fitwel certification process relies on submitters adding a layer of explanation to documentation, clearly circling, highlighting, adding text, or providing an addendum to summarize how the supplied documentation evidences the implementation of a particular strategy. Thoughtfully including clear annotation will avoid the need for future clarification(s) between reviewers and submitters, resulting in a lengthier review process.

→ Review all requirements.

Be sure to review all requirements for each strategy, ensuring that uploaded documentation addresses all required criteria. Several Fitwel strategies include multiple components, including a combination of maps, official statements, photographs, plans, diagrams, etc. Unless otherwise noted, all requirements must be addressed, and all documentation must be provided in order to be awarded credit.

→ Formalize policies.

For strategies that require the submission of a policy, the language should address all required elements within the strategy requirements, and should be submitted individually in an official capacity – dated, with responsible party identified, and on company letterhead.

Workplace Scorecard



1 Location

Total Points Available: 16.21

1.1 - Walkability

1.2 - Walkability

1.3 - Walkability

1.4 - Proximity to Transit

Fitwel Rating: ★

25 York Street

Photo Courtesy of Menkes

Retail Alignment	MFR Alignment
1.1	1.1

1.1 - Walkability

Building located in an area with a Walk Score of 50 or above

Points Allocated: 3.08 / Alternative Compliance 1.54

Health Impact Categories



Rationale

Buildings and campuses in more walkable locations can increase opportunities for regular physical activity, social interaction, and access to amenities, fostering improved health.

Strategy Requirements

MTBB + MTWB + ST + CI

Projects must meet **one** of the following:

- have a Walk Score of 50 or above.
- identify a minimum of **three** of the following amenities located within a 1/2-mile or 800-meter walking route of the main building entrance:
 - food outlet (including cafe, restaurant, food court, deli, grocery store)
 - financial service (including bank, ATM, cash machine)
 - gym, recreation, or leisure facility (including fitness center, gym, sports facility, recreation center)
 - public transit stop (including bus stop, light rail station, heavy rail station, ferry terminal, subway station, tram stop).

**Note that amenities must be located outside the building submitting for certification.*

Alternative Compliance

MTBB + MTWB + ST + CI

Connect the building to community destinations by identifying a minimum of **two** qualifying community destinations that meet all of the following:

- Are located within 5 miles or 8 kilometers of the main building entrance.
- Are accessible through public transit or a shuttle service that is located within a 1/2-mile or 800-meter walking route of the main building entrance.

Qualifying community destinations are:

- areas of commerce (retail corridors, restaurants, markets)
- civic and/or institutional buildings (libraries, schools, community centers)
- commercial buildings (office buildings or other places of employment)
- public outdoor open spaces (parks, plazas, pedestrian corridors or other types of public open spaces)
- cultural destinations (religious centers, museums, or other types of cultural centers)

**Note that amenities must be located outside the building submitting for certification.*

Guidance

To generate a Walk Score, navigate to www.walkscore.com, input the project address under "Live Where You Love," and click the search button. Confirm that the Walk Score generated meets the strategy requirement.

Compliance Documentation

Design Certification

MTBB + MTWB + ST + CI

Project teams must submit **one** of the following:

- A copy of the building's Walk Score from www.walkscore.com.
- An annotated map(s) clearly detailing **all** of the following:
 - the location of each required amenity.
 - the main building entrance.
 - the walking distance from the main building entrance to each required amenity.

OR

For Alternative Compliance, project teams must submit an annotated plan(s) or map(s) showing the following:

- the distance between the qualifying community destinations and the main building entrance.
- the distance between the transit or shuttle service and the main building entrance.

Built Certification

MTBB + MTWB + ST + CI

Project teams must submit **one** of the following:

- A copy of the building's Walk Score from www.walkscore.com.
- An annotated map(s) clearly detailing **all** of the following:
 - the location of each required amenity.
 - the main building entrance.
 - the walking distance from the main building entrance to each required amenity.

OR

For Alternative Compliance, project teams must submit an annotated plan(s) or map(s) showing the following:

- the distance between the qualifying community destinations and the main building entrance.
- the distance between the transit or shuttle service and the main building entrance.

Retail Alignment	MFR Alignment
1.2	1.2

1.2 - Walkability

Building located in an area with a Walk Score of 70 or above

Points Allocated: 4.47 / Alternative Compliance 2.24

Health Impact Categories



Rationale

Buildings and campuses in more walkable locations can increase opportunities for regular physical activity, social interaction, and access to amenities, fostering improved health.

Strategy Requirements

MTBB + MTWB + ST + CI
<p>Projects must meet one of the following:</p> <ul style="list-style-type: none"> <input type="checkbox"/> have a Walk Score of 70 or above. <input type="checkbox"/> be located near the following: <ul style="list-style-type: none"> ▪ a minimum of three of the following amenities located within a 1/2-mile or 800-meter walking route of the main building entrance: <ul style="list-style-type: none"> ◦ food outlet (including cafe, restaurant, food court, deli, grocery store) ◦ financial service (including bank, ATM, cash machine) ◦ gym, recreation, or leisure facility (including fitness center, gym, sports facility, recreation center) ◦ public transit stop (including bus stop, light rail station, heavy rail station, ferry terminal, subway station, tram stop). ▪ a minimum of two of the following amenities located within a 1/2-mile or 800-meter walking route of the main building entrance: <ul style="list-style-type: none"> ◦ outdoor open space ◦ postal facility ◦ community facility ◦ pharmacy ◦ medical facility (including doctors office, surgical center, urgent care facility, hospital, general medical center) ◦ school or child care facility

- retail (including shopping mall, retail center, or street retail)
- sidewalk with street furniture (including benches, tables, and chairs).

**Note that amenities must be located outside the building submitting for certification.*

Alternative Compliance

Connect the building to community destinations by identifying a minimum of **three** qualifying community destinations that meet all of the following:

- Are located within 5 miles or 8 kilometers of the main building entrance.
- Are accessible through public transit or a shuttle service that is located within a 1/2-mile or 800-meter walking route of the main building entrance.

Qualifying community destinations are:

- areas of commerce (retail corridors, restaurants, markets)
- civic and/or institutional buildings (libraries, schools, community centers)
- commercial buildings (office buildings or other places of employment)
- public outdoor open spaces (parks, plazas, pedestrian corridors or other types of public open spaces)
- cultural destinations (religious centers, museums, or other types of cultural centers)

**Note that amenities must be located outside the building submitting for certification.*

Guidance

To generate a Walk Score, navigate to www.walkscore.com, input the project address under “Live Where You Love,” and click the search button. Confirm that the Walk Score generated meets the strategy requirement.

Compliance Documentation

Design Certification

MTBB + MTWB + ST + CI

Project teams must submit **one** of the following:

- A copy of the building's Walk Score from www.walkscore.com.
- An annotated map(s) clearly detailing **all** of the following:
 - the location of each required amenity.
 - the main building entrance.
 - the walking distance from the main building entrance to each required amenity.

OR

For Alternative Compliance, project teams must submit an annotated plan(s) or map(s) showing the following:

- the distance between the qualifying community destinations and the main building entrance.
- the distance between the transit or shuttle service and the main building entrance.

Built Certification

MTBB + MTWB + ST + CI

Project teams must submit **one** of the following:

- A copy of the building's Walk Score from www.walkscore.com.
- An annotated map(s) clearly detailing **all** of the following:
 - the location of each required amenity.
 - the main building entrance.
 - the walking distance from the main building entrance to each required amenity.

OR

For Alternative Compliance, project teams must submit an annotated plan(s) or map(s) showing the following:

- the distance between the qualifying community destinations and the main building entrance.
- the distance between the transit or shuttle service and the main building entrance.

Retail Alignment	MFR Alignment
1.3	1.3

1.3 - Walkability

Building located in an area with a Walk Score of 90 or above

Points Allocated: 4.47 / Alternative Compliance 2.24

Health Impact Categories



Rationale

Buildings and campuses in more walkable locations can increase opportunities for regular physical activity, social interaction, and access to amenities, fostering improved health.

Strategy Requirements

MTBB + MTWB + ST + CI

Projects must meet **one** of the following:

- have a Walk Score of 90 or above.
- be located near the following:
 - a minimum of **three** of the following amenities located within a 1/3-mile or 500-meter walking route of the main building entrance:
 - food outlet (including cafe, restaurant, food court, deli, grocery store)
 - financial service (including bank, ATM, cash machine)
 - gym, recreation, or leisure facility (including fitness center, gym, sports facility, recreation center)
 - public transit stop (including bus stop, light rail station, heavy rail station, ferry terminal, subway station, tram stop).
 - a minimum of **two** of the following amenities located within a 1/3-mile or 500-meter walking route of the main building entrance:
 - outdoor open space
 - postal facility
 - community facility
 - pharmacy
 - medical facility (including doctors office, surgical center, urgent care facility, hospital, general medical center)
 - school or child care facility

- retail (including shopping mall, retail center, or street retail)
- sidewalk with street furniture (including benches, tables, and chairs).

**Note that amenities must be located outside the building submitting for certification.*

Alternative Compliance

Connect the building to community destinations by identifying a minimum of **five** qualifying community destinations that meet all of the following:

- Are located within 5 miles or 8 kilometers of the main building entrance.
- Are accessible through public transit or a shuttle service that is located within a 1/2-mile or 800-meter walking route of the main building entrance.

Qualifying community destinations are:

- areas of commerce (retail corridors, restaurants, markets)
- civic and/or institutional buildings (libraries, schools, community centers)
- commercial buildings (office buildings or other places of employment)
- public outdoor open spaces (parks, plazas, pedestrian corridors or other types of public open spaces)
- cultural destinations (religious centers, museums, or other types of cultural centers)

Note that amenities must be located outside the building submitting for certification.

Guidance

To generate a Walk Score, navigate to www.walkscore.com, input the project address under “Live Where You Love,” and click the search button. Confirm that the Walk Score generated meets the strategy requirement.

Compliance Documentation

Design Certification

MTBB + MTWB + ST + CI

Project teams must submit **one** of the following:

- A copy of the building's Walk Score from www.walkscore.com.
- An annotated map(s) clearly detailing **all** of the following:
 - the location of each required amenity.
 - the main building entrance.
 - the walking distance from the main building entrance to each required amenity.

OR

For Alternative Compliance, project teams must submit an annotated plan(s) or map(s) showing the following:

- the distance between the qualifying community destinations and the main building entrance.
- the distance between the transit or shuttle service and the main building entrance.

Built Certification

MTBB + MTWB + ST + CI

Project teams must submit **one** of the following:

- A copy of the building's Walk Score from www.walkscore.com.
- An annotated map(s) clearly detailing **all** of the following:
 - the location of each required amenity.
 - the main building entrance.
 - the walking distance from the main building entrance to each required amenity.

OR

For Alternative Compliance, project teams must submit an annotated plan(s) or map(s) showing the following:

- the distance between the qualifying community destinations and the main building entrance.
- the distance between the transit or shuttle service and the main building entrance.

Retail Alignment	MFR Alignment
1.4	1.4

1.4 - Proximity to Transit

Locate a transit stop within a 1/2 mile or 800 meters of a main building entrance

Points Allocated: 4.19

Health Impact Categories



Rationale

Proximity to transit is positively associated with public transportation use, contributing to increased physical activity, stress reduction, improved air quality, community health, equity for those who cannot drive or afford private vehicle use, and enhanced access to amenities.

Strategy Requirements

<p>MTBB + MTWB + ST + CI</p> <p>Projects must include a main building entrance that is located within a 1/2-mile or 800-meter walking route of a minimum of one transit stop.</p> <p>Examples of qualifying transit stops include:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Shuttle stop <input type="checkbox"/> Bus stop <input type="checkbox"/> Light rail station <input type="checkbox"/> Heavy rail station <input type="checkbox"/> Ferry terminal <input type="checkbox"/> Subway station <input type="checkbox"/> Tram stop

Alternative Certification System Credits Accepted

Projects may achieve **one** of the following equivalent standards as applicable:

MTBB + MTWB + ST

LEED 2009 BD+C SSc4.1: Alternative transportation - public transportation access; LEED v4 BD+C: Access to Quality Transit, LEED v4.1 BD+C LT Credit: Access to Quality Transit

CI

LEED 2009 CI SSc3.1 - Alternative Transportation - Public Transportation Access; LEED v4 IDC LT Credit: Access to Quality Transit; LEED v4.1 IDC LT Credit: Access to Quality Transit or BREEAM In-use USA or International credit TRA 02 - Proximity to public transport (credit 4 or 8)

Compliance Documentation

Design Certification

MTBB + MTWB + ST + CI

Project teams must submit a minimum of **one** annotated map clearly detailing **all** the following:

- the location of the transit stop.
- the main building entrance.
- the walking distance from the building entrance to the transit stop.

OR

Achieved credit from the qualifying equivalent standard.

Built Certification

MTBB + MTWB + ST + CI

Project teams must submit a minimum of **one** annotated map clearly detailing **all** the following:

- the location of the transit stop.
- the main building entrance.
- the walking distance from the building entrance to the transit stop.

OR

Achieved credit from the qualifying equivalent standard.

2 Building Access

Total Points Available: 6.16

2.1 - Pedestrian Route to Transit

2.2 - Commuter Survey

2.3 - Bicycle Parking

2.4 - Active Commuter Showers

2.5 - Incentivizing Transit

2.6 - Efficiency Parking

Fitwel Rating: ★

Perkins + Will San Francisco Office

Photo Courtesy of Perkins + Will, Photo Credit © Joe Ben

Retail Alignment	MFR Alignment
2.1	NA

2.1 - Pedestrian Route to Transit

Provide a universally accessible pedestrian route between the main building entrance and a transit stop

Points Allocated: 1.12

Health Impact Categories



Rationale

A universally accessible pedestrian route connecting transit and a building entrance protects pedestrians from vehicular traffic and improves the convenience and appeal of public transportation, contributing to increased daily physical activity.

Strategy Requirements

MTBB + MTWB + ST + CI

Projects must connect the main building entrance to a minimum of **one** transit stop by a pedestrian route that:

- is free of obstacles that may impede or cause difficulties for those with physical disabilities, such as impeding trees, planting pots, bike racks, steps, or other barriers.
- includes pedestrian crossings at street intersections.

Alternative Certification System Credits Accepted

MTBB + MTWB + ST + CI

Projects may achieve BREEAM In-use USA or International credit TRA 02 - Proximity to public transport (credit 4 or 8)

Compliance Documentation

Design Certification

MTBB + MTWB + ST + CI

Project teams must submit a minimum of **one** annotated map clearly detailing **all** the following:

- the location of a main building entrance.
- the location of a minimum of one transit stop.
- the walking path.
- the pedestrian crossings.

OR

Achieved credit from the qualifying equivalent standard.

Built Certification

MTBB + MTWB + ST + CI

Project teams must submit a minimum of **one** of the following:

- A minimum of one annotated map clearly detailing **all** the following:
 - the location of a main building entrance
 - the location of a minimum of one transit stop
 - the walking path
 - the pedestrian crossings
- A minimum of **three** annotated photographs showing all of the following:
 - the main building entrance
 - the transit stop
 - the walking path
 - the pedestrian crossings

OR

Achieved credit from the qualifying equivalent standard.

Retail Alignment	MFR Alignment
2.3	NA

2.2 - Commuter Survey

Conduct an occupant commuter survey for regular occupants

Points Allocated: 0.56

Health Impact Categories



Rationale

An annual commuter survey supports occupant well-being by providing information about satisfaction with the available transportation options. Findings can be used to improve features and programs designed to support the physical and mental health of commuters.

Strategy Requirements

MTBB + MTWB + ST + CI

Project Teams must conduct an occupant commuter survey for regular occupants that:

- is fielded annually within the project.
- includes a survey summary detailing the following:
 - number of Alternative Commute Trips, including walking, carpooling, biking, or using public transit.
 - number of Conventional Commute Trips, including the use of personal vehicles.
- meets **one** of the below response rates:
 - for projects with 1 - 1000 regular occupants, a 30% response rate
 - for projects with 1001 - 2000 regular occupants, a 25% response rate
 - for projects with 2001 - 3500 regular occupants, a 20% response rate
 - or projects with 3501 - 5000 regular occupants, a 15% response rate
 - for projects with 5,001 - 10,000 regular occupants, a 10% response rate
 - for projects over 10,000 regular occupants, the required response rate decreases by 1% for every additional 1,000 occupants to a minimum of 5%.

Guidance

- » The response rate is calculated as the Number of Survey Respondents/Number of Regular Occupants.

- » The occupant survey should address the transportation patterns of regular occupants.
- » Sample survey questions can be found at <https://www.fitwel.org/fitwel-sample-surveys>

Compliance Documentation

Design Certification

MTBB + MTWB + ST + CI

Project teams must submit **all** of the following:

- An official or draft statement confirming that the survey will be fielded annually.
- A copy of the occupant survey that will be fielded upon project occupancy.

Built Certification

MTBB + MTWB + ST + CI

Project teams must submit **all** of the following:

- An official statement confirming that the survey is fielded annually.
- A copy of the issued survey detailing **all** the below:
 - the summary of required findings.
 - the required response rate.

Retail Alignment	MFR Alignment
2.4	2.2

2.3 - Bicycle Parking

Provide regular occupants access to bicycle parking

Points Allocated: 1.12 / Alternative Compliance: 0.56

Health Impact Categories



Rationale

Secure and covered bicycle parking encourages the use of bicycles for transportation and recreation, contributing to increased physical activity.

Strategy Requirements

MTBB + MTWB + ST + CI
<p>Projects must include bicycle parking that:</p> <ul style="list-style-type: none"> <input type="checkbox"/> is not accessible for public use. <input type="checkbox"/> is free of charge to all regular occupants. <input type="checkbox"/> is covered from the elements. <input type="checkbox"/> is secure from theft. <input type="checkbox"/> is located within the building or within a 300 feet or 100 meter walking route of the main building entrance. <input type="checkbox"/> meets demand based on the total number of building occupants that have access to the bicycle parking, as follows: <ul style="list-style-type: none"> ▪ If the bicycle parking serves all building occupants, the parking is provided for a minimum of 2.5% of building occupants. ▪ If the bicycle parking serves regular occupants only, the parking is provided for a minimum of 2.5% of regular occupants. ▪ If the bicycle parking serves regular occupants only and an occupant commuter survey that meets the requirements for strategy 2.2 was conducted, the bicycle parking available exceeds the demand dictated by the occupant survey by 1%.

Alternative Compliance:

MTBB + MTWB + ST + CI

Include a minimum of one shared bicycle station or dockless bicycle hub within a 1/2-mile or 800-meter walking route from the main building entrance.

Note that: Municipal or third-party shared bicycle programs qualify for Alternative Compliance.

Campus

If the bicycle parking serves multiple buildings on a campus, show the following:

- the bicycle parking meets demand based on the total number of occupants that have access to the parking, as per the requirements above.
- are located within 1/4-mile or 400-meter walking route of the project attempting certification.

Guidance

- » If projects do not qualify for Strategy 2.2, the occupant commuter survey cannot be used to comply with Strategy 2.3. When using the results of an occupant community survey to demonstrate demand, show the resulting percentage of bicycle commuters by applying the following formula: (total number of respondents who reported biking to work/total number of respondents) x 100. Projects that do not qualify for Strategy 2.2, cannot use an occupant commuter survey to comply with Strategy 2.4.
- » It is important to clearly indicate whether the bicycle parking is accessible to all building occupants or the regular occupants of the project only, and calculate the required bicycle parking spaces accordingly.
- » Covered bicycle parking spaces must be sheltered from the elements such as rain and snow. Shelter may be provided through an overhead cover, or by locating the bike parking indoors, such as in a parking garage.
- » To ensure bicycle parking spaces are securely stored and/or locked, bicycle racks may be bolted to the walls or floor, or located in lockable bicycle rooms/storage spaces in buildings.

Compliance Documentation

Design Certification

MTBB + MTWB + ST + CI

Project teams must submit the following:

- An official or draft statement confirming that the bicycle parking will:
 - not be accessible for public use.
 - be free of charge to all regular occupants.
 - be covered.
 - be secure.

- A calculation detailing the:
 - anticipated number of occupants with access to the bicycle parking.
 - total number of bicycle parking provided.
- An annotated plan(s) showing **one** of the following:
 - the location of the qualifying bicycle parking within the building.
 - the distance between the main building entrance and the qualifying bicycle parking.

OR

For a shared bicycle station or hub, submit an annotated plan(s) or design drawing(s) showing the walking distance from the main building entrance to the bike share station or hub (for Alternative Compliance only).

Built Certification

MTBB + MTWB + ST + CI

Project teams must submit the following:

- An official statement confirming that the bicycle parking is:
 - not accessible for public use.
 - free of charge to all regular occupants.
- A minimum of **three** annotated photographs showing the bicycle parking.
- A calculation detailing the:
 - total number of occupants with access to the bicycle parking.
 - total number of bicycle parking provided.
- An annotated plan(s) **or** photographs:
 - annotated photographs showing the location of the bicycle parking within the building.
 - an annotated plan(s) showing the distance between the main building entrance and the bicycle parking.

OR

For a shared bicycle station or hub, submit the following (for Alternative Compliance only):

- An annotated plan(s) or map(s) showing the walking distance from the main building entrance to the bike share station or hub.
- A minimum of three annotated photographs showing the shared bicycles.

Retail Alignment	MFR Alignment
2.5	NA

2.4 - Active Commuter Showers

Provide regular occupants access to showers and lockers

Points Allocated: 1.12

Health Impact Categories



Rationale

Access to showers and lockers can encourage active commutes in a broader range of weather conditions, contributing to increased physical activity.

Strategy Requirements

MTBB + MTWB + ST + CI
<p>Projects must include showers and lockers that:</p> <ul style="list-style-type: none"> <input type="checkbox"/> are free of charge to all regular occupants. <input type="checkbox"/> meet demand based on the total number of building occupants that have access to the showers and lockers, as follows: <ul style="list-style-type: none"> ▪ 1 shower and locker for 1-100 occupants ▪ 2 showers and lockers for 101-300 occupants ▪ 3 showers and lockers for 301-500 occupants ▪ 4 showers and lockers for 501-1000 occupants ▪ 1 shower and locker for every additional 500 occupants for projects over 1000 occupants. <input type="checkbox"/> are located within 1/2-mile or 800-meter walking route from a main building entrance and meets the demand requirements above. <p><i>*Note that showers and lockers located in fitness facilities that are accessible to the general public do not qualify for the strategy.</i></p>

Guidance

To qualify for this strategy, projects must meet the requirements for both the showers and lockers, and clearly indicate if the showers and lockers are accessible to all building occupants or the regular occupants of the project only.

Compliance Documentation

Design Certification

MTBB + MTWB + ST + CI

Project teams must submit **all** of the following:

- An official or draft statement confirming that the showers and lockers will be free of charge to all regular occupants.
- A calculation detailing the following:
 - anticipated number of occupants with access to the showers and lockers.
 - total number of showers and lockers provided.
- An annotated plan(s) **or** map:
 - if provided on-site, an annotated plan(s) showing the location of the showers and lockers.
 - if provided off-site, an annotated map showing the distance between the showers and lockers and the main building entrance.

Built Certification

MTBB + MTWB + ST + CI

Project teams must submit **all** of the following:

- An official statement confirming that the showers and lockers are free of charge to all regular occupants.
- A calculation detailing the following:
 - total number of occupants with access to the showers and lockers.
 - total number of showers and lockers provided.
- An annotated plan(s) **or** map:
 - if provided on-site, an annotated plan(s) showing the location of the showers and lockers.
 - if provided off-site, an annotated map showing the distance between the showers and lockers and the main building entrance.

Retail Alignment	MFR Alignment
2.6	NA

2.5 - Incentivizing Transit

Provide regular occupants access to transit benefits

Points Allocated: 1.68 / Alternative Compliance: 0.84

Health Impact Categories



Rationale

Incentivizing transit can encourage occupants to use active modes of transportation, increase equity for those who cannot drive or afford private vehicle use, and reduce congestion and air pollution.

Strategy Requirements

MTBB + MTWB + ST + CI
<p>Projects must provide regular occupants monthly transit benefits that facilitate use of transit.</p> <p>Qualifying transit benefits include but are not limited to:</p> <ul style="list-style-type: none"> <input type="checkbox"/> monthly subsidies or reimbursements for public transit use <input type="checkbox"/> pre-tax allocation for public transportation <input type="checkbox"/> employer-sponsored public transit spending accounts <input type="checkbox"/> parking cash-out programs <input type="checkbox"/> free employee shuttle to nearby transit stops <input type="checkbox"/> parking benefits used only for transit or commuter parking lots. <p>For tenant spaces, charge fair market rate for parking on the building site or confirm that there are no on-site parking areas.</p> <p>Qualifying fair market parking rates are within a 10% range of the average cost of a minimum of two of the closest parking facilities to the building site.</p> <p><i>*Note that transit benefits that include single-occupancy vehicles do not qualify for the strategy.</i></p>

Alternative Compliance

MTBB + MTWB + ST

Projects must charge fair market rate for parking on the project site. Qualifying fair market parking rates are within a 10% range of the average cost of a minimum of **two** of the closest parking facilities to the project site.

CI

Projects must charge fair market rate for parking on the building site. Qualifying fair market parking rates are within a 10% range of the average cost of a minimum of **two** of the closest parking facilities to the building site.

**Note that free parking does not qualify for this strategy.*

Compliance Documentation

Design Certification

MTBB + ST + CI

For transit benefits, project teams must submit all of the following:

- an official statement confirming:
 - the qualifying transit benefits that will be offered.
 - that all occupants of spaces under the control of building management will have access to qualifying transit benefits.

For fair market value parking, project teams must submit the following, as applicable:

- An official statement confirming one of the following:
 - that all regular occupants will be charged fair market rate for parking on the building site.
 - that there are no parking areas on-site.
- An annotated plan(s) showing a minimum of two other parking facilities, if applicable.
- A calculation detailing the following, if applicable:
 - the proposed cost of parking for all single-occupancy vehicles on the building site.
 - the cost of the nearby parking facilities.

MTWB

For transit benefits, submit all of the following:

- an official statement confirming:
 - the qualifying transit benefits that will be offered.
 - that all occupants of spaces under the control of building management will have access

to qualifying transit benefits.

For fair market value parking, submit the following, as applicable:

- An official statement confirming one of the following:
 - that all tenant occupants will be charged fair market rate for parking on the building site.
 - that all regular occupants will be charged fair market rate for parking on the building site.
 - that there are no parking areas on-site.
- An annotated plan(s) showing a minimum of two other parking facilities, if applicable.
- A calculation detailing the following, if applicable:
 - the proposed cost of parking for all single-occupancy vehicles on the building site.
 - the cost of the nearby parking facilities.

Built Certification

MTBB + ST + CI

For transit benefits, project teams must submit all of the following:

- A copy of the qualifying transit benefits.
- An official statement confirming that all occupants of spaces under the control of building management have access to the qualifying transit benefits.

For fair market value parking, project teams must submit the following, as applicable:

- An official statement confirming one of the following:
 - that all regular occupants are charged fair market rate for parking on the building site.
 - that there are no parking areas on-site.
- An annotated plan(s) showing a minimum of two other parking facilities, if applicable.
- A calculation detailing the following, if applicable:
 - the cost of parking for all single-occupancy vehicles on the building site.
 - the cost of the nearby parking facilities.

MTWB

For transit benefits, submit all of the following:

- A copy of the qualifying transit benefits.
- An official statement confirming that all occupants of spaces under the control of building management have access to the qualifying transit benefits.

For fair market value parking, submit the following, as applicable:

- An official statement confirming one of the following:

- that all tenant occupants are charged fair market rate for parking on the building site.
- that all regular occupants are charged fair market rate for parking on the building site.
- that there are no parking areas on-site.
- An annotated plan(s) showing a minimum of two other parking facilities, if applicable.
- A calculation detailing the following, if applicable:
 - the cost of parking for all single-occupancy vehicles on the building site.
 - the cost of the nearby parking facilities.

Retail Alignment	MFR Alignment
2.7	2.8

2.6 - Efficiency Parking

Implement parking efficiency practices

Points Allocated: 0.56 / Not Applicable: 0.56

Health Impact Categories



Rationale

Efficient parking practices can reduce congestion and support increased public transit use, contributing to regular physical activity and improved air quality and water quality.

Strategy Requirements

<p>MTBB + MTWB + ST + CI</p> <p>Projects must include a minimum of two of the following parking efficiency practices:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Limiting the number of parking spaces to what is required or allowable by local code, by implementing one of the following: <ul style="list-style-type: none"> ▪ providing spaces at the minimum number required by code. ▪ providing spaces at or below the maximum number allowable by code. <input type="checkbox"/> Limit surface parking by prioritizing access to on-site or off-site parking garages. <input type="checkbox"/> Designating priority parking for carpooling and vanpooling <input type="checkbox"/> Incorporating a minimum of one enhanced landscaping element in parking areas, such as: <ul style="list-style-type: none"> ▪ wide green buffers surrounding the perimeter of parking areas ▪ landscaped islands at the end of every parking aisles ▪ at least one tree per five parking lot spaces in parking areas ▪ protected pedestrian pathways within parking areas. <input type="checkbox"/> Separating the cost of renting a tenant space from the cost of renting parking areas on-site.
--

Not Applicable

MTBB + MTWB + ST

Projects must confirm that parking areas that serve regular occupants are not included within the project.

CI

Projects must confirm that parking areas that serve regular occupants are not included within the building site.

Compliance Documentation

Design Certification

MTBB + MTWB + ST

Project teams must submit design drawings showing **all** of the following:

- the location of all parking areas within the building and/or site accessible to regular occupants.
- a minimum of **two** qualifying parking efficiency practices.

OR

For Not Applicable, project teams may submit design drawings showing that parking areas are not provided within the project.

CI

Project teams must submit design drawings showing **all** of the following:

- the location of all parking areas within the building and/or site accessible to regular occupants.
- a minimum of **two** qualifying parking efficiency practices.

OR

For Not Applicable, project teams may submit design drawings showing that parking areas are not provided within the building site.

**Note that for parking efficiency practices that cannot be shown with design drawings, an official statement confirming the types of parking efficiency practices that will be implemented may be submitted to demonstrate compliance.*

Built Certification

MTBB + MTWB + ST

Project teams must submit **all** of the following:

- An annotated plan(s) showing **all** of the following:
 - the location of all parking areas within the building and/or site accessible to regular occupants.
 - a minimum of **two** parking efficiency practices.
- A minimum of **three** annotated photographs showing a minimum of **two** parking efficiency practices.

OR

For Not Applicable, project teams may submit an official statement confirming that regular occupants do not have access to parking areas within the project.

CI

Project teams must submit **all** of the following:

- An annotated plan(s) showing **all** of the following:
 - the location of all parking areas within the building and/or site accessible to regular occupants.
 - a minimum of **two** parking efficiency practices.
- A minimum of **three** annotated photographs showing a minimum of **two** parking efficiency practices.

OR

For Not Applicable, project teams may submit an official statement confirming that regular occupants do not have access to parking areas within the building site.

**Note that for parking efficiency practices that cannot be shown with annotated plans or photographs, submit an official statement confirming the types of parking efficiency practices that are implemented may be submitted to demonstrate compliance.*

3 Outdoor Spaces

Total Points Available: 13.44

- 3.1 - Outdoor Space Amenities
- 3.2 - Walking Trail
- 3.3 - Outdoor Fitness Area
- 3.4 - Restorative Garden
- 3.5 - Farmers Market
- 3.6 - Fruit or Vegetable Garden
- 3.7 - Pathway and Parking Area Lighting
- 3.8 - Tobacco- and Smoke-Free Outdoor Spaces

Retail Alignment	MFR Alignment
3.1	3.2

3.1 - Outdoor Space Amenities

Provide regular occupants access to an outdoor space amenity

Points Allocated: 0.84

Health Impact Categories



Rationale

Outdoor space amenities, such as paths, seating, and water features can increase physical activity levels and exposure to daylight, contributing to enhanced physical and mental health.

Strategy Requirements

<p>MTBB + MTWB + ST + CI</p> <p>Projects must include an outdoor space amenity that:</p> <ul style="list-style-type: none"> <input type="checkbox"/> is free of charge to all regular occupants. <input type="checkbox"/> includes one of the following: <ul style="list-style-type: none"> ▪ seating ▪ pedestrian pathways ▪ water features. <input type="checkbox"/> is located within a 1/2-mile or 800-meter walking route from the main building entrance.
--

Alternative Certification System Credits Accepted:

MTBB + MTWB + ST + CI

Projects may achieve BREEAM In-use USA or International credit HEA 07 - Indoor and/or outdoor space dedicated outdoor space with seating and shelter (credit 2).

Compliance Documentation

Design Certification

MTBB + MTWB + ST + CI

Project teams must submit **all** of the following:

- An official or draft statement confirming that the outdoor space will be free of charge to all regular occupants.
- An annotated map showing the distance between the main building entrance and the outdoor space.
- Design drawings **or** photographs:
 - design drawings detailing the location of the required elements.
 - a minimum of **three** annotated photographs showing the outdoor space and required elements.

OR

Achieved credit from the qualifying equivalent standard.

Built Certification

MTBB + MTWB + ST + CI

Project teams must submit **all** of the following:

- An official statement confirming that the outdoor space is free of charge to all regular occupants.
- An annotated map showing the distance between the main building entrance and the outdoor space.
- A minimum of **three** annotated photographs showing:
 - the outdoor space.
 - the required elements.

OR

Achieved credit from the qualifying equivalent standard.

Retail Alignment	MFR Alignment
3.2	3.3

3.2 - Walking Trail

Provide regular occupants access to an outdoor walking trail

Points Allocated: 1.96

Health Impact Categories



Rationale

A walking trail provides occupants with increased exposure to the outdoors, encourages physical activity, and promotes social interaction, contributing to enhanced physical and mental health.

Strategy Requirements

MTBB + MTWB + ST + CI
<p>Projects must include an outdoor walking trail that:</p> <ul style="list-style-type: none"> <input type="checkbox"/> is free of charge to all occupants. <input type="checkbox"/> is at least 1/4-mile or 400-meters long in one direction. <input type="checkbox"/> includes natural elements such as trees, vegetation or water bodies. <input type="checkbox"/> is an unpaved footpath or uninterrupted by vehicular traffic. <input type="checkbox"/> is located within a 1/2-mile or 800-meter walking route from the main building entrance.

Compliance Documentation

Design Certification

MTBB + MTWB + ST + CI

Project teams must submit **all** of the following:

- An official or draft statement confirming that the outdoor walking trail will be free of charge to all regular occupants.
- An annotated map showing **all** of the following:
 - the distance between the main building entrance and the outdoor walking trail.
 - the length of the walking trail.

- Design drawings or a minimum of three annotated photographs detailing the following:
 - the required natural elements.
 - that the path is uninterrupted by vehicular traffic.

Built Certification

MTBB + MTWB + ST + CI

Project teams must submit **all** of the following:

- An official statement confirming that the outdoor walking trail is free of charge to all regular occupants.
- An annotated map showing **all** of the following:
 - the distance between the main building entrance and the outdoor walking trail.
 - the length of the walking trail.
- A minimum of **three** annotated photographs showing:
 - the required natural elements.
 - that the path is uninterrupted by vehicular traffic.

Retail Alignment	MFR Alignment
3.3	3.5

3.3 - Outdoor Fitness Area

Provide regular occupants access to an outdoor fitness area

Points Allocated: 0.84

Health Impact Categories



Rationale

An outdoor fitness area increases opportunities for regular exercise, contributing to increased physical activity.

Strategy Requirements

MTBB + MTWB + ST + CI
<p>Projects must include an outdoor fitness area that is:</p> <ul style="list-style-type: none"> <input type="checkbox"/> free of charge to all regular occupants. <input type="checkbox"/> accessible at all times during work hours. <input type="checkbox"/> a space specifically designed for sport and exercise that includes one of the following: <ul style="list-style-type: none"> ▪ sports fields or courts, such as basketball courts, baseball fields, football fields, or soccer fields ▪ outdoor fitness equipment such as outdoor stationary bicycles, air walkers or sit-up boards ▪ secure mobile fitness equipment such as free-weights, yoga mats, or other exercise equipment. ▪ outdoor swimming pools with lap lanes that operate year-round. <input type="checkbox"/> is located within a 1/2-mile or 800-meter walking route from the main building entrance.

Guidance

Children’s playgrounds or other outdoor spaces that are not specifically designed for exercise do not qualify for this strategy.

Compliance Documentation

Design Certification

MTBB + MTWB + ST + CI

Project teams must submit **all** of the following:

- An official or draft statement confirming that the outdoor fitness area will be:
 - free of charge to all regular occupants.
 - accessible at all times during work hours.
- An annotated map showing the distance between the main building entrance and the fitness area.
- Design drawings **or** photographs:
 - design drawings detailing the type of sports or exercise available.
 - a minimum of **three** annotated photographs showing the type of sports or exercise available.

Built Certification

MTBB + MTWB + ST + CI

Project teams must submit **all** of the following:

- An official statement confirming that the outdoor fitness area is:
 - free of charge to all regular occupants.
 - accessible at all times during work hours.
- An annotated map showing the distance between the main building entrance and the fitness area.
- A minimum of **three** annotated photographs showing the type of sports or exercise available.

Retail Alignment	MFR Alignment
3.4	3.7

3.4 - Restorative Garden

Provide regular occupants access to an outdoor restorative garden

Points Allocated: 1.68

Health Impact Categories



Rationale

An outdoor restorative garden provides occupants with an opportunity to connect with nature, contributing to enhanced mental and social health.

Strategy Requirements

<p>MTBB + MTWB + ST + CI</p> <p>Projects must include an outdoor restorative garden that:</p> <ul style="list-style-type: none"> <input type="checkbox"/> is free of charge to all regular occupants. <input type="checkbox"/> is located within 1/2 mile or 800-meters walking distance of the main building entrance. <input type="checkbox"/> includes natural, restorative elements (eg, vegetation, water features, or water bodies). <input type="checkbox"/> includes a minimum of one of the following amenities: <ul style="list-style-type: none"> ▪ seating ▪ water feature (eg, fountains, artificial water falls, ponds) ▪ shelter from the elements (eg, a gazebo, pergola) ▪ walking path or trail. <input type="checkbox"/> is shielded from congested roadways, pedestrian corridors, and dense development by landscaping elements (eg, hedges, tall trees, tall grasses, water bodies, stone walls).

Compliance Documentation

Design Certification

MTBB + MTWB + ST + CI

Project teams must submit **all** of the following:

- An official or draft statement confirming that the outdoor restorative garden is free of charge to all regular occupants.
- Annotated plan(s) or map(s) detailing the location of **all** of the following:
 - the qualifying restorative garden
 - the main building entrance
 - the distance between the main building entrance and the qualifying restorative garden.
- Design drawings or a minimum of **three** annotated photographs showing the following:
 - the qualifying amenity
 - the restorative element(s)
 - the landscaping element(s).

Built Certification

MTBB + MTWB + ST + CI

Project teams must submit **all** of the following:

- An official statement confirming that the outdoor restorative garden is free of charge to all regular occupants.
- An annotated map showing the distance between the main building entrance and the outdoor restorative garden.
- A minimum of **three** annotated photographs showing:
 - the qualifying amenity
 - the restorative element(s)
 - the landscaping element(s).

Retail Alignment	MFR Alignment
3.5	3.8

3.5 - Farmers Market

Provide regular occupants access to a farmers market

Points Allocated: 3.08

Health Impact Categories



Rationale

A farmers market can increase access to healthy food, promote nutritious eating among occupants, and support enhanced social interaction.

Strategy Requirements

MTBB + MTWB + ST + CI
<p>Projects must provide access to a farmers market that is:</p> <ul style="list-style-type: none"> <input type="checkbox"/> accessible by all regular occupants. <input type="checkbox"/> scheduled to operate: <ul style="list-style-type: none"> ▪ during workplace work hours. ▪ a minimum of one day a week during workplace work hours. ▪ a minimum of five months of the year or for the maximum growing season of the region. <input type="checkbox"/> located within a 1/2-mile or 800-meter walking route from the main building entrance.

Guidance

When multiple farmers markets are used to comply with this strategy, clearly show that their combined schedules equate to a minimum of five months of the year, or for the maximum growing season of the region, and that they are operational at least one day per week during weekdays.

Compliance Documentation

Design Certification

MTBB + MTWB + ST + CI

Project teams must submit **all** of the following:

- An official or draft statement detailing how the farmers market will:
 - be accessible to all regular occupants.
 - meet the operational requirements.
- An annotated plan(s) showing the distance between the main building entrance and the farmers market.

Built Certification

MTBB + MTWB + ST + CI

Project teams must submit **all** of the following:

- An official statement detailing how the farmers market is accessible to all regular occupants.
- A copy of the farmers market's operational schedule.
- An annotated plan(s) showing the distance between the main building entrance and the farmers market.

Retail Alignment	MFR Alignment
3.6	3.9

3.6 - Fruit or Vegetable Garden

Provide regular occupants access to a fruit or vegetable garden

Points Allocated: 1.12 / Alternative Compliance: 0.56

Health Impact Categories



Rationale

An on-site fruit or vegetable garden provides convenient access to fresh fruits and vegetables, expanded opportunities for regular physical activity, and increased social interaction among occupants.

Strategy Requirements

<p>MTBB + MTWB + ST + CI</p> <p>Projects must include a fruit or vegetable garden that:</p> <ul style="list-style-type: none"> <input type="checkbox"/> is free of charge to all regular occupants. <input type="checkbox"/> has a weekly maintenance plan during the local growing season. <input type="checkbox"/> is open to all regular occupants during work hours. <input type="checkbox"/> meets demand based on the total number of occupants that have access to the garden through one of the following methods: <ul style="list-style-type: none"> ▪ based on garden area, meet the below size: <ul style="list-style-type: none"> ▪ a minimum of 1 square foot or .09 square meters per occupant ▪ minimum of 32 square feet or 3 square meters ▪ a maximum of 2,500 square feet or 232 square meters. ▪ based on the number of plants, provides a minimum of 10 seedlings or plants for every 500 building occupants, with a maximum of 100 plants. <input type="checkbox"/> includes a minimum of one of the following: <ul style="list-style-type: none"> ▪ fruits ▪ vegetables ▪ herbs <input type="checkbox"/> is located within a 1/2-mile or 800-meter walking route from the main building entrance.
--

Alternative Compliance

MTBB + MTWB + ST + CI

Projects must include an on site hydroponic garden within the project that:

- is free of charge to all regular occupants.
- is open to all regular occupants during work hours.
- has a weekly maintenance plan.
- includes a minimum of 10 plants for every 500 regular occupants, with a maximum of 100 plants.

Compliance Documentation

Design Certification

MTBB + MTWB + ST + CI

Project teams must submit **all** of the following:

- An official or draft statement detailing how the garden will be:
 - free of charge to all regular occupants.
 - open during work hours.
 - maintained weekly.
 - planted with vegetables, fruits, and/or herbs.
- An annotated map(s) **or** plan(s):
 - for a fruit and vegetable garden, an annotated map(s) showing the distance between the garden and the main building entrance.
 - for a hydroponic garden, an annotated plan(s) showing the proposed location of the garden within the project (for Alternative Compliance only).
- A calculation(s) detailing **one** of the following:
 - for a fruit and vegetable garden:
 - the estimated number of occupants with access to the garden.
 - the proposed size of the garden either in terms of area or number of plants
 - for a hydroponic garden (for Alternative Compliance only):
 - the estimated number of regular occupants.
 - the total number of plants that will be provided.

Built Certification

MTBB + MTWB + ST + CI

Project teams must submit the following:

- An official statement detailing how the garden is:
 - free of charge to all regular occupants.
 - open during work hours.
 - maintained weekly.
 - planted with vegetables, fruits, and/or herbs.
- A minimum of **three** photographs showing **one** of the following:
 - the qualifying fruit and vegetable garden.
 - the qualifying hydroponic garden (for Alternative Compliance only).
- An annotated map(s) **or** plan(s):
 - for a fruit and vegetable garden, an annotated map(s) showing the distance between the garden and the main building entrance.
 - for a hydroponic garden, an annotated plan(s) showing the location of the garden within the project (for Alternative Compliance only).
- A calculation(s) detailing **one** of the following:
 - for a fruit and vegetable garden:
 - the estimated number of occupants with access to the garden.
 - the size of the garden either in terms of area or number of plants
 - for a hydroponic garden (for Alternative Compliance only):
 - the number of regular occupants.
 - the total number of plants provided.

Retail Alignment	MFR Alignment
3.7	3.10

3.7 – Pathway and Parking Area Lighting

Provide lighting in all outdoor spaces, pathways, and parking areas

Points Allocated: 2.24 / Not Applicable: 2.24

Health Impact Categories



Rationale

Lighting in outdoor spaces increases visibility, contributing to increased perceptions of safety and pedestrian street use after dark, as well as reduced opportunity for crime.

Strategy Requirements

MTBB + MTWB + ST + CI

Projects must install lighting that allows for evenly distributed illumination in all of the following outdoor areas on the building site:

- pathways
- outdoor spaces (such as plazas, courtyards, and rooftops)
- bicycle paths
- outdoor parking areas.

**Note that outdoor lighting using motion sensors qualifies for this strategy.*

Not Applicable

MTBB + MTWB + ST + CI

Projects must confirm that the building site does not include any of the qualifying outdoor areas.

Guidance

- » Daytime images must be accompanied by lighting plans to comply with this strategy. Zero-lot line buildings must include outdoor spaces to qualify for selecting Not Applicable.
- » According to the International Crime Prevention through Environmental Design Association, luminaires that have little or no uplight should be selected to minimize light pollution impacts, aid security lighting that creates blinding glare and/or deep shadows should be avoided. Further, lighting should be placed along pedestrian areas at heights designed to illuminate people's faces and avoid blind spots. For more information, refer to standards and guidelines published by the

International Crime Prevention through Environmental Design Association (<http://www.cpted.net/>) or the Illuminating Engineering Society (<https://www.ies.org/product/lighting-for-exterior-environments/>).

Compliance Documentation

Design Certification

MTBB + MTWB + ST + CI

Project teams must submit **one** of the following:

- Annotated lighting plans showing the following:
 - all required outdoor areas.
 - lighting placement.
- Design drawings showing that the building site will not include any outdoor areas (for Not Applicable only).

Built Certification

MTBB + MTWB + ST + CI

Project teams must submit **one** of the following:

- Annotated lighting plans showing the following:
 - all required outdoor areas.
 - lighting placement.
- A minimum of **three** annotated nighttime photographs of all required outdoor areas.
- An official statement confirming that the building site does not include any outdoor areas (for Not Applicable only).

Retail Alignment	MFR Alignment
3.8	3.11

3.8 – Tobacco- and Smoke-Free Outdoor Spaces

Establish and implement a tobacco- and smoke-free policy for all outdoor spaces

Points Allocated: 1.68 / Alternative Compliance: 0.84

Health Impact Categories



Rationale

A tobacco- and smoke-free policy for outdoor spaces can lower tobacco consumption and reduce exposure to secondhand smoke among occupants, contributing to enhanced respiratory and mental health.

Strategy Requirements

MTBB + MTWB + ST + CI

If the building includes outdoor areas accessible to regular occupants projects must establish and implement a tobacco-free and smoke-free policy that:

- is applied to **all** outdoor areas, including rooftops and parking areas within the building site.
- prohibits the use of all forms of smoking, tobacco use, and unregulated nicotine products, including:
 - cigarettes, cigars (commercially or self-rolled)
 - pipes, hookahs, water pipes
 - electronic cigarettes
 - smokeless tobacco (e.g., snuff, snus, chew)
 - tobacco use including smoking, chewing, dipping, or any other use of tobacco products.
- prohibits the inclusion of designated smoking areas on the building site.

Alternative Compliance

MTBB + MTWB + ST + CI

Projects must establish and implement a smoke-free policy that:

- is applied to **all** outdoor areas, including rooftops and parking areas within the building site.
- prohibits the use of **all** forms of smoking tobacco products:
 - cigarettes, cigars (commercially or self-rolled)

- electronic cigarettes
 - pipes, hookahs, water pipes, or any other form of burning tobacco products.
- prohibits the inclusion of designated smoking areas on the building site.

Campus Requirements

Confirm that the campus does not include a designated smoking area on site.

Compliance Documentation

Design Certification

MTBB + MTWB + ST + CI

Project teams must submit **one** of the following:

- The official or draft qualifying tobacco- and smoke-free policy.
- The official or draft qualifying smoke-free policy (for Alternative Compliance only).
- An official letter confirming that the building will not include any outdoor areas, including rooftops and parking areas, that are accessible to regular occupants.

Built Certification

MTBB + MTWB + ST + CI

Project teams must submit **one** of the following:

- The official qualifying tobacco- and smoke-free policy.
- The official qualifying smoke-free policy (for Alternative Compliance only).
- An official letter confirming that the building does not include any outdoor areas, including rooftops and parking areas, that are accessible to regular occupants.

4 Entrances and Ground Floor

Total Points Available: 11.76

- 4.1 - Tobacco- and Smoke-Free Signage
- 4.2 - Main Pedestrian Entrance
- 4.3 - Main Entrance Amenities
- 4.4 - Safe Entry and Exit Lighting
- 4.5 - Publicly Accessible Use
- 4.6 - Activate Pedestrian Areas
- 4.7 - Local Amenities Display
- 4.8 - Entryway Systems

Fitwel Rating: ★★

350 Mission Street.

Photo Courtesy of Kilroy Realty Corporation, © 2019 Lawrence Anderson

Retail Alignment	MFR Alignment
4.1	4.1

4.1 - Tobacco- and Smoke-Free Signage

Provide tobacco- and smoke-free signage at all entrances and outdoor areas

Points Allocated: 0.84 / Alternative Compliance: 0.42

Health Impact Categories



Rationale

Signage that publicizes a building as tobacco- and smoke-free increases awareness for regular occupants and visitors and may help increase compliance to policy, contributing to reduced smoking rates, decreased exposure to second-hand smoke, and feelings of well-being.

Strategy Requirements

<p>MTBB + MTWB + ST + CI</p> <p>Projects must include qualifying signage that clearly prohibits smoking and the use of all tobacco products on-site. Qualifying signage must be:</p> <ul style="list-style-type: none"> <input type="checkbox"/> mounted permanently on structures such as walls, doors, poles, or stands. <input type="checkbox"/> located at all of the following: <ul style="list-style-type: none"> ▪ all building entrances, including entrances from parking areas. ▪ on-site outdoor areas. <p><i>*Note that buildings that include signage indicating that tobacco use and/or smoking are prohibited within a specific distance from building entrances, vents and/or windows, must demonstrate that there are no areas that fall outside of that distance that are still within the building site.</i></p>
--

Alternative Compliance

MTBB + MTWB + ST + CI

Projects must include qualifying signage that clearly prohibits smoking on site. Qualifying signage must meet the requirements above.

Guidance

- » Projects applying the Commercial Interior Scorecard must demonstrate that the building includes tobacco-free signs at all building entrances.

Compliance Documentation

Design Certification

MTBB + MTWB + ST + CI

Project teams must submit **all** of the following:

- An official or draft statement confirming that the signs will be located at:
 - all building entrances.
 - all on-site outdoor areas.
- A copy of the proposed design of the signage to be used.

Built Certification

MTBB + MTWB + ST + CI

Project teams must submit **all** of the following:

- An annotated plan(s) showing:
 - all building entrances.
 - all on-site outdoor areas.
 - all sign locations.
- A minimum of **three** annotated photographs showing the signage mounted on site at the required locations.

Retail Alignment	MFR Alignment
4.2	4.2

4.2 - Main Pedestrian Entrance

Orient a main building entrance towards an outdoor pedestrian area

Points Allocated: 1.40

Health Impact Categories



Rationale

Orienting a building entrance toward pedestrian traffic is a core component of creating a walkable environment, contributing to increased opportunities for regular physical activity and social interaction.

Strategy Requirements

<p>MTBB + MTWB + ST + CI</p> <p>Projects must orient a minimum of one main building entrance to egress onto one of the following:</p> <ul style="list-style-type: none"> <input type="checkbox"/> sidewalk <input type="checkbox"/> footpath <input type="checkbox"/> plaza <input type="checkbox"/> garden <input type="checkbox"/> car-free zone <input type="checkbox"/> shared streets

Compliance Documentation

Design Certification

MTBB + MTWB + ST + CI

Project teams must submit an annotated plan(s) showing a main building entrance that egresses onto the pedestrian area.

Built Certification

MTBB + MTWB + ST + CI

Project teams must submit **one** of the following:

- An annotated plan(s) showing a main building entrance that egresses onto the pedestrian area.
- A minimum of **three** annotated photographs showing a main building entrance that egresses onto the pedestrian area.

Retail Alignment	MFR Alignment
4.3	4.3

4.3 - Main Entrance Amenities

Include sidewalk amenities at main building entrances

Points Allocated: 1.68

Health Impact Categories



Rationale

Amenities at main building entrances help create pedestrian-focused sidewalks and streetscapes that increase opportunities for regular physical activity, promote social interaction, and can support equity for vulnerable populations.

Strategy Requirements

<p>MTBB + MTWB + ST + CI</p> <p>Projects must include sidewalk amenities that:</p> <ul style="list-style-type: none"> <input type="checkbox"/> are located within 100-feet or 30-meters from all main building entrances. <input type="checkbox"/> are located on the street level. <input type="checkbox"/> include a minimum of two of the following sidewalk amenities: <ul style="list-style-type: none"> ▪ benches and seating ▪ public art ▪ street trees and/or planters ▪ wayfinding ▪ parklets ▪ public toilets ▪ shared bicycle stations ▪ bicycle parking areas or racks ▪ drinking water fountains ▪ WiFi or charging stations ▪ public transit stops. <p><i>*Note that qualifying municipal sidewalk amenities may be used to meet the strategy requirements.</i></p>

Compliance Documentation

Design Certification

MTBB + MTWB + ST + CI

Project teams must submit an annotated plan(s), design drawings, or photographs showing the following:

- all main building entrances.
- the location of the required sidewalk amenities.
- the distance between each qualifying sidewalk amenity and the main building entrances.

Built Certification

MTBB + MTWB + ST + CI

Project teams must submit **all** of the following:

- An annotated plan(s) showing the following:
 - all main building entrances.
 - the location of the required sidewalk amenities.
 - the distance between each qualifying sidewalk amenity and the main building entrances.
- A minimum of **three** annotated photographs showing each qualifying sidewalk amenity.

Retail Alignment	MFR Alignment
4.4	4.6

4.4 - Safe Entry and Exit Lighting

Provide lighting at all building entrances

Points Allocated: 1.96

Health Impact Categories



Rationale

Lighting increases visibility, contributing to increased perceptions of safety and pedestrian street use after dark, and reduced opportunity for crime.

Strategy Requirements

MTBB + MTWB + ST + CI
<p>Projects must install lighting that allows for evenly distributed illumination at the following:</p> <ul style="list-style-type: none"> <input type="checkbox"/> outside all building entrances (fire exits that cannot be used to enter the building are excluded). <input type="checkbox"/> at all entrances to the building from indoor parking areas. <p><i>*Note that outdoor lighting using motion sensors qualifies for this strategy.</i></p>

Guidance

- » Daytime images must be accompanied by lighting plans to comply with this strategy. Zero-lot line buildings must include outdoor spaces to qualify for selecting Not Applicable.
- » According to the International Crime Prevention through Environmental Design Association, luminaires that have little or no uplight should be selected to minimize light pollution impacts, aid security lighting that creates blinding glare and/or deep shadows should be avoided. Further, lighting should be placed along pedestrian areas at heights designed to illuminate people's faces and avoid blind spots. For more information, refer to standards and guidelines published by the International Crime Prevention through Environmental Design Association (<http://www.cpted.net/>) or the Illuminating Engineering Society (<https://www.ies.org/product/lighting-for-exterior-environments/>).

Compliance Documentation

Design Certification

MTBB + MTWB + ST + CI

Project teams must submit annotated lighting plans showing the following:

- all** entrances to the building.
- all** entrances to the building at indoor parking areas.
- lighting placement .

Built Certification

MTBB + MTWB + ST + CI

Project teams must submit **one** of the following:

- Annotated lighting plans showing the following:
 - **all** entrances to the building.
 - **all** entrances to the building at indoor parking areas.
 - lighting placement.
- A minimum of **three** annotated nighttime photographs showing the lighting at each of the following locations:
 - **all** entrances to the building.
 - **all** entrances to the building at indoor parking areas.

Retail Alignment	MFR Alignment
NA	4.4

4.5 - Publicly Accessible Use

Provide a publicly accessible use on the ground floor

Points Allocated: 1.96

Health Impact Categories



Rationale

Buildings that include a service that is publicly accessible - such as a library, retail store, restaurant, atrium, or a coffee shop - increase pedestrian activity, social interaction, and community engagement, contributing to increased physical activity and enhanced mental health.

Strategy Requirements

<p>MTBB + MTWB + ST + CI</p> <p>Include a minimum of one publicly accessible space that is:</p> <ul style="list-style-type: none"> <input type="checkbox"/> located on the main building entrance floor. <input type="checkbox"/> accessible by the general public. <input type="checkbox"/> located within the building. <p>Examples of qualifying publicly accessible areas include:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Commercial space, such as a retail or dining facility <input type="checkbox"/> Public service space such as a library, post office, public transit station <input type="checkbox"/> Publicly accessible lobby that includes seating, art or commercial space
--

Campus

If a publicly accessible use is provided in a nearby building on campus. show that the publicly accessible use is located within a 1/4-mile or 400-meter walking route of a main building entrance.

Compliance Documentation

Design Certification

MTBB + MTWB + ST + CI

Project teams must submit **all** of the following:

- An annotated plan(s) **or** map showing:
 - if provided within the project, a plan showing the publicly accessible space in the building.
 - if provided on campus, a map showing the distance between the main building entrance and the publicly accessible use.
- An official statement confirming **one** of the following:
 - if provided within the project, the space will be allocated for a use that is accessible by the public.
 - if provided on campus, the space is allocated for a use that is accessible by the public.

Built Certification

MTBB + MTWB + ST + CI

Project teams must submit **all** of the following:

- An annotated plan(s) **or** map showing:
 - if provided within the project, a plan showing the publicly accessible space in the building.
 - if provided on campus, a map showing the distance between the main building entrance and the publicly accessible use.
- An official statement confirming that the space is accessible by the public.

Retail Alignment	MFR Alignment
4.5	4.5

4.6 - Activate Pedestrian Areas

Orient the publicly accessible use directly to an outdoor pedestrian area

Points Allocated: 2.24

Health Impact Categories



Rationale

Orienting public use spaces to an outdoor pedestrian route fosters neighborhood walkability and supports increased perceptions of safety, contributing to increased physical activity and enhanced mental health.

Strategy Requirements

<p>MTBB + MTWB + ST + CI</p> <p>Orient the publicly accessible space to egress onto one of the following qualifying pedestrian areas:</p> <ul style="list-style-type: none"> <input type="checkbox"/> sidewalks <input type="checkbox"/> footpaths <input type="checkbox"/> plazas <input type="checkbox"/> gardens <input type="checkbox"/> car-free zones <input type="checkbox"/> shared streets <input type="checkbox"/> public transit stations or hubs <input type="checkbox"/> publicly accessible atriums or skywalk bridges. <p><i>*Note that the publicly accessible space(s) used to comply with this strategy, must also meet the criteria of 4.5.</i></p>

Campus

If a publicly accessible use is provided in a nearby building on campus, show that the publicly accessible use is located within a 1/4-mile or 400-meter walking route of a main building entrance.

Compliance Documentation

Design Certification

MTBB + MTWB + ST + CI

Project teams must submit an annotated plan(s) showing the publically accessible use that egresses onto an outdoor pedestrian area.

Built Certification

MTBB + MTWB + ST + CI

Project teams must submit **one** of the following:

- An annotated plan(s) showing the publically accessible use that egresses onto the outdoor pedestrian area.
- A minimum of **three** annotated photographs showing the publicly accessible use that egresses onto the outdoor pedestrian area.

Retail Alignment	MFR Alignment
4.6	4.7

4.7 - Local Amenities Display

Provide a permanent display advertising local amenities

Points Allocated: 0.56 / Alternative Compliance 0.28

Health Impact Categories



Rationale

Local amenity displays support wayfinding, contributing to increased physical activity, neighborhood accessibility, and a sense of community.

Strategy Requirements

MTBB + MTWB + ST + CI

Projects must include a display advertising local amenities that:

- is accessible by all occupants.
- is permanent.
- highlights local amenities that are located within a 1/2-mile or 800-meter walking route of the building.

Examples of qualifying amenities include:

- areas of commerce (retail corridors, restaurants, markets)
- civic and/or institutional buildings (libraries, schools, community centers)
- commercial buildings (office buildings or other places of employment)
- public outdoor open spaces (parks, plazas, pedestrian corridors or other types of public open spaces)
- cultural destinations (religious centers, museums, or other types of cultural centers)

**Note that local amenities must be located outside of the building applying for certification to comply with the strategy*

Alternative Compliance

Provide information advertising local amenities through a digital resource, such as a website, digital application, or QR code that:

- is shared with all building occupants through **one** of the following:
 - newsletter or email
 - employee handbook
 - signage placed in a location visible by all occupants.
- highlights off-site local amenities that are located within a 1/2-mile or 800-meter walking route of the building.
- includes distances to the local amenities.

Guidance

If the display provided is digital, demonstrate how users can see or navigate to the display of nearby amenities from the first/homepage screen.

Compliance Documentation

Design Certification

MTBB + MTWB + ST + CI

Project teams must submit **all** of the following:

- An annotated plan(s) showing the proposed location of the display.
- Design drawings showing how the display will detail:
 - the qualifying amenities.
 - the distances between each amenity and the main building entrance.

OR

For Alternative Compliance, project teams must submit an official statement detailing the following:

- the digital resource that will be used to advertise local amenities.
- how the digital resource will be shared with building occupants.
- the information that will be included on the digital resource, detailing:
 - the qualifying amenities.
 - the distances between each amenity and the main building entrance.

Built Certification

MTBB + MTWB + ST + CI

Project teams must submit a minimum of **three** annotated photographs showing:

- The location of the display.
- The display detailing:
 - the qualifying amenities.
 - the distances between each amenity and the main building entrance.

OR

For Alternative Compliance, project teams must submit the following:

- an official statement detailing:
 - the digital resource that is used to advertise local amenities.
 - how the digital resource is shared with building occupants.
- a copy of the information included on the digital resource detailing:
 - the qualifying amenities.
 - the distances between each amenity and the main building entrance.

Retail Alignment	MFR Alignment
4.7	4.8

4.8 - Entryway Systems

Provide entryway systems at all building entrances

Points Allocated: 1.12

Health Impact Categories



Rationale

Entryway systems reduce the amount of dirt and particulates that enter the building, contributing to improved indoor air quality and enhanced respiratory and mental health.

Strategy Requirements

MTBB + MTWB + ST + CI

Projects must include entryway systems that are:

- located at all building entrances, including entrances from parking garages.
- permanent.
- 10-feet or 3-meters in the direction of travel or the entire length of available floor space.
- cleaned and maintained weekly, if mats are provided.

**Note that entryway systems must be located indoors to comply with the strategy.*

Alternative Certification System Credits Accepted

Projects may achieve **one** of the following equivalent standards as applicable:

MTBB + MTWB + ST

LEED 2009 BD+C EQc5: Indoor Chemical and Pollutant Source Control; LEED EBOM 2009 EQc 3.5: Green Cleaning - indoor chemical and pollutant source control; LEED v4 BD+C EQ Credit: Enhanced Indoor Air Quality Strategies - Option 1 (A) Entryway Systems OR O+M: Enhanced indoor air quality strategies, Option 1; LEED v4.1 BD+C EQ Credit: Enhanced Indoor Air Quality Strategies, Option 1

CI

LEED 2009 ID+C EQc5: Indoor Chemical and Pollutant Source Control; LEED v4 ID+C EQ Credit: Enhanced Indoor Air Quality Strategies, Option 1; LEED v4.1 ID+C EQ Credit: Enhanced Indoor Air Quality Strategies, Option 1

Compliance Documentation

Design Certification

MTBB + MTWB + ST + CI

Projects must submit **all** of the following:

- An official or draft statement confirming that:
 - entryway systems will be provided at each entrance to the building.
 - when provided, mats will be cleaned and maintained weekly.
- An annotated plan(s) showing:
 - each entrance to the building.
 - the proposed length and width of the entryway system.

OR

Achieved credit of **one** of the qualifying equivalent standards.

Built Certification

MTBB + MTWB + ST + CI

Project teams must submit **all** of the following:

- An official statement confirming that:
 - entryway systems are provided at each entrance to the building.
 - when provided, mats are cleaned and maintained weekly.
- A minimum of **three** annotated photographs or an annotated plan(s) showing:
 - each entrance to the building.
 - the length and width of the entryway system.

OR

Achieved credit of **one** of the qualifying equivalent standards.

5 Stairs

Total Points Available: 14.56

- 5.1 - Stair Access
- 5.2 - Stair Location
- 5.3 - Stair Design
- 5.4 - Stair Signage
- 5.5 - Stair Visibility
- 5.6 - Stair Safety

Fitwel Rating: ★

Photo Courtesy of Kilroy Real Estate Corporation
Photo Credit © 2019 Lawrence Anderson

Retail Alignment	MFR Alignment
5.1	5.1

5.1 - Stair Access

Provide access to at least one stair that connects building floors

Points Allocated: 2.80 / Alternative Compliance: 1.40

Health Impact Categories



Rationale

Access to stairs provides an opportunity for occupants to increase regular physical activity.

Strategy Requirements

MTBB + MTWB	ST	CI
<p>Projects must include a minimum of one set of stairs that:</p> <ul style="list-style-type: none"> <input type="checkbox"/> is accessible by all regular occupants. <input type="checkbox"/> connects the main building entrance floor to all of the following: <ul style="list-style-type: none"> ▪ all floors occupied by regular occupants ▪ the first six floors of the building ▪ floors with common spaces. <input type="checkbox"/> connects floors occupied by a single tenant. 	<p>Projects must include a minimum of one set of stairs that:</p> <ul style="list-style-type: none"> <input type="checkbox"/> is accessible by all regular occupants. <input type="checkbox"/> connects the main building entrance floor to all the following: <ul style="list-style-type: none"> ▪ all floors occupied by regular occupants ▪ floors with common spaces. 	<p>Projects must include a minimum of one set of stairs that:</p> <ul style="list-style-type: none"> <input type="checkbox"/> is accessible to all regular occupants. <input type="checkbox"/> connects the main building entrance floor to all the following: <ul style="list-style-type: none"> ▪ all floors occupied by regular occupants ▪ floors with common spaces accessible to regular occupants only.
<p>MTBB + MTWB + ST + CI</p> <p><i>*Note that a combination of egress and/or unenclosed stairs may be used to comply with this credit, and that key cards or other security devices may be employed.</i></p>		

Alternative Compliance:

MTBB + MTWB + ST + CI

Projects must include **one** of the following:

- A minimum of **one** set of stairs that:
 - is accessible by all regular occupants.
 - connects to **two** of the following:
 - all floors occupied by regular occupants.
 - floors with common amenities to floors occupied by regular occupants.
 - floors occupied by a single tenant.
- An indoor walking path that:
 - is accessible by all regular occupants.
 - is a minimum of 1/4 mile or 400 meters in length in one direction.
 - is located within the project.
 - is free of obstacles.

An indoor walking path can span across multiple floors when stairs are used as part of the path.

Guidance

Projects applying the Multi-Tenant Base Building scorecard, do not need to demonstrate that the stairwell is accessible to occupants of tenant spaces.

Compliance Documentation

Design Certification

MTBB + MTWB + ST + CI

Projects must submit **all** of the following:

- Annotated plan(s) and sections showing:
 - all floors within the project.
 - the accessible stairwell on all required building floors.
- An official or draft statement confirming that the stair will be accessible by all regular occupants.

OR

Project Teams must submit **all** of the following for walking path: (for Alternative Compliance only).

- Annotated plan(s) **or** design drawings showing:

- the length of the walking path.
- the location of the walking path.
- An official or draft statement confirming that the walking path will be accessible by all regular occupants.

Built Certification

MTBB + MTWB + ST + CI

Project Teams must submit **all** of the following for the stairs:

- Annotated plan(s) **or** sections showing:
 - all floors within the project.
 - the accessible stairwell on all required building floors.
- An official or draft statement confirming that the stairs are accessible by all regular occupants.

OR

Project Teams must submit **all** of the following for the walking path: (for Alternative Compliance only)

- An annotated plan(s) showing the following:
 - the length of the walking path.
 - the location of the walking path.
- A minimum of **three** photographs showing that the walking path is free of obstacles.
- An official statement confirming that the walking path is accessible by all regular occupants.

Retail Alignment	MFR Alignment
5.2	5.2

5.2 - Stair Location

Locate the stair in an equally or more prominent area than escalators or elevators

Points Allocated: 2.80

Health Impact Categories



Rationale

Locating a stair in a visible area can encourage occupants to use the stairs when traveling across floors, contributing to increased daily physical activity rates.

Strategy Requirements

MTBB + MTWB + ST + CI

Projects must locate the qualifying stair in a location that is equally or more visible than escalators and elevators at a main building entrance.

**Note that the stair used to comply with this strategy, must also meet the criteria of 5.1. Buildings that do not include escalators and elevators qualify for the strategy. Single-story buildings do not qualify for the strategy.*

Guidance

Projects that select Alternative Compliance for Strategy 5.1 do not qualify for this strategy.

Compliance Documentation

Design Certification

MTBB + MTWB + ST + CI

Project teams must submit annotated floor plans **or** design drawings showing the location of:

- a main building entrance.
- the qualifying stairs.
- all escalators and elevators on the building entrance floor.

Built Certification

MTBB + MTWB + ST + CI

Project teams must submit **one** of the following for the stairs:

- Annotated floor plans showing the location of:
 - a main building entrance.
 - the qualifying stairs.
 - all escalators and elevators on the building entrance floor.
- A minimum of **three** annotated photographs showing the stairs from the main building entrance.

Retail Alignment	MFR Alignment
5.3	5.3

5.3 - Stair Design

Implement active design strategies in the stair design

Points Allocated: 2.80 / Alternative Compliance: 1.40

Health Impact Categories



Rationale

Implementing active design strategies in stairwell design can encourage occupants to use the stairs when traveling across floors, contributing to increased daily physical activity rates.

Strategy Requirements

MTBB + MTWB + ST + CI

Projects must include a minimum of **two** of the following active design strategies throughout the qualifying stair, on a minimum of 51% of the floors within the project:

- posting motivational signs and/or graphics
- installing a music system
- installing creative lighting (such as decorative sconces, unique lighting installations, ambient lighting)
- moderating temperature to match the rest of the building
- adding rubber treading to stairs
- painting walls, stairs and/or ceilings with a bright color(s), other than white
- hanging framed artwork
- allowing access to natural daylight.

**Note that a combination of egress and/or unenclosed stairs may be used to comply with this credit. The stair used to comply with this strategy, must also meet the criteria of 5.1.*

Alternative Compliance:

MTBB + MTWB + ST + CI

Projects must include a minimum of **two** of the following active design strategies throughout the length of the qualifying walking path:

- adding distance markers
- installing a music system
- installing creative lighting (such as decorative sconces, unique lighting installations, ambient lighting)
- adding resting areas
- painting walls, stairs and/or ceilings with a bright color(s), other than white
- hanging framed artwork
- allowing access to natural daylight.

**Note that the walking path used to comply with this strategy, must also meet the criteria of 5.1.*

Compliance Documentation

Design Certification

MTBB + MTWB + ST + CI

Project teams must submit **all** of the following for the stairs:

- A calculation detailing:
 - the total number of floors accessible by the stairs.
 - the total number of floors which include the proposed active design strategies.
- Annotated design drawings detailing the proposed active design strategies.

OR

Project teams must submit **all** of the following for the walking path (for Alternative Compliance only):

- An annotated plan(s) showing the location of the planned active design strategies.
- Annotated design drawings detailing the proposed active design strategies.

Built Certification

MTBB + MTWB + ST + CI

Project teams must submit **all** the following for the stairs:

- A calculation detailing:
 - the total number of floors accessible by the stairs.
 - the total number of floors which include the implemented active design strategies.
- A minimum of **three** annotated photographs showing the implemented active design strategies.

OR

Project teams must submit **all** of the following for the walking path (for Alternative Compliance only):

- An annotated plan(s) showing the location of the implemented active design strategies.
- A minimum of **three** annotated photographs showing the implemented active design strategies.

Retail Alignment	MFR Alignment
5.4	5.4

5.4 - Stair Signage

Place educational point-of-decision signs promoting stair use at elevator call areas

Points Allocated: 1.96 / Alternative Compliance: 0.98

Health Impact Categories



Rationale

Signs promoting stair use located near elevators may encourage occupants to use the stairs when traveling across floors, contributing to increased daily physical activity.

Strategy Requirements

MTBB + MTWB + ST	CI
<p>Projects must include point-of-decision signage that:</p> <ul style="list-style-type: none"> <input type="checkbox"/> outlines motivational language promoting stair use. <input type="checkbox"/> is located at all elevator call areas within the project. <p>OR</p> <p>There are no elevators or escalators located within the multi-story building.</p>	<p>Projects must include point-of-decision signage that:</p> <ul style="list-style-type: none"> <input type="checkbox"/> outlines motivational language promoting stair use. <input type="checkbox"/> is located at all elevator call areas within the project. <input type="checkbox"/> is located at all elevator call areas on the main building entrance floor. <p>OR</p> <p>There are no elevators or escalators located within the multi-story building.</p>

MTBB + MTWB + ST + CI

**Note that single-story buildings do not qualify. The stair used to comply with this strategy, must also meet the criteria of 5.1. Projects located in buildings that do not include escalators or elevators qualify for this strategy.*

Alternative Compliance:

MTBB + MTWB + ST

Projects must include point-of-decision signage that:

- outlines motivational language promoting walking.
- is located at the beginning and end of the qualifying walking path.

**Note that this walking path must be the same one used to comply with Strategy 5.1.*

CI

Projects must include point-of-decision signage that:

- outlines motivational language promoting walking.
- is located at **one** of the following areas:
 - all elevator call areas within the project.
 - the beginning and end of the qualifying walking path.

**Note that this walking path must be the same one used to comply with Strategy 5.1.*

Compliance Documentation

Design Certification

MTBB + MTWB + ST

Project teams must submit **one** of the following:

- For projects in buildings that will include elevators or escalators, project teams must submit all of the following:
 - A copy of the proposed design of the signage to be used.
 - Annotated design drawings showing the location of the signs in **one** of the following areas:
 - at elevator call areas within the project including the main building entrance floor.
 - at the walking path (for Alternative Compliance only).
- For projects in multi-story buildings that will not include elevators or escalators, project teams must submit an official statement confirming that elevators and escalators will not be provided in the building.

CI

Project teams must submit **one** of the following:

- For projects in buildings that will include elevators or escalators, project teams must submit all of the following:
 - A copy of the proposed design of the signage to be used.

- Annotated design drawings showing the location of the signs in **one** of the following areas:
 - at elevator call areas within the project including the main building entrance floor.
 - at elevator call areas within the project, excluding the main building entrance (for Alternative Compliance only).
 - at the walking path (for Alternative Compliance only).
- For projects in multi-story buildings that will not include elevators or escalators, project teams must submit an official statement confirming that elevators and escalators will not be provided in the building.

Built Certification

MTBB + MTWB + ST

Project teams must submit **one** of the following:

- For projects in buildings that include elevators or escalators, project teams must submit all of the following:
 - A minimum of **three** photographs showing the signage.
 - An annotated plan(s) showing the location of the signage in **one** of the following areas:
 - at elevator call areas within the project including the main entrance floor.
 - at the walking path (for Alternative Compliance only).
- For projects in multi-story buildings that do not include elevators or escalators, project teams must submit an official statement confirming that elevators and escalators and not provided in the building.

CI

Project teams must submit **one** of the following:

- For projects in buildings that include elevators or escalators, project teams must submit all of the following:
 - A minimum of **three** photographs showing the signage.
 - An annotated plan(s) showing the location of the signage in **one** of the following areas:
 - at elevator call areas within the project including the main entrance floor.
 - at elevator call areas within the project, excluding the main building entrance (for Alternative Compliance only).
 - at the walking path (for Alternative Compliance only).
- For projects in multi-story buildings that do not include elevators or escalators, project teams must submit an official statement confirming that elevators and escalators and not provided in the building.

Retail Alignment	MFR Alignment
5.5	5.5

5.5 - Stair Visibility

Increase visibility of the stair

Points Allocated: 2.52

Health Impact Categories



Rationale

Increasing stair visibility can encourage occupants to use the stairs when traveling across floors, contributing to increased daily physical activity.

Strategy Requirements

MTBB + MTWB + ST + CI

Projects must implement a minimum of **one** or a combination of the following in the qualifying stair at **all** floors within the project:

- a minimum of 51% of the stair is not enclosed behind doors, walls or other partitions that obstruct visibility
- the stair doors or walls include clear glazing (include code compliant glass when using egress stairs)
- magnetic hold-open devices are used to keep the stair doors open, unless in the case of an emergency.

**Note that the stair used to comply with this strategy, must also meet the criteria of 5.1.*

Guidance

Projects that provide access to an internal walking circuit or path for Strategy 5.1 do not qualify for this strategy.

Compliance Documentation

Design Certification

MTBB + MTWB + ST + CI

Project teams must submit annotated design drawings detailing proposed criteria to increase stair visibility at **all** floors within the project.

Built Certification

MTBB + MTWB + ST + CI

Project teams must submit **all** of the following:

- An annotated plan(s) **or** a minimum of **three** photographs showing the implemented criteria to increase stair visibility.
- An official statement confirming that the qualifying criteria is implemented on **all** floors within the project.

Retail Alignment	MFR Alignment
5.6	5.6

5.6 – Stair Safety

Implement best practices in stair safety

Points Allocated: 1.68

Health Impact Categories



Rationale

Implementing best practices in stair safety prevent stair-related injury and support equity for vulnerable populations.

Strategy Requirements

MTBB + MTWB + ST + CI

Projects must include a minimum of **two** stair safety elements in the qualifying stair at all floors within the project:

- handrails: locate handrails on **two** sides
- materials: use high contrast tread edges, matte finishes to avoid glare, patterned carpet.
- lighting: use lighting to emphasize steps and other impediments, illuminate dark corners, or locate entrances and exits
- visual cues: use cues (with paint, lighting, tape) to highlight edges, entrances and exits, or obstacles.

**Note that a combination of egress and/or unenclosed stairs may be used to comply with this credit. The stair used to comply with this strategy, must also meet the criteria of 5.1.*

Compliance Documentation

Design Certification

MTBB + MTWB + ST + CI

Project teams must submit annotated design drawings detailing the proposed stair safety elements on all floors within the project.

Built Certification

MTBB + MTWB + ST + CI

Project teams must submit **all** of the following:

- An annotated plan(s) **or** a minimum of **three** photographs showing the implemented stair safety elements.
- An official statement confirming that the qualifying stair safety elements are implemented on all floors within the project.

6 Indoor Environment

Total Points Available: 18.19

6.1 - Tobacco- and Smoke-Free Environment

6.2 - Asbestos-Safe Property

6.3 - Indoor Air Quality (IAQ) Policy

6.4 - Indoor Air Quality Testing

6.5 - Indoor Air Quality Testing Results

6.6 - Green Purchasing Policy

6.7 - Chemical Storage Ventilation

6.8 - Integrated Pest Management

Retail Alignment	MFR Alignment
6.1	6.1

6.1 – Tobacco- and Smoke-Free Environment

Establish and implement a tobacco- and smoke-free policy for all indoor areas

Points Allocated: 3.08 / Alternative Compliance: 1.54

Health Impact Categories



Rationale

A tobacco- and smoke-free policy for indoor spaces can lower tobacco consumption and reduce exposure to secondhand smoke among occupants, contributing to enhanced respiratory and mental health.

Strategy Requirements

<p>MTBB + MTWB + ST + CI</p> <p>Projects must establish and implement a tobacco-free and smoke-free policy that:</p> <ul style="list-style-type: none"> <input type="checkbox"/> is applied to all indoor areas. <input type="checkbox"/> prohibits the use of all forms of smoking, tobacco use, and unregulated nicotine products, including: <ul style="list-style-type: none"> ▪ cigarettes, cigars (commercially or self-rolled) ▪ pipes, hookahs, water pipes ▪ electronic cigarettes ▪ smokeless tobacco (e.g., snuff, snus, chew) ▪ tobacco use including smoking, chewing, dipping, or any other use of tobacco products. <input type="checkbox"/> prohibits the inclusion of designated smoking areas within the building.
--

Alternative Certification System Credits Accepted

Projects may achieve **one** of the following equivalent standards as applicable:

MTBB + MTWB + ST

LEED v4 BD+C: Environmental Tobacco Smoke Control; LEED v4 O+M EQ Credit: Environmental Tobacco Smoke Control; LEED v4.1 BD+C EQ Credit: Environmental Tobacco Smoke Control

CI

LEED v4 ID+C EQ Credit: Environmental Tobacco Smoke Control; LEED v4.1 ID+C EQ Credit: Environmental Tobacco Smoke Control

Alternative Compliance

MTBB + MTWB + ST + CI

Projects must establish and implement a smoke-free policy that:

- is applied to **all** indoor areas.
- prohibits the use of **all** forms of smoking tobacco products:
 - cigarettes, cigars (commercially or self-rolled)
 - electronic cigarettes
 - pipes, hookahs, water pipes, or any other form of burning tobacco products.
- prohibits the inclusion of designated smoking areas on the building site.

Compliance Documentation

Design Certification

MTBB + MTWB + ST + CI

Project teams must submit **one** of the following:

- The official or draft qualifying smoke-free and tobacco-free policy.
- The official or draft qualifying smoke-free policy (for Alternative Compliance only).

OR

Achieved credit from the qualifying equivalent standard.

Built Certification

MTBB + MTWB + ST + CI

Project teams must submit **one** of the following:

- The official qualifying smoke-free and tobacco-free policy.
- The official qualifying smoke-free policy (for Alternative Compliance only).

OR

Achieved credit from the qualifying equivalent standard.

Retail Alignment	MFR Alignment
6.2	6.2

6.2 – Asbestos-Safe Property

Confirm that asbestos has been properly abated and control measures are implemented

Points Allocated: 3.91 / Not Applicable: 3.91

Health Impact Categories



Rationale

Asbestos-free or abated interiors prevent dangerous exposure to asbestos and are a key component in improving air quality, contributing to enhanced respiratory and mental health.

Strategy Requirements

<p>MTBB + MTWB + ST + CI</p> <p>Projects must implement asbestos control measures within the project that:</p> <ul style="list-style-type: none"> <input type="checkbox"/> include a minimum of one of the following: <ul style="list-style-type: none"> ▪ abatement ▪ encapsulation ▪ enclosure ▪ repair ▪ clean up. <input type="checkbox"/> have been performed by a certified professional. <input type="checkbox"/> are required for future renovations within the project.

Not Applicable

MTBB + MTWB + ST + CI

Building construction or renovation was completed after the use of asbestos in construction was regulated or banned in the country or region where project is located (e.g. in the United States the use of asbestos in construction was regulated for all buildings constructed after 1986).

Compliance Documentation

Design Certification

MTBB + MTWB + ST + CI

If the building construction or renovation was completed prior to the date that asbestos was banned in the associated country or region, project teams must submit an official statement confirming:

- that the qualifying control measures were performed by a certified professional.
- that the control measures are established for future renovations.

If the building construction or renovation was completed after the date that asbestos was banned in the associated country or region, project teams must submit an official statement confirming (for Not Applicable Only):

- the month and year in which the building construction was completed.
- the year in which asbestos was banned for use in building construction within the associated country or region.

Built Certification

MTBB + MTWB + ST + CI

If the building construction or renovation was completed prior to the date that asbestos was banned in the associated country or region, project teams must submit an official statement confirming:

- that the qualifying control measures were performed by a certified professional.
- that the control measures are established for future renovations.

If the building construction or renovation was completed after the date that asbestos was banned in the associated country or region, project teams must submit an official statement confirming (for Not Applicable only):

- the month and year in which the building construction was completed.
- the year in which asbestos was banned for use in building construction within the associated country or region.

Retail Alignment	MFR Alignment
6.3	6.3

6.3 - Indoor Air Quality (IAQ) Policy

Establish and implement an Indoor Air Quality (IAQ) Policy

Points Allocated: 2.52

Health Impact Categories



Rationale

A comprehensive Indoor Air Quality (IAQ) policy can identify areas for improvement in air quality and provide benchmarks to ensure air quality remains high over time, contributing to enhanced respiratory and mental health.

Strategy Requirements

MTBB + MTWB	ST + CI
<p>Projects must establish and implement an Indoor Air Quality policy that is:</p> <ul style="list-style-type: none"> <input type="checkbox"/> applied to all spaces within the project and for any new construction and major renovations. <input type="checkbox"/> at least as rigorous as one of the following: <ul style="list-style-type: none"> ▪ the Fitwel Indoor Air Quality (IAQ) Standard (found at www.fitwel.org/fitwel-standards). ▪ the Fitwel Enhanced Indoor Air Quality (IAQ) Standard (found at www.fitwel.org/fitwel-standards). <input type="checkbox"/> included in either relevant leases or a tenant manual. 	<p>Projects must establish and implement an Indoor Air Quality policy that is:</p> <ul style="list-style-type: none"> <input type="checkbox"/> applied to all spaces within the project and for any new construction and major renovations. <input type="checkbox"/> at least as rigorous as one of the following: <ul style="list-style-type: none"> ▪ the Fitwel Indoor Air Quality (IAQ) Standard (found at www.fitwel.org/fitwel-standards). ▪ the Fitwel Enhanced Indoor Air Quality (IAQ) Standard (found at www.fitwel.org/fitwel-standards).

Alternative Certification System Credits Accepted

Projects may achieve one of the following equivalent standards, as applicable:

MTBB + MTWB + ST + CI

BREEAM New Construction International credit HEA 02 - Indoor Air Quality (credits 1-19)

MTBB + ST + CI

Fitwel Viral Response Approval

Compliance Documentation

Design Certification

MTBB + MTWB

Project teams must submit the following:

- The official or draft Indoor Air Quality (IAQ) policy.
- An official statement detailing the following:
 - that the policy will apply to all spaces within the project and for any new construction and major renovations.
 - how the qualifying policy will be shared with tenants.

OR

Project teams may submit receipt of the qualifying equivalent standard.

ST + CI

Project teams must submit the following:

- The official or draft Indoor Air Quality (IAQ) policy.
- An official statement detailing that the policy will apply to all spaces within the project and for any new construction and major renovations.

OR

Project teams may submit receipt of the qualifying equivalent standard.

Built Certification

MTWB

Project teams must submit **all** the following:

- The official Indoor Air Quality (IAQ) policy.
- An official statement detailing that the policy applies to all spaces within the project and for any new construction and major renovations.
- The relevant lease or tenant manual that includes an IAQ Policy.

OR

Project teams may submit receipt of the qualifying equivalent standard.

MTBB

Project teams must submit **all** the following:

- The official Indoor Air Quality (IAQ) policy.
- An official statement detailing that the policy applies to all spaces within the project and for any new construction and major renovations.
- The relevant lease or tenant manual that includes an IAQ Policy.

OR

Projects may achieve credit for the Fitwel Viral Response Approval.

OR

Project teams may submit receipt of one of the qualifying equivalent standards.

ST + CI

Project teams must submit **all** the following:

- The official Indoor Air Quality (IAQ) policy.
- An official statement detailing that the policy applies to all spaces within the project and for any new construction and major renovations.

OR

Projects may achieve credit for the Fitwel Viral Response Approval.

OR

Projects may submit receipt of the qualifying equivalent standard.

Retail Alignment	MFR Alignment
6.4	6.4

6.4 - Indoor Air Quality Testing

Conduct regular Indoor Air Quality (IAQ) testing

Points Allocated: 1.96 / Alternative Compliance 0.98

Health Impact Categories



Rationale

Regular Indoor Air Quality (IAQ) testing can identify areas for improvement in indoor air quality and provide benchmarks to ensure air quality remains high over time, contributing to enhanced respiratory and mental health.

Strategy Requirements

MTBB + MTWB + ST + CI

Projects must conduct Indoor Air Quality (IAQ) testing or monitoring as follows:

- Test the indoor air after any construction and major renovations prior to occupancy within all required areas under the control of building owner/manager.
- Test or monitor the Indoor Air Quality post occupancy in all regularly occupied areas within the project by following one of the below:
 - conduct qualifying testing annually showing the average levels measured for each required zone
 - conduct qualifying monitoring continuously showing monthly averages and peaks lasting for more than one hour during work hours while HVAC systems are operating at design parameters.
- Testing and monitoring results must meet the levels of a minimum of **five** of the following:
 - PM2.5: less than 25 $\mu\text{g}/\text{m}^3$
 - TVOC: less than 500 $\mu\text{g}/\text{m}^3$ or 132.73 ppb ($\mu\text{g}/\text{m}^3 = \text{ppb} * 3.767$)
 - CO2: less than 1100 ppm or 700 ppm over ambient
 - CO: less than 9 ppm
 - Formaldehyde: less than 27ppb
 - Relative Humidity: between 30-60%.

Qualifying Indoor Air Quality testing must be conducted:

- during work hours while HVAC systems are operating at design parameters.

- in the breathing area between 3 to 8 feet from the floor level.
- every 25,000 sq.ft., or per Air Handling Unit (AHU) zone whichever is more stringent.
- using one of the following testing methods as applicable:
 - EPA: Compendium Methods IP-10 (PM2.5) / IP-1 (TVOC) / IP-3 (CO2 and CO) / IP-6 (Formaldehyde), TO-1 and TO-17 (TVOC), TO-11 (Formaldehyde)
 - ISO: 7708 (PM2.5) / 16000-6 (TVOC) / 4224 (CO) / 16000-3 (Formaldehyde)
 - ASTM D5197 or NIOSH 2016: (Formaldehyde)
 - Direct reading from IAQ testing devices for TVOC, PM10, PM2.5, CO, CO2 and relative humidity.

Qualifying Indoor Air Quality monitoring must be conducted:

- on every 25,000 sq.ft., or per Air Handling Unit (AHU) zone, whichever is more stringent.
- using monitors that meet **all** the following requirements:
 - has a data output interval of at least **once** every 5 minutes
 - has a data loss rate of 10% or less
 - has a minimum operating range for temperature of 0-40 °C.
 - has a minimum operating range for relative humidity of 5-85% RH, non-condensing
 - requires permanent installations
 - is calibrated and confirmed functional without defect prior to shipping.

**For reporting testing or monitoring results for TVOC in ug/m3, apply the following calculation:*

$$\text{ug/m}^3 = \text{ppb} * 3.767.$$

Alternative Compliance

MTBB + MTWB + ST + CI

Where testing and monitoring results do not meet the levels of a minimum of **five** of the required elements, testing and monitoring results must meet the qualifying levels of a minimum of **three** of the required elements.

Alternative Certification System Credits Accepted

MTBB + MTWB + ST + CI

Projects may achieve **one** of the following as applicable:

RESET Air Certification; UL Verified Healthy Building Mark; LEED v4 ID+C EQ Credit: Indoor Air Quality Assessment, Option 2

Compliance Documentation

Design Certification

MTBB + MTWB + ST + CI

Project teams must submit an official statement confirming that:

- IAQ will be tested prior to occupancy.
- IAQ will be tested or monitored as follows:
 - tested **annually** following the qualifying testing methods.
 - monitored continuously following the qualifying monitoring methods.
- An annotated plan(s) showing all the required areas that will be tested or monitored.

OR

Submit receipt of **one** of the qualifying equivalent standards.

Built Certification

MTBB + MTWB + ST + CI

Project teams must submit the following:

- An official statement confirming **one** of the following:
 - that IAQ is tested **annually**.
 - that IAQ is monitored continuously.
- An annotated plan(s) showing **one** of the following:
 - the required areas that have been tested.
 - the location of each IAQ monitor.
- The most recent IAQ testing or monitoring results conducted showing **one** of the following:
 - for testing, the average levels measured for each required zone.
 - for monitoring, monthly averages and peaks lasting for more than one hour during work hours while HVAC systems are operating at design parameters.
- When monitoring, the required specifications of the monitors used.

OR

Submit receipt of **one** of the qualifying equivalent standards.

Retail Alignment	MFR Alignment
6.5	6.5

6.5 - Indoor Air Quality Testing Results

Share Indoor Air Quality (IAQ) testing results with regular occupants

Points Allocated: 1.96 / Alternative Compliance: 0.98

Health Impact Categories



Rationale

Sharing Indoor Air Quality (IAQ) testing results can increase transparency, environmental awareness, and encourage the improvement of IAQ, contributing to enhanced respiratory and mental health.

Strategy Requirements

MTBB + ST + CI	MTWB
<p>Projects must report annual indoor air quality testing or monitoring results as follows:</p> <ul style="list-style-type: none"> <input type="checkbox"/> share one of the following with all regular occupants: <ul style="list-style-type: none"> ▪ the results for the required zones within spaces under the control of building management. ▪ the average results for the entire building. <input type="checkbox"/> through one of the following methods: <ul style="list-style-type: none"> ▪ a digital platform, such as a website, digital application, or display screen in common areas ▪ annual communication material, such as notification emails or newsletters. 	<p>Projects must report annual indoor air quality testing or monitoring results as follows:</p> <ul style="list-style-type: none"> <input type="checkbox"/> share both of the following, as applicable: <ul style="list-style-type: none"> ▪ for occupants of areas under the control of building management, one of the following: <ul style="list-style-type: none"> ○ the results for the required zones within spaces under the control of building management. ○ the average results for the entire building. ▪ for tenant occupants, one of the following: <ul style="list-style-type: none"> ○ the results for the required zones within the tenant's space. ○ the average results for the entire building. <input type="checkbox"/> through one of the following methods: <ul style="list-style-type: none"> ▪ a digital platform, such as a website, digital application, or display screen in common areas ▪ a tenant manual that is updated annually ▪ annual communication material, such as notification emails or newsletters.

Alternative Compliance

MTBB + MTWB + ST + CI

Provide all regular occupants with educational material about the benefit of optimal indoor air that is:

- updated annually.
- shared through **one** of the following:
 - a digital platform, such as a website, digital application, or display screen in common areas
 - communication material, such as notification emails or newsletters.

Compliance Documentation

Design Certification

MTBB + MTWB + ST + CI

Project teams must submit an official statement confirming **one** of the following:

- The results of the indoor air quality testing/monitoring will be shared with all regular occupants.
- Educational material will be shared with regular occupants and updated annually (for Alternative Compliance only).

Built Certification

MTBB + MTWB + ST + CI

When sharing the IAQ testing/monitoring results, project teams must submit:

- The most recent IAQ test results or data monitored.
- A copy of the material used to share results with regular occupants.
- An official statement confirming that the results will be updated annually.

When providing educational material, project teams must submit:

- A copy of the educational material.
- An official statement confirming that the material will be updated annually.

Retail Alignment	MFR Alignment
6.6	NA

6.6 - Green Purchasing Policy

Establish and implement a Green Purchasing Policy

Points Allocated: 0.56

Health Impact Categories



Rationale

A Green Purchasing Policy can ensure that materials brought into the building will conform to standards that preserve high Indoor Air Quality (IAQ), contributing to enhanced respiratory and mental health.

Strategy Requirements

MTBB + MTWB	CI + ST
<p>Projects must implement a qualifying green purchasing policy for all cleaning products that is:</p> <ul style="list-style-type: none"> <input type="checkbox"/> applied within the project. <input type="checkbox"/> included in either relevant leases or a tenant manual. 	<p>Projects must implement a qualifying green purchasing policy for all cleaning products that is applied to all spaces within the project.</p>

Alternative Certification System Credits Accepted

MTBB + ST + CI

Projects may achieve Fitwel Viral Response Approval.

Green Purchasing Policy Requirements

A qualifying green purchasing policy must meet **one** of the following:

- include a purchasing framework and implementation plan for the selection of products and services with beneficial health and environmental impacts, that meets one of the following:
 - follows the ISO 20400:2017 Sustainable Procurement-Guidance
 - requires that products and services comply with a minimum of one of the following:
 - certified by the Global Ecolabelling Network (GEN)
 - EPA's Comprehensive Procurement Guideline (CPG) Program, with a listing under the CPG Product Supplier Directory
 - EPA's Safer Choice Label

- Ecologo Certified.
- is at least as rigorous as the Fitwel Enhanced Green Purchasing Policy (found at www.fitwel.org/fitwel-standards)

Guidance

Sustainable products may contain a combination of the following characteristics:

- » includes recycled materials
- » production process conserves natural resources
- » prevents pollution
- » contains fewer toxic substances than alternate products
- » encourages environmentally positive practices
- » uses energy alternatives to fossil fuel

For more information on creating a Green Purchasing Policy, visit www.naspo.org/green/index.html.

Compliance Documentation

Design Certification

MTBB + MTWB

Project teams must submit the following:

- The official or draft copy of **one** of the following:
 - green purchasing policy
 - enhanced green purchasing policy
- An official statement detailing how the qualifying policy will be shared with tenants.

ST + CI

Project teams must submit the official or draft copy of **one** of the following:

- green purchasing policy
- enhanced green purchasing policy.

Built Certification

MTWB

Project teams must submit the following:

- The official copy of **one** of the following:
 - green purchasing policy
 - enhanced green purchasing policy
- The relevant lease or tenant manual that includes a green purchasing policy.

MTBB

Project teams must submit the following:

- The official copy of **one** of the following:
 - green purchasing policy
 - enhanced green purchasing policy
- The relevant lease or tenant manual that includes a green purchasing policy.

OR

Projects may achieve credit for the Fitwel Viral Response Approval.

ST + CI

Project teams must submit the official copy of **one** of the following:

- green purchasing policy
- enhanced green purchasing policy

OR

Projects may achieve credit for the Fitwel Viral Response Approval.

Retail Alignment	MFR Alignment
6.7	6.6

6.7 - Chemical Storage Ventilation

Provide separate ventilation in all areas with chemical use or storage

Points Allocated: 1.68

Health Impact Categories



Rationale

Chemical storage ventilation reduces the risk of occupant exposure to dangerous pollutants, improving Indoor Air Quality (IAQ) and contributing to enhanced respiratory and mental health.

Strategy Requirements

MTBB + MTWB + ST + CI

Projects must improve indoor air quality by implementing the following as applicable within the project:

- provide separate source ventilation for all areas that include the use or storage of chemical products that do not meet the below qualifying standards. Areas that require separate ventilation include but are not limited to the following:
 - storage rooms
 - copy/print rooms, where output exceeds 40,000 pages or 20,000 pages double sided per month
 - art rooms
 - laboratories
 - workshops
 - janitor's closets.
- comply with one of the qualifying standards or programs for all chemical products that are used or stored in areas that are not ventilated separately.

Qualifying standards include:

- Green Seal
- California Code of Regulations
- Ecologo
- EPA's Safer Choice Label

Compliance Documentation

Design Certification

MTBB + MTWB + ST + CI

Project teams must submit the following:

- An annotated plan(s) showing **one** of the following:
 - the planned ventilation for all the areas where chemical products will be used or stored.
 - that the project will not include areas where chemical products will be used or stored.
- An official statement confirming the following as applicable:
 - separate source ventilation will be provided for all required areas where chemical products will be used or stored.
 - all chemical products that are not stored separately will meet a qualifying standard or program.

Built Certification

MTBB + MTWB + ST + CI

Project teams must submit the following:

- An annotated plan(s) showing **one** of the following:
 - the ventilation for all the areas where chemical products are used or stored.
 - that the project does not include areas where chemical products are used or stored.
- An official statement confirming that
 - separate source ventilation is provided for all required areas where chemical products are used or stored.
 - all chemical products that are not stored separately meet a qualifying standard or program.

Retail Alignment	MFR Alignment
6.8	6.7

6.8 - Integrated Pest Management

Establish and implement an Integrated Pest Management (IPM) Plan

Points Allocated: 2.52

Health Impact Categories



Rationale

An Integrated Pest Management plan reduces occupant exposure to dangerous toxins and allergens, supporting healthy indoor air quality and contributing to enhanced physical and mental health.

Strategy Requirements

MTBB + MTWB + ST + CI
Projects must implement a qualifying Integrated Pest Management Plan (IPM).

Alternative Certification System Credits Accepted

Projects may achieve **one** of the following equivalent standards as applicable:

MTBB + MTWB + ST

LEED EBOM 2009 SSc3: Integrated Pest Management, Erosion control, and Landscape Management Plan AND EQc3.6: Green cleaning - Indoor Integrated Pest Management; LEED v4 O+M: Integrated Pest Management; LEED v4 O+M Starter Kit: Innovation - EQ Credit: Integrated Pest Management

Integrated Pest Management Plan (IPM) Requirements

A qualifying Integrated Pest Management Plan (IPM) meets **all** the following:

- is applied to the entire building.
- outlines a detailed plan for all of the following:
 - pest inspections
 - pest population monitoring
 - setting action thresholds (such as defining a point at which the pest population indicates larger pest control action must be taken, whether based on the number of pest sightings, reports of pest sightings, or other metric).
 - implementing all the following non-chemical prevention and control methods:
 - environmental methods (such as improving sanitation, removing clutter, implementing

- cleaning protocols, upkeeping of landscaping, keeping refuse in tight containers, locating waste containers away from building)
- mechanical methods (such as using trapping devices, light traps, snap traps or glue boards, modifying pest habitats)
- structural methods (such as adding physical barriers, fixing leaking pipes, sealing cracks, using air curtains)
- details a plan to use pesticides judiciously.
- details a four-tiered implementation approach:
 - identify pests and monitor progress
 - set action thresholds
 - prevent
 - control
- is included in either relevant leases or a tenant manual.

Guidance

According to the EPA IPM Guidelines, each IPM program should be designed based on the pest prevention goals and eradication needs of the situation. For more information, visit: <https://www.epa.gov/managing-pests-schools/introduction-integrated-pest-management>

Compliance Documentation

Design Certification

MTBB + MTWB

Project teams must submit the following:

- The official or draft IPM Plan.
- An official statement detailing how the qualifying policy will be shared with tenants.

OR

Achieved credit from the qualifying equivalent standard.

ST

Project teams must submit the official or draft IPM plan.

OR

Achieved credit from the qualifying equivalent standard.

CI

Project teams must submit the official or draft IPM Plan.

Built Certification

MTBB + MTWB

Project teams must submit **all** of the following:

- The official IPM Plan.
- The relevant lease or tenant manual that includes an IPM Plan.

OR

Achieved credit from the qualifying equivalent standards.

ST

Project teams must submit the official IPM Plan.

OR

Achieved credit from the qualifying equivalent standards.

CI

Project teams must submit the official IPM Plan.

7 Workspaces

Total Points Available: 7.56

7.1 - Natural Daylight

7.2 - Views of Nature

7.3 - Operable Shading

7.4 - Active Workstations

7.5 - Thermal Control

Retail Alignment	MFR Alignment
7.1	NA

7.1 - Natural Daylight

Provide regular occupants access to natural daylight

Points Allocated: 2.24

Health Impact Categories



Rationale

Access to natural daylight can reduce stress, contributing to improved mental health among occupants.

Strategy Requirements

MTBB + ST + CI	MTWB
Projects must include access to natural daylight for a minimum of 51% of all of the following regularly occupied spaces within the project.	Projects must include access to natural daylight for: <ul style="list-style-type: none"> <input type="checkbox"/> a minimum of 51% of all regularly occupied spaces on all owner controlled floors. <input type="checkbox"/> a minimum of 51% of all regularly occupied spaces at a minimum of 51% of tenant floors.

Alternative Certification System Credits Accepted

MTBB + MTWB + ST

LEED 2009 IEQ Credit 8.1: Daylight and Views - Daylight; LEED v4 BD+C: Daylight Option 2 or Option 3; LEED v4.1 BD+C EQ Credit: Daylight, Option 2 **or** Option 3

CI

LEED 2009 IEQ Credit 8.1: Daylight & Views - Daylight; LEED v4 ID+C: Daylight; LEED v4.1 ID+C EQ Credit: Daylight, Option 2 **or** Option 3

Daylight Calculation Requirements

Regularly occupied areas that must be included in the daylight calculation:

- workspaces: which include workstations, flexible workspaces, individual offices, and circulation between workstations. Note that hallways, corridors, and elevator banks are not considered

regularly occupied spaces.

- common areas: which include spaces where occupants can gather to work, eat, take breaks or meet, such as meeting rooms, lactation rooms, quiet rooms, and reception areas.

**Note that permanent furniture partitions or other permanent features that measure above 42 inches or 106 centimeters are considered obstructions of natural daylight. Areas behind these obstructions should not be included in the daylit area. Window Head height is the height of the window measured from the finished floor level to the top of the window frame.*

Qualifying Calculation:

To calculate the total percentage of regularly occupied areas with access to daylight follow the steps below and input the required values in the tables on the calculation tab to apply the following formula $[(A + B) / C] \times 100$:

Step 1, determine C: establish the total area of regularly occupied areas by adding the total area of each regularly occupied areas (workspaces and common areas) within the relevant space(s).

Step 2, determine A and B: establish the areas with access to daylight, using the windows located in each regularly occupied employee space identified for C in Step 1, by following the steps below:

- (i) Determine area with access to daylight for North and South facades
 - (Window(s) Head Height x 1.5) x (Window(s) Width + 2 feet from the right side of the window(s) + 2 feet from the left side of the window(s))
- (ii) Determine area with access to daylight for East and West facades
 - (Window(s) Head Height) x (Window(s) Width + 2 feet from the right side of the window(s) + 2 feet from the left side of the window(s))
- (iii) Repeat Step (i) and (ii) on each qualifying window within the relevant space(s).

Step 3: to determine the percentage of regularly areas with access to daylight, apply $(A + B) / C \times 100$

- (iv) Determine A and B by adding the results calculated from Step (i) and Step (ii).

Step 4, determine percentage: to determine the percentage of regularly occupied areas with access to daylight, apply the formula $(A + B) / C \times 100$

To calculate the percentage of tenant floors with access to daylight, repeat the steps of the above calculation for all regularly occupied spaces on each tenant floor and apply the following formula:

Step 1, determine F: the total number of floors leased to tenants

Step 2, determine D: the total number of tenant floors with at least 51% of regularly occupied areas with access to daylight

Step 3, determine percentage: to determine the percentage of tenant floors with access to daylight, apply for formula $(D / F) \times 100$

Compliance Documentation

Design Certification

MTBB + ST + CI

Project teams must submit **all** of the following:

- An annotated plan(s) showing all the regularly occupied spaces.
- A calculation detailing the planned percentage of daylit area within the project.

OR

Achieved credit from the qualifying equivalent standard.

MTWB

Project teams must submit **all** of the following:

- An annotated plan(s) showing all the regularly occupied spaces.
- A calculation detailing the planned percentage of daylit area in owner-controlled areas.
- An official statement confirming that a minimum of 51% of tenant floors will provide access to daylight in at least 51% of the regularly occupied areas.

OR

Achieved credit from the qualifying equivalent standard.

Built Certification

MTBB + ST + CI

Project teams must submit **all** of the following:

- An annotated plan(s) showing all the regularly occupied spaces.
- A calculation detailing the percentage of daylit area within the project.
- A minimum of **three** annotated photographs showing the floor layout for each relevant floor.

OR

- Achieved credit from the qualifying equivalent standard.

MTWB

Project teams must submit **all** of the following:

- An annotated plan(s) showing **all** the regularly occupied spaces in all owner-controlled areas.
- A calculation detailing the following:
 - the percentage of daylit area in owner-controlled areas.
 - the percentage of qualifying tenant spaces.

- A minimum of **three** annotated photographs showing:
 - the floor layout for each floor within owner controlled areas.
 - the building facades on all exposed building sides.
- An calculation(s) detailing that a minimum of 51% of tenant floors provide access to daylight in at least 51% of the regularly occupied areas.

OR

- Achieved credit from the qualifying equivalent standard.

Retail Alignment	MFR Alignment
7.2	7.1

7.2 - Views of Nature

Provide regular occupants access to views of nature

Points Allocated: 2.80 / Alternative Compliance: 1.40

Health Impact Categories



Rationale

Views of greenery, trees, water, or other natural elements from workspaces allows occupants to connect with nature, contributing to reduced stress and enhanced mental health.

Strategy Requirements

MTBB + ST + CI	MTWB
Projects must include access to views of nature for a minimum of 51% of regularly occupied workstations within the project.	Projects must include access to views of nature for: <ul style="list-style-type: none"> <input type="checkbox"/> a minimum of 51% of regularly occupied workstations on all owner controlled floors. <input type="checkbox"/> a minimum of 51% of regularly occupied workstations on a minimum of 51% of tenant floors.

Alternative Certification System Credits Accepted

Projects may achieve **one** of the following equivalent standards as applicable:

MTBB + MTWB + ST

LEED v4 BD+C EQ Credit: Quality Views; LEED v4 O+M EQ Credit: Quality Views, Option 2; LEED v4.1 BD+C EQ Credit: Quality Views

CI

LEED v4 ID+C EQ Credit: Quality Views; LEED v4.1 ID+C EQ Credit: Quality Views

Views of Nature Calculation Requirements

Qualifying regularly occupied workstations that must be included in the calculation include office desks, shared stations, hot desks, reception areas or other stations where occupants conduct their work.

Qualifying views of outdoor natural elements include views to vegetation, greenery, trees, water bodies, or other such elements.

**Note that permanent furniture partitions or other permanent features that measure above 42 inches or 106 centimeters are considered obstructions of views of nature. Areas behind these obstructions should not to be included in the area with views. Window Head height is the height of the window measured from the finished floor level to the top of the window frame*

Qualifying Calculation:

To calculate the total number of regularly occupied workstations with access to views of outdoor natural elements, follow the steps below and input the required values in the tables on the calculation tab to apply the following formula $((A / B) \times 100)$:

Step 1, determine B: to establish the total number of regularly occupied workstations, count the number of workstations on each relevant floor.

Step 2, determine A: to establish the number of regularly occupied workstations located in areas with access to views of outdoor natural elements by applying the following:

- (i) identify each window with qualifying views of outdoor natural elements.
- (ii) input the required values in the table below for each window with qualifying views to apply the following formula: Area with Access to Views = (Window Head Height x 3) x (Window Width).
- (iii) on the plan, count the total number of regularly occupied workstations located in the Area with Access to Views identified for step (ii).
- (iv) Repeat steps (ii) and (iii) on each window within the relevant spaces.
- (v) Determine A: add the number of Workstations with Access to Views calculated under step (iii) for each window.

Step 3, determine percentage: to determine the percentage of regularly occupied workstations with access to views of outdoor natural elements, apply the formula $((A / B) \times 100)$.

To calculate that 51% of tenant floors include sufficient access to views of nature, apply the following formula:

Step 1, determine D: the total number of floors leased to tenants

Step 2, determine C: the number of floors with at least 51% of regularly occupied workstations located in areas with access to views of outdoor natural elements.

Step 3, determine percentage: to determine the percentage of tenant floors with access to views of outdoor natural elements, apply for formula $((C / D) \times 100)$

Alternative Compliance

MTBB + ST + CI

Projects must include access to views of indoor natural elements within the workspace for a minimum of 51% of regularly occupied workstations within the project.

MTWB

Projects must include access to views of indoor natural elements for:

- a minimum of 51% of regularly occupied workstations on all owner controlled floors.
- a minimum of 51% of regularly occupied workstations on a minimum of 51% of tenant floors.

**Note that qualifying views of outdoor natural elements may be used in addition to views of indoor natural elements to meet the calculation requirements by adding the result of Step 2 under the calculation for views of outdoor natural elements to the result of C above.*

Views of Indoor Natural Elements Calculation Requirements

Qualifying views of indoor natural elements include:

- green walls visible at a minimum height of 42 inches or 106 centimeters
- indoor plants with a minimum height of 12" (including pot)
- water features

Qualifying Calculation:

To calculate the total number of regularly occupied workstations with access to views of indoor natural elements, follow the steps below to apply the following formula $((C / D) \times 100)$:

Step 1, determine D: to establish the total number of regularly occupied workstations, count the number of qualifying workstations on each relevant floor.

Step 2, determine C: to establish the number of regularly occupied workstations located in areas with access to views of indoor natural elements, identify the number of workstations within 20-feet or 6-meters of unobstructed views to indoor natural elements.

Step 3: to determine the percentage of regularly occupied workstations with access to views of indoor natural elements, apply $((C / D) \times 100)$

Guidance

Ensure that the following information is included in the calculation:

- » total number of employees and building staff workstations within the project
- » the window head height at all windows in relevant areas
- » the calculated number of workstations with access to views to nature.

Compliance Documentation**Design Certification****MTBB + ST + CI**

For views of nature, project teams must submit **all** the following:

- An annotated plan(s) showing all regularly occupied workstations within the project.
- A calculation(s) detailing the planned percentage of views of nature.

For views of indoor natural elements, project teams must submit **all** the following: (for Alternative Compliance only)

- An annotated plan(s) showing:
 - all regularly occupied workstations within the project.
 - the location of indoor natural elements and qualifying windows with views.
 - the distance between the indoor natural elements and workstations.
- A calculation(s) detailing the planned percentage of views of indoor natural elements.

OR

Achieved credit from the qualifying equivalent standard.

MTWB

For views of nature, project teams must submit **all** the following:

- An annotated plan(s) showing all workstations on all owner controlled floors.
- A calculation detailing the planned percentage of views of nature in owner-controlled areas.
- An official statement confirming that a minimum of 51% of tenant spaces will provide access to views of nature in at least 51% of regularly occupied workstations.

For views of indoor natural elements, submit **all** the following: (for Alternative Compliance only)

- An annotated plan(s) showing the following in owner controlled areas:
 - all regularly occupied workstations.
 - the planned location of indoor natural elements and qualifying windows with views.
- A calculation(s) detailing the planned percentage of views of indoor natural elements in tenant space.

OR

Achieved credit from the qualifying equivalent standard.

Built Certification

MTBB + ST + CI

For views of nature, project teams must submit **all** the following:

- An annotated plan(s) showing all regularly occupied workstations within the project.
- A calculation(s) detailing the percentage of views of nature.
- A minimum of **three** annotated photographs showing the qualifying views of nature from each exposed building facade.

For views of indoor natural elements, submit **all** the following: (for Alternative Compliance only)

- An annotated plan(s) showing:
 - all regularly occupied workstations within the project.
 - the location of indoor natural elements and qualifying windows with views.
 - the distance between the indoor natural elements and workstations.
- A calculation(s) detailing the percentage of views of indoor natural elements.
- A minimum of **three** annotated photographs showing:
 - the qualifying indoor natural elements.
 - the qualifying views of nature from each exposed building facade, if applicable.

OR

Achieved credit from the qualifying equivalent standard.

MTWB

For views of nature, project teams must submit **all** the following:

- An annotated plan(s) showing all regularly occupied workstations in owner controlled areas.
- A calculation(s) detailing the percentage of views of nature in owner controlled areas.
- A calculation(s) detailing the percentage of views of nature in tenant spaces.
- A minimum of **three** annotated photographs showing the qualifying views of nature from each exposed building facade.

For views of indoor natural elements, project teams must submit **all** the following: (for Alternative Compliance only)

- An annotated plan(s) showing the following in owner controlled areas:
 - all regularly occupied workstations.
 - the location of indoor natural elements and qualifying windows with views.
 - the distance between the indoor natural elements and workstations.
 - a calculation(s) detailing the percentage of views of indoor natural elements.
- A calculation(s) detailing the percentage of views of indoor natural elements in tenant spaces.
- A minimum of **three** annotated photographs showing:
 - the qualifying indoor natural elements in owner controlled areas and tenant spaces.
 - the qualifying views of nature from each exposed building facade, if applicable.

OR

Achieved credit from the qualifying equivalent standards.

Retail Alignment	MFR Alignment
7.3	NA

7.3 - Operable Shading

Provide regular occupants access to operable shading

Points Allocated: 0.28

Health Impact Categories



Rationale

Operable shading increases the ability for occupants to control their own workplace, contributing to increased comfort and enhanced mental health.

Strategy Requirements

<p>MTBB + MTWB + ST + CI</p> <p>Projects must include operable shading that:</p> <ul style="list-style-type: none"> <input type="checkbox"/> can be controlled by all regular occupants. <input type="checkbox"/> is located on all windows of all regularly occupied spaces within the project. <p>Regularly occupied spaces include the following:</p> <ul style="list-style-type: none"> <input type="checkbox"/> workspaces: which include workstations, flexible workspaces, individual offices, and circulation between workstations. Note that hallways, corridors, and elevator banks are not considered regularly occupied spaces. <input type="checkbox"/> common areas: which include spaces where regular occupants can gather to work, eat, take breaks or meet, such as meeting rooms, lactation rooms, quiet rooms, and reception areas. <p><i>*Note that automatic shading devices that allow for occupant control may qualify for the strategy.</i></p>

Compliance Documentation

Design Certification

MTBB + MTWB + ST + CI

Project teams must submit an official statement confirming that:

- Operable shading devices will be provided in all windows of all regularly occupied spaces

within the project.

- All regular occupants will be able to control the shading.

Built Certification

MTBB + MTWB + ST + CI

Project teams must submit **all** of the following:

- An official statement confirming that:
 - operable shading is provided in **all** windows of all regularly occupied spaces within the project.
 - all regular occupants can control the operable shading.
- A minimum of **three** annotated photographs showing the operable shading types provided within the project.

Retail Alignment	MFR Alignment
7.4	NA

7.4 - Active Workstations

Provide regular occupants access to active workstations

Points Allocated: 1.68 / Alternative Compliance: 0.84

Health Impact Categories



Rationale

Active workstations can decrease sedentary time, contributing to increased physical activity and enhanced mental health.

Strategy Requirements

MTBB + ST + CI	MTWB
<p>Projects must include all of the following:</p> <ul style="list-style-type: none"> <input type="checkbox"/> a minimum of one active workstation for every two regularly occupied workstations free of charge. <input type="checkbox"/> access to a personal active workstation upon request free of charge. <p>Regularly occupied workstations include office desks, shared stations, hot desks, reception areas or other stations where regular occupant conduct their work.</p>	<p>For areas under the control of building management, projects must include all of the following:</p> <ul style="list-style-type: none"> <input type="checkbox"/> a minimum of one active workstation for every two regularly occupied workstations within owner-controlled areas free of charge. <input type="checkbox"/> access to a personal active workstation upon request free of charge. <p>For tenant spaces, provide a minimum of one shared active workstation for each tenant space within the project.</p>

Alternative Compliance

MTBB + ST + CI

Projects must include **all** of the following:

- a minimum of **one** shared active workstation accessible to all regular occupants free of charge.
- access to a personal active workstation upon request free of charge.
- educational materials specifying the health benefits of active workstations.

MTWB

Projects must provide regular occupants with access to:

- a minimum of **one** shared active workstation within the project.
- educational materials specifying the health benefits of active workstations.
- a personal active workstation upon request free of charge for occupants of owner-controlled areas.

Compliance Documentation

Design Certification

MTBB + ST + CI

Project teams must submit the following:

- A calculation detailing:
 - the anticipated number of regularly occupied workstations.
 - the number of active workstations that will be provided.
- An official statement confirming that regular occupants will have access to active workstations:
 - free of charge.
 - upon request.

OR

When providing a minimum of **one** active workstation, project teams must submit the following (for Alternative Compliance Only):

- An official statement confirming that all regular occupants will have access to the following, free of charge:
 - a minimum of one shared active workstation.
 - a personal active workstation upon request.
- A draft copy of the educational materials.

MTWB

Project teams must submit the following:

- For areas under the control of building management, submit:
 - A calculation detailing:
 - the anticipated number of regularly occupied workstations in areas under the control of building management.
 - the number of active workstations that will be provided in areas under the control of building management.

- An official statement confirming the occupants of owner controlled areas will have access to active workstations:
 - free of charge.
 - upon request.
- For tenant spaces, submit a calculation detailing:
 - the total number of tenants.
 - the number of active workstations that will be provided in tenant spaces.

OR

When providing a minimum of one shared active workstation, project teams must submit the following (for Alternative Compliance Only) :

- An official statement confirming that all regular occupants will have access to the following, free of charge:
 - a minimum of one shared active workstation.
 - a personal active workstation upon request.
- A draft copy of the educational materials.

Built Certification

MTBB + ST + CI

Project teams must submit the following:

- A calculation detailing:
 - the number of regularly occupied workstations.
 - the number of active workstations provided.
- An official statement confirming that regular occupants have access to the active workstations:
 - free of charge.
 - upon request.
- A minimum of **three** annotated photographs showing the active workstations.

OR

When providing a minimum of **one** active workstation, submit the following (for Alternative Compliance Only):

- An official statement confirming that all regular occupants have access to the following, free of charge:
 - a minimum of one shared active workstation.
 - a personal active workstation upon request.
- A copy of the educational materials.
- An annotated photograph(s) showing the active workstations.

MTWB

When providing multiple active workstations, project teams must submit the following:

- For areas under the control of building management, submit:
 - A calculation detailing:
 - the total number regularly occupied workstations in areas under the control of building management.
 - the relevant number of active workstations provided in areas under the control of building management.
 - An official statement confirming the occupants of owner controlled areas have access to active workstations:
 - free of charge.
 - upon request.
- For tenant spaces, submit a calculation detailing:
 - the total number of tenants.
 - the number of active workstations provided to tenant spaces.

OR

When providing a minimum of **one** shared active workstation, submit the following (for Alternative Compliance Only):

- An official statement confirming that all regular occupants have access to the following, free of charge:
 - a minimum of one shared active workstation.
 - a personal active workstation upon request.
- A copy of the educational materials.
- An annotated photograph(s) showing the active workstations.

Retail Alignment	MFR Alignment
7.5	NA

7.5 - Thermal Control

Provide regular occupants access to thermal control devices

Points Allocated: 0.56

Health Impact Categories



Rationale

Access to thermal control devices improves overall indoor comfort, which fosters positive mental health outcomes.

Strategy Requirements

MTBB + ST + CI	MTWB
<p>Projects must include thermal control devices or systems, that:</p> <ul style="list-style-type: none"> <input type="checkbox"/> are free of charge to all regular occupants. <input type="checkbox"/> are provided on each floor within the project. <input type="checkbox"/> allow for individual or group control of the temperature of their space. <p>Qualifying thermal control devices or systems include:</p> <ul style="list-style-type: none"> <input type="checkbox"/> thermostat controls <input type="checkbox"/> HVAC grills that allow for vent control <input type="checkbox"/> Building Management system that allow for temperature control requests <input type="checkbox"/> stand-alone fans 	<p>For areas under the control of building management, include thermal control devices or systems that:</p> <ul style="list-style-type: none"> <input type="checkbox"/> are free of charge to all regular occupants. <input type="checkbox"/> are provided on all floors under the control of building management. <input type="checkbox"/> allow for individual or group control of the temperature of their space. <p>For tenant spaces, include thermostats that allow for personal or group control of room temperature of all tenant spaces.</p> <p>Qualifying thermal control devices or systems include:</p> <ul style="list-style-type: none"> <input type="checkbox"/> thermostat controls <input type="checkbox"/> HVAC grills that allow for vent control <input type="checkbox"/> Building Management system that allow for temperature control requests <input type="checkbox"/> stand-alone fans

Alternative Certification System Credit Accepted

MTBB + MTWB + ST

LEED v4 BD+C EQ Credit: Thermal Comfort; LEED v4.1 BD+C EQ Credit: Thermal Comfort; BREEAM In-use USA or International credit HEA 03 - Thermal Control; BREEAM New Construction International credit HEA 04 - Thermal Control credits for Thermal Modeling and Thermal zoning & controls

CI

LEED v4.1 ID+C EQ Credit: Thermal Comfort; BREEAM In-use USA or International credit HEA 03 - Thermal Control; BREEAM New Construction International credit HEA 04 - Thermal Control credits for Thermal Modeling and Thermal zoning & controls

Compliance Documentation

Design Certification

MTBB + ST + CI

Project teams must submit **all** the following:

- An official statement confirming that:
 - all regular occupants will have access to a thermal control device free of charge.
 - thermal control devices will be provided on each floor.
- Specifications of the proposed thermal control devices.

OR

Achieved credit from the qualifying equivalent standards.

MTWB

Project teams must submit **all** the following:

- An official statement confirming that:
 - all regular occupants will have access to a thermal control device free of charge.
 - thermal control devices will be provided on all owner controlled floors.
 - all tenant spaces will have access to thermostats.
- Specifications of the proposed thermal control devices.

OR

Achieved credit from the qualifying equivalent standards.

Built Certification

MTBB + ST + CI

Project teams must submit **all** of the following:

- An official statement confirming that:
 - all regular occupants will have access to a thermal control device free of charge.
 - thermal control devices will be provided on each floor.
- A minimum of **three** annotated photographs showing each unique thermal control device.

OR

Achieved credit from the qualifying equivalent standards.

MTWB

Project teams must submit **all** the following:

- An official statement confirming that:
 - all regular occupants will have access to a thermal control device free of charge.
 - thermal control devices will be provided on all owner controlled floors.
 - all tenant spaces will have access to thermostats.
- An annotated plan(s) detailing the locations of each thermal control device within the project.
- A minimum of **three** annotated photographs showing each unique thermal control device.

OR

Achieved credit from the qualifying equivalent standards.

8 Shared Spaces

Total Points Available: 20.15

- 8.1 - Bathroom Cleaning Protocol
- 8.2 - Hand-Washing Signage
- 8.3 - Common Break Areas
- 8.4 - Break Areas Cleaning Protocol
- 8.5 - Quiet Room
- 8.6 - Lactation Rooms and Stations
- 8.7 - Multi-purpose Room
- 8.8 - Exercise Room
- 8.9 - Fitness Facility
- 8.10 - Crop Share Drop-off
- 8.11 - Health Programming
- 8.12 - Occupant Satisfaction Survey
- 8.13 - Stakeholder Collaboration Process

Retail Alignment	MFR Alignment
8.1	NA

8.1 - Bathroom Cleaning Protocol

Establish and implement a regular cleaning protocol for bathrooms

Points Allocated: 1.40

Health Impact Categories



Rationale

Regularly cleaning bathrooms reduces transmission of bacterial infections, contributing to diminished rates of disease, enhanced mental health, and reduced absenteeism.

Strategy Requirements

MTBB + ST + CI	MTWB
<p>Projects must implement a cleaning protocol that:</p> <ul style="list-style-type: none"> <input type="checkbox"/> applies to all bathroom areas within the project. <input type="checkbox"/> details the weekly cleaning of the following: <ul style="list-style-type: none"> ▪ counters ▪ bathroom fixtures (sinks, toilets, urinals) ▪ surfaces. <input type="checkbox"/> details the weekly upkeep of the following: <ul style="list-style-type: none"> ▪ soap ▪ toilet paper ▪ paper towels, where applicable. 	<p>Projects must implement a weekly cleaning protocol that:</p> <ul style="list-style-type: none"> <input type="checkbox"/> applies to all bathrooms under the control of building management within the project. <input type="checkbox"/> details the weekly cleaning of the following: <ul style="list-style-type: none"> ▪ counters ▪ bathroom fixtures (sinks, toilets, urinals) ▪ surfaces. <input type="checkbox"/> details the weekly upkeep of the following: <ul style="list-style-type: none"> ▪ soap ▪ toilet paper ▪ paper towels, where applicable. <input type="checkbox"/> is included in either the relevant leases or a tenant manual.

MTBB + MTWB + ST + CI

OR

Establish an enhanced cleaning, disinfecting, and maintenance protocol that is at least as rigorous as the Fitwel Enhanced Cleaning, Disinfecting, and Maintenance Protocol (found at www.fitwel.org/fitwel-standards).

Alternative Certification System Credits Accepted**MTBB + ST + CI**

Projects may achieve Fitwel Viral Response Approval.

Compliance Documentation**Design Certification****MTBB + ST + CI**

Project teams must submit the official or draft qualifying cleaning protocol that will be implemented.

MTWB

Project teams must submit the following:

- the official or draft qualifying cleaning protocol that will be implemented.
- an official statement confirming that the cleaning protocol will be shared with tenants.

Built Certification**MTBB + ST + CI**

Project teams must submit the official qualifying cleaning protocol.

OR

Projects may achieve credit for the Fitwel Viral Response Approval.

MTWB

Project teams must submit **all** of the following:

- an official copy of the qualifying cleaning protocol.
- the relevant lease or tenant manual that includes the cleaning protocol.

Retail Alignment	MFR Alignment
8.2	NA

8.2 - Hand-Washing Signage

Provide permanent educational signs promoting hand-washing in bathrooms

Points Allocated: 0.28

Health Impact Categories



Rationale

Hand-washing prevents the transmission of diarrheal and respiratory infections, contributing to diminished rates of disease and reduced absenteeism.

Strategy Requirements

MTBB + ST + CI	MTWB
<p>Projects must include hand-washing signage that:</p> <ul style="list-style-type: none"> <input type="checkbox"/> is permanent. <input type="checkbox"/> is placed in all bathrooms within the project. <input type="checkbox"/> includes educational language around the health benefits of hand-washing. 	<p>Projects must include hand-washing signage that:</p> <ul style="list-style-type: none"> <input type="checkbox"/> is permanent. <input type="checkbox"/> is placed in all bathrooms under the control of building management within the project. <input type="checkbox"/> includes educational language around the health benefits of hand-washing. <p>For tenant spaces, provide all of the following:</p> <ul style="list-style-type: none"> <input type="checkbox"/> educational material specifying the health benefits of educational signs promoting hand-washing in bathrooms. <input type="checkbox"/> a digital copy of the educational signs provided in owner-controlled areas.

Alternative Certification System Credits Accepted

MTBB + ST + CI

Projects may achieve Fitwel Viral Response Approval.

Guidance

Examples of permanent hand-washing signs include, but are not limited to, plaques attached to a wall or stickers affixed to a wall or mirror.

Compliance Documentation

Design Certification

MTBB + ST + CI

Project teams must submit **all** of the following:

- An official statement confirming educational hand-washing signage will be located in all bathrooms within the project.
- A copy of the proposed design of educational signage to be used.

MTWB

Project teams must submit **all** of the following:

- An official statement confirming all of the following:
 - educational hand-washing signage will be located in all bathrooms within the project.
 - materials will be shared with tenants.
- A copy of the proposed design of educational signage to be used.

Built Certification

MTBB + ST + CI

Project teams must submit **all** of the following:

- An official statement confirming educational hand-washing signage is located in all bathrooms within the project.
- A minimum of **three** annotated photographs showing all of the following:
 - the educational hand-washing signage.
 - the placement of the signage.

OR

Projects may achieve credit for the Fitwel Viral Response Approval.

MTWB

Project teams must submit **all** of the following:

- An official statement confirming educational hand-washing signage are located in all bathrooms within owner-controlled spaces.
- A minimum of **two** annotated photographs showing **all** of the following:

- the educational hand-washing signage.
- the placement of the signage.

For tenant spaces submit:

- educational material shared with tenants.
- educational signs shared with tenants.

Retail Alignment	MFR Alignment
8.3	NA

8.3 - Common Break Areas

Provide regular occupants access to a common break area

Points Allocated: 1.40

Health Impact Categories



Rationale

An on-site common break area encourages occupants to step away from their desks during the workday, contributing to enhanced occupant mental health and improved dietary habits.

Strategy Requirements

MTBB + ST + CI	MTWB
<p>Projects must include a common break area(s) within the project that:</p> <ul style="list-style-type: none"> <input type="checkbox"/> is free of charge to regular occupants. <input type="checkbox"/> includes all of the following features: <ul style="list-style-type: none"> ▪ a refrigerator ▪ a sink ▪ a microwave ▪ seating. <input type="checkbox"/> is designed to accommodate all relevant occupants throughout different hours of the day. 	<p>Projects must include common break area(s) within the project that:</p> <ul style="list-style-type: none"> <input type="checkbox"/> is free of charge to regular occupants. <input type="checkbox"/> includes all of the following features: <ul style="list-style-type: none"> ▪ a refrigerator ▪ a sink ▪ a microwave ▪ seating. <input type="checkbox"/> provided in a minimum of 51% of tenant spaces within the project. <input type="checkbox"/> is provided in areas under the control of building management within the project. <input type="checkbox"/> is designed to accommodate all relevant occupants throughout different hours of the day. <p>AND</p> <p>Include a common seating area(s) within the project that:</p> <ul style="list-style-type: none"> <input type="checkbox"/> includes seating and tables that accommodate all regular occupants throughout different hours of the day. <input type="checkbox"/> is free of charge to all regular occupants.

MTWB + MTBB + ST + CI

**Note that bathroom sinks do not count as qualifying features for this strategy.*

Alternative Certification System Credit Accepted**MTBB + MTWB + ST + CI**

Projects may achieve the BREEAM In-use USA or International credit HEA 07 - Indoor and/or outdoor space (all available indoor credits must be met).

Compliance Documentation**Design Certification****MTBB + ST + CI**

Project teams must submit **all** of the following:

- An official statement confirming **all** of the following:
 - a common break area(s) will be provided for regular occupants
 - the capacity of the common break area(s)
 - how the break area will be designed to accommodate occupants at different hours throughout the day.
- An annotated plan(s) showing the proposed location of the common break area(s).

OR

Submit receipt of the qualifying equivalent standard.

MTWB

Project teams must submit **all** of the following:

- An official statement confirming all of the following:
 - a common break area(s) will be located in a minimum of 51% of tenant spaces for regular occupants
 - a common break area(s) will be located in an owner- controlled area(s) for regular occupants
 - a common seating area(s) will be provided for all occupants
 - all common break area(s) and common seating area(s) will be free of charge
 - the capacity of the common seating area(s)
 - how the break area will be designed to accommodate occupants at different hours throughout the day.
- An annotated plan(s) showing the location of all common break and seating area(s) within the project.

OR

Submit receipt of the qualifying equivalent standard.

Built Certification

MTBB + ST + CI

Project teams must submit **all** of the following:

- An official statement confirming all of the following:
 - a common break area(s) is provided for regular occupants
 - the capacity of the common break area(s)
 - how the break area will be designed to accommodate occupants at different hours throughout the day.
- An annotated plan(s) showing the location of the common break area(s).
- A minimum of **three** annotated photographs showing each of the required features.

OR

Submit receipt of the qualifying equivalent standard.

MTWB

Project teams must submit **all** of the following:

- An official statement confirming **all** of the following:
 - a common break area(s) is located in a minimum of 51% of tenant spaces
 - a common break area(s) is located in an owner controlled area(s) for building management/staff
 - a common seating area(s) is provided for all occupants
 - all common break area(s) and common seating area(s) are free of charge
 - the capacity of the common seating area(s)
 - how the break area is designed to accommodate occupants at different hours throughout the day.
- An annotated plan(s) showing the location of all common break and seating area(s) within the project.
- A minimum of **three** annotated photographs showing **all** of the following:
 - the qualifying break and seating area(s)
 - the required features.

OR

Submit receipt of the qualifying equivalent standard.

Retail Alignment	MFR Alignment
8.4	NA

8.4 - Break Areas Cleaning Protocol

Establish and implement a regular cleaning protocol for all break areas

Points Allocated: 0.56

Health Impact Categories



Rationale

Regular cleaning of break areas decreases exposure to pathogens, contributing to decreased absenteeism and enhanced mental health.

Strategy Requirements

MTBB + ST + CI	MTWB
<p>Projects must implement a cleaning protocol that:</p> <ul style="list-style-type: none"> <input type="checkbox"/> applies to all break areas within the project. <input type="checkbox"/> details the weekly cleaning of the following: <ul style="list-style-type: none"> ▪ counters ▪ tables ▪ sinks ▪ surfaces ▪ appliances (such as refrigerators, freezers, microwaves, coffee machines). <input type="checkbox"/> details the weekly upkeep of the following: <ul style="list-style-type: none"> ▪ hand soap ▪ dish soap ▪ sponges. 	<p>Projects must implement a cleaning protocol that:</p> <ul style="list-style-type: none"> <input type="checkbox"/> applies to all break areas under the control of building management within the project. <input type="checkbox"/> details the weekly cleaning of the following: <ul style="list-style-type: none"> ▪ counters ▪ tables ▪ sinks ▪ surfaces ▪ appliances (such as refrigerators, freezers, microwaves, coffee machines). <input type="checkbox"/> details the weekly upkeep of the following: <ul style="list-style-type: none"> ▪ hand soap ▪ dish soap ▪ sponges. <input type="checkbox"/> is included in either the relevant leases or a tenant manual.

MTBB + MTWB + ST + CI

OR

Establish an enhanced cleaning, disinfecting, and maintenance protocol that is at least as rigorous as the Fitwel Enhanced Cleaning, Disinfecting, and Maintenance Protocol (found at www.fitwel.org/fitwel-standards).

Alternative Certification System Credits Accepted**MTBB + ST + CI**

Projects may achieve Fitwel Viral Response Approval.

Compliance Documentation**Design Certification****MTBB + ST + CI**

Project teams must submit the official or draft qualifying cleaning protocol that will be implemented.

MTWB

Project teams must submit the following:

- An official or draft copy of the qualifying cleaning protocol that will be implemented.
- An official statement confirming that the cleaning protocol will be shared with tenants.

Built Certification**MTBB + ST + CI**

Project teams must submit an official copy of the qualifying cleaning protocol.

OR

Projects may achieve credit for the Fitwel Viral Response Approval.

MTWB

Project teams must submit **all** of the following:

- An official copy of the qualifying cleaning protocol.
- The relevant lease or tenant manual that includes the cleaning protocol.

Retail Alignment	MFR Alignment
8.5	NA

8.5 - Quiet Room

Provide regular occupants access to a dedicated quiet room

Points Allocated: 0.56

Health Impact Categories



Rationale

A workplace quiet room provides occupants with a space for respite, contributing to reduced stress and enhanced mental health.

Strategy Requirements

MTBB + ST + CI	MTWB
<p>Projects must include a dedicated quiet room within the project that:</p> <ul style="list-style-type: none"> <input type="checkbox"/> is accessible to all regular occupants. <input type="checkbox"/> can be locked or shown as "in use". <input type="checkbox"/> is shielded from public view. <input type="checkbox"/> is not used for any other purpose. 	<p>Projects must include a dedicated quiet room within the project that:</p> <ul style="list-style-type: none"> <input type="checkbox"/> is provided in a minimum of 51% of tenant spaces within the project. <input type="checkbox"/> is provided in areas under the control of building management for regular occupants within the project. <input type="checkbox"/> can be locked or shown as "in use". <input type="checkbox"/> is free of charge to regular occupants. <input type="checkbox"/> is shielded from public view. <input type="checkbox"/> is not used for any other purpose.

Compliance Documentation

Design Certification

MTBB + ST + CI

Project teams must submit all of the following:

- An official statement confirming all of the following:
 - the quiet room(s) will be accessible to all regular occupants.
 - the dedicated space criteria that will be implemented.
 - the quiet room(s) can be locked or shown as "in use".
 - the quiet room(s) can be shielded from public view.
 - the quiet room(s) will be a dedicated space not used for any other purpose
- An annotated plan(s) or design drawings showing the planned location of all quiet room(s) within the project.

MTWB

Projects teams must submit **all** of the following:

- An official statement confirming **all** of the following:
 - a quiet room(s) will be located in a minimum of 51% of tenant spaces for regular occupants
 - a quiet room(s) will be located in an owner- controlled area(s) for regular occupants
 - all quiet room(s) will be free of charge
 - the quiet room(s) will be a dedicated space not used for any other purpose
- An annotated plan(s) showing the location of all quiet room(s) within the project.

Built Certification

MTBB + ST + CI

Project teams must submit all of the following:

- An official statement confirming:
 - the quiet room(s) are accessible to all regular occupants.
 - the quiet room(s) will be a dedicated space not used for any other purpose.
- A minimum of **three** annotated photographs showing all of the following:
 - the dedicated quiet room.
 - how the quiet room can be locked and/or shown to be in use.
 - that the quiet room is shielded from public view.

MTWB

Project teams must submit **all** of the following:

- An official statement confirming **all** of the following:
 - a quiet room(s) is located in a minimum of 51% of tenant spaces
 - a quiet room(s) is located in an owner controlled area(s) for building management/staff
 - all quiet room(s) are free of charge
 - the quiet room(s) is a dedicated space not used for any other purpose
- An annotated plan(s) showing the location of all quiet room(s) within the project.
- A minimum of **three** annotated photographs showing **all** of the following:
 - the qualifying quiet room(s)
 - how the quiet room can be locked and/or shown to be in use
 - that the quiet room is shielded from public view.

Retail Alignment	MFR Alignment
8.6	NA

8.6 – Lactation Rooms and Stations

Provide regular occupants access to a sufficient number of dedicated lactation rooms

Points Allocated: 4.75 / Alternative Compliance: 2.38

Health Impact Categories



Rationale

A dedicated lactation room can help increase rates of breastfeeding, contributing to improved health outcomes for mothers and their children.

Strategy Requirements

MTBB + MTWB + ST	CI
<p>Projects must include a dedicated lactation room or station within the project that:</p> <ul style="list-style-type: none"> <input type="checkbox"/> is accessible to all regular occupants. <input type="checkbox"/> meets demand based on the total number of building occupants that have access to the lactation room, as follows, with a minimum of 1 and a maximum of 4: <ul style="list-style-type: none"> ▪ 1 lactation room for projects with 1-200 occupants ▪ 2 lactation rooms for projects with 201-400 occupants ▪ 3 lactation rooms for projects with 401-600 occupants ▪ 4 lactation rooms for projects with 601+ occupants. <input type="checkbox"/> include all the following within the room or station: <ul style="list-style-type: none"> ▪ electrical outlet ▪ seating ▪ table. 	<p>Projects must include a dedicated lactation room or station within the project that:</p> <ul style="list-style-type: none"> <input type="checkbox"/> is accessible to all regular occupants. <input type="checkbox"/> meets demand based on the total number of occupants that have access to the lactation room, as follows, with a minimum of 1 and a maximum of 4: <ul style="list-style-type: none"> ▪ 1 lactation room for projects with 1-200 occupants ▪ 2 lactation rooms for projects with 201-400 occupants ▪ 3 lactation rooms for projects with 401-600 occupants ▪ 4 lactation rooms for projects with 601+ occupants. <input type="checkbox"/> include all the following within the room or station: <ul style="list-style-type: none"> ▪ electrical outlet ▪ seating ▪ table.

<input type="checkbox"/> includes all the following within or on the same floor as the room/station: <ul style="list-style-type: none"> ▪ sink ▪ refrigerator. <input type="checkbox"/> is not used for any other purpose.	<input type="checkbox"/> includes all the following within or on the same floor as the room/station: <ul style="list-style-type: none"> ▪ sink ▪ refrigerator. <input type="checkbox"/> is not used for any other purpose.
--	--

MTWB

**Note that occupants of tenant spaces that meet the above requirements can be deducted from the total number of regular occupants.*

Alternative Compliance

MTBB + MTWB + ST + CI

Where a minimum of **one** year of paid maternity leave is offered, projects must include a minimum of one lactation room or station within the project that:

- is accessible to all regular occupants.
- includes **all** the following within the room or station:
 - electrical outlet
 - seating
 - table.
- includes **all** the following within or on the same floor as the room/station:
 - sink
 - refrigerator.
- is not used for any other purpose.

Compliance Documentation

Design Certification

MTBB + MTWB + ST + CI

Project teams must submit the following:

- Annotated design drawings showing:
 - the location of all the lactation room(s)/station(s) to be provided.
 - the location of all required amenities.
 - the distance between the lactation room(s)/station(s) and the required amenities when not located inside the room.

- An official statement that confirms the following:
 - the anticipated number of regular occupants on-site
 - the corresponding number of lactation room(s)/station(s) that will be provided
 - the lactation room(s) will be a dedicated space not used for any other purpose.
- If a qualifying maternity leave is offered to all regular occupants, submit a company-wide or jurisdictional policy that guarantees new mothers one year or more of paid maternity leave will be in place (for Alternative Compliance only).

Built Certification

MTBB + MTWB + ST + CI

Project teams must submit the following:

- An annotated plan(s) **or** a minimum of **three** photographs showing:
 - the location of all the lactation room(s)/station(s) provided.
 - the location of all required amenities.
 - the distance between the lactation room(s)/station(s) and the required amenities when not located inside the room.
- An official statement that confirms the following:
 - the total number of regular occupants on-site.
 - the corresponding number of lactation room(s)/station(s) provided
 - the lactation room(s) is a dedicated space not used for any other purpose.
- If a qualifying maternity leave is offered to all regular occupants, a company-wide or jurisdictional policy that guarantees new mothers one year or more of paid maternity leave will be in place (for Alternative Compliance only).

Retail Alignment	MFR Alignment
8.7	NA

8.7 - Multi-purpose Room

Provide regular occupants access to a multi-purpose room

Points Allocated: 1.68

Health Impact Categories



Rationale

A multi-purpose room that is used for wellness activities can increase occupant access to health programming, contributing to decreased absenteeism and enhanced mental and physical health.

Strategy Requirements

MTBB + MTWB + ST	CI
<p>Projects must include a multi-purpose room that:</p> <ul style="list-style-type: none"> <input type="checkbox"/> is free of charge to regular occupants. <input type="checkbox"/> can be used for wellness activities (including physical activity, educational events, health programming). <input type="checkbox"/> can be scheduled for use by regular occupants. <input type="checkbox"/> is provided within the project or within a 1/2 mile or 800-meter walking distance. 	<p>Projects must include a multi-purpose room that:</p> <ul style="list-style-type: none"> <input type="checkbox"/> is free of charge to regular occupants. <input type="checkbox"/> can be used for wellness activities (including physical activity, educational events, health programming). <input type="checkbox"/> can be scheduled for use by regular occupants.

Guidance

Conference rooms and other rooms that include movable furniture and can be booked for wellness activities qualify for Strategy 8.7.

Compliance Documentation

Design Certification

MTBB + MTWB + ST + CI

Project teams must submit **all** of the following:

- An annotated plan(s) showing the location of the multi-purpose room.
- An official statement confirming **all** the following:
 - the room will be free of charge to regular occupants.
 - the room will be able to be scheduled by regular occupants.

Built Certification

MTBB + MTWB + ST + CI

Project teams must submit **all** of the following:

- An annotated plan(s) **or** a minimum of **three** photographs showing the location of the multi-purpose room.
- An official statement confirming **all** of the following:
 - the room is free of charge to regular occupants.
 - the room can be scheduled by regular occupants.

Retail Alignment	MFR Alignment
8.8	8.3

8.8 - Exercise Room

Provide regular occupants access to a dedicated exercise room

Points Allocated: 1.96

Health Impact Categories



Rationale

A dedicated exercise room provided to all occupants free-of-charge, can increase access to physical activity opportunities, contributing to decreased absenteeism, enhanced physical and mental health, and improved social equity for vulnerable populations.

Strategy Requirements

MTBB + MTWB + ST	CI
<p>Projects must include a dedicated exercise room that:</p> <ul style="list-style-type: none"> <input type="checkbox"/> is free of charge to regular occupants. <input type="checkbox"/> includes fitness equipment (including cardio and strength training equipment). <input type="checkbox"/> provides access to locker rooms and showers. <input type="checkbox"/> is provided within the project or within a 1/2 mile or 800-meter walking distance. 	<p>Projects must include a dedicated exercise room that:</p> <ul style="list-style-type: none"> <input type="checkbox"/> is free of charge to regular occupants. <input type="checkbox"/> includes fitness equipment (including cardio and strength training equipment). <input type="checkbox"/> provides access to locker rooms and showers.

Compliance Documentation

Design Certification

MTBB + MTWB + ST + CI

Project teams must submit **all** of the following:

- An annotated plan(s) showing the following:
 - the exercise room.
 - the locker rooms and showers.

- if located outside of the building, the distance between the exercise room and the main building entrance.
- An official statement confirming:
 - the exercise room will be free of charge for regular occupants
 - the types of fitness equipment that will be included in the exercise room.

Built Certification

MTBB + MTWB + ST + CI

Project teams must submit **all** of the following:

- An annotated plan(s) showing the following, as applicable:
 - the location of the exercise room within the building.
 - if located outside of the building, the distance between the exercise room and the main building entrance.
- A minimum of **three** annotated photographs showing the fitness equipment.
- Annotated plan(s) or photographs showing the locker rooms and showers.
- An official statement confirming the exercise room is free of charge for regular occupants.

Retail Alignment	MFR Alignment
8.9	NA

8.9 - Fitness Facility

Provide regular occupants subsidized access to a fitness facility

Points Allocated: 1.96

Health Impact Categories



Rationale

Subsidized access to a fitness facility can increase occupant access to physical activity opportunities, contributing to decreased absenteeism, enhanced physical and mental health, and improved social equity for vulnerable populations.

Strategy Requirements

MTBB + MTWB + ST + CI

Projects must include a dedicated fitness facility that:

- is provided within the project or within a 1/2-mile or 800-meter walking distance.
- is subsidized for regular occupants.
- includes fitness equipment (cardio and strength training).
- is staffed with classes and/or personal training.
- provides access to locker rooms and showers.

**Note that fitness reimbursements do not comply with the strategy.*

Compliance Documentation

Design Certification

MTBB + MTWB + ST + CI

Project teams must submit **all** of the following:

- An annotated plan(s) **or** map:
 - If provided on site, a plan showing the location of the fitness facility.
 - If provided off site, a map showing the walking route between the building and the fitness facility.

- An official statement confirming **all** of the following:
 - the fitness facility will be subsidized for regular occupants.
 - the fitness facility will be staffed.
 - the fitness facility will provide classes and/or personal training.

Built Certification

MTBB + MTWB + ST + CI

Project teams must submit **all** of the following:

- An annotated plan(s) **or** map showing:
 - If provided on site, a plan showing the location of the fitness facility.
 - If provide off site, a map showing the walking route between the building and the fitness facility.
- A minimum of **three** annotated images showing:
 - the fitness equipment.
 - the locker rooms and showers.
- An official statement confirming **all** of the following:
 - the subsidized rate for regular occupants.
 - the staffed hours of the fitness facility.
 - the types of classes and/or personal training offered.

Retail Alignment	MFR Alignment
8.11	8.7

8.10 - Crop Share Drop-Off

Provide regular occupants access to crop share or other fresh produce delivery programs

Points Allocated: 1.68

Health Impact Categories



Rationale

Access to fresh produce increases access to fruits and vegetables, contributing to improved eating habits and good nutrition.

Strategy Requirements

<p>MTBB + MTWB + ST + CI</p> <p>Projects must provide access to a crop share or other fresh produce delivery program that:</p> <ul style="list-style-type: none"> <input type="checkbox"/> includes programs that provide access to fresh fruits and vegetables. <input type="checkbox"/> is publicized to all regular occupants. <input type="checkbox"/> is scheduled to operate: <ul style="list-style-type: none"> ▪ during workplace work hours. ▪ a minimum of one day a week during workplace work days. ▪ a minimum of five months of the year or for the maximum growing season of the region. <input type="checkbox"/> has a drop-off point located within the project or within a 1/2-mile or 800-meter walking route from the main building entrance. <p><i>*Note that providing access to meal kit deliveries or free produce in common spaces does not comply with the strategy.</i></p>

Compliance Documentation

Design Certification

MTBB + MTWB + ST + CI

Project teams must submit **all** of the following:

- An official statement detailing how the crop share or fresh produce delivery program will:

- be publicized to all regular occupants.
- meet the operational requirements.
- provide access to fresh fruits and vegetables.
- An annotated plan(s) **or** map:
 - If provided on-site, an annotated plan(s) showing the proposed location of the drop-off point.
 - If provided offsite, an annotated map showing the distance between the drop-off point and main building entrance.

Built Certification

MTBB + MTWB + ST + CI

Project teams must submit **all** of the following:

- An official statement detailing how the crop share or fresh produce delivery program:
 - is publicized to all regular occupants.
 - includes access to fresh fruits and vegetables.
- A copy of the crop share **or** fresh produce delivery program's operational schedule.
- An annotated plan(s) **or** map:
 - If provided on-site, an annotated plan(s) showing the location of the drop-off point.
 - If provided offsite, an annotated map showing the distance between the drop-off point and main building entrance.

Retail Alignment	MFR Alignment
8.12	8.8

8.11 - Health Programming

Establish and implement health promotion programming for regular occupants

Points Allocated: 1.68

Health Impact Categories



Rationale

Providing on-site health programming can increase access to education and activities designed to improve occupant health.

Strategy Requirements

MTBB + MTWB + ST + CI
<p>Projects must implement regular health programming for regular occupants that:</p> <ul style="list-style-type: none"> <input type="checkbox"/> is free for all regular occupants. <input type="checkbox"/> is publicized to all regular occupants. <input type="checkbox"/> is scheduled year round and offers at least two of the following programming categories each month: <ul style="list-style-type: none"> ▪ mental and social health program(s), such as meditation classes, yoga sessions, social programs, movie nights, community dinners, lectures. ▪ fitness program(s), such as exercise classes, walking groups, running clubs, dance classes, cycling groups, aerobics courses. ▪ nutrition program(s), such as healthy cooking classes/events, healthy food tastings, gardening programs. ▪ health care program(s), such as flu shot clinics, health fairs, health insurance enrollment events. <input type="checkbox"/> offers the selected health programs in a minimum of one of the following spaces within the building site or 1/2-mile or 800-meter walking route from the main building entrance: <ul style="list-style-type: none"> ▪ outdoor space amenity ▪ outdoor walking trail ▪ outdoor fitness area ▪ fruit and vegetable garden ▪ stairs

- multi-purpose room
- exercise room
- food retail
- common break areas
- game room.

Alternative Certification System Credits Accepted

MTBB + ST + CI

Projects may achieve Fitwel Viral Response Approval.

Compliance Documentation

Design Certification

MTBB + MTWB + ST + CI

Project teams must submit **all** of the following:

- A detailed summary of the planned health programming initiative.
- Design drawings showing the proposed location(s) of the selected health programs.

Built Certification

MTBB + ST + CI

Project teams must submit **all** of the following:

- A detailed summary and schedule of the implemented health programming initiative.
- A minimum of **three** annotated photographs showing the location of the selected health programs.

OR

Projects may achieve credit for the Fitwel Viral Response Approval.

MTWB

Project teams must submit **all** of the following:

- A detailed summary and schedule of the implemented health programming initiative.
- A minimum of **three** annotated photographs showing the location of the selected health programs.

Retail Alignment	MFR Alignment
8.13	8.9

8.12 - Occupant Satisfaction Survey

Conduct an occupant satisfaction survey for regular occupants

Points Allocated: 1.12

Health Impact Categories



Rationale

An annual survey provides information about occupant satisfaction with the design and operations of the site, highlighting areas to prioritize for future health-promoting upgrades. Findings can be used to improve features and programs designed to support physical, mental, and social health.

Strategy Requirements

<p>MTBB + MTWB + ST + CI</p> <p>Projects must distribute an occupant satisfaction survey that:</p> <ul style="list-style-type: none"> <input type="checkbox"/> is conducted annually. <input type="checkbox"/> includes a summary detailing findings for a minimum of four of the following categories: <ul style="list-style-type: none"> ▪ commuter infrastructure ▪ health programming ▪ building access ▪ outdoor spaces ▪ shared spaces ▪ workplaces ▪ cleaning services ▪ healthcare services ▪ employee benefits ▪ food access. <input type="checkbox"/> meets the below response rates based on the number of regular occupants: <ul style="list-style-type: none"> ▪ for projects with 1 - 1000 regular occupants, a 30% response rate ▪ for projects with 1001 - 2000 regular occupants, a 25% response rate ▪ for projects with 2001- 3500 regular occupants, a 20% response rate
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- for projects with 3501 - 5000 regular occupants, a 15% response rate
- for projects with 5,001 - 10,000 regular occupants, a 10% response rate
- for projects over 10,000 regular occupants, the required response rate decreases by 1% for every additional 1,000 occupants with a minimum of 5%.

Compliance Documentation

Design Certification

MTBB + MTWB + ST + CI

Project teams must submit **all** of the following:

- A copy of the satisfaction survey to be fielded upon project occupancy.
- An official statement confirming that the survey will be conducted annually.

Built Certification

MTBB + MTWB + ST + CI

Project teams must submit **all** of the following:

- An official statement confirming that the occupant satisfaction survey is fielded annually.
- The issued occupant satisfaction survey detailing:
 - the summary of required categories.
 - the required response rate.

Retail Alignment	MFR Alignment
8.14	8.10

8.13 - Stakeholder Collaboration Process

Establish and Implement a Stakeholder Collaboration Process

Points Allocated: 1.12

Health Impact Categories



Rationale

A stakeholder collaboration initiative establishes a framework to engage and prioritize stakeholders' health concerns, which contributes to enhanced occupant health.

Strategy Requirements

<p>MTBB + MTWB + ST + CI</p> <p>Projects must implement a Stakeholder Collaboration Process that:</p> <ul style="list-style-type: none"> <input type="checkbox"/> establishes a health mission and goals for the project to improve a minimum of three of the following categories: <ul style="list-style-type: none"> ▪ commuter infrastructure ▪ health programming ▪ building access ▪ outdoor spaces ▪ shared spaces ▪ workplaces ▪ cleaning services ▪ healthcare services ▪ employee benefits ▪ food access. <input type="checkbox"/> includes next steps to incorporate findings from occupant surveys, within the categories identified in the health mission. <input type="checkbox"/> is developed through a collaboration between a minimum of one external and two internal stakeholders. <input type="checkbox"/> establishes sessions with the three selected stakeholders a minimum of twice a year. <input type="checkbox"/> publicizes collaboration process outcomes and next steps with relevant stakeholders.

Internal and external stakeholders include but are not limited to:

- building owner
- building management
- employees
- tenants
- suppliers
- community organizations

OR

Establish an enhanced stakeholder collaboration protocol that is at least as rigorous as the Fitwel Enhanced Stakeholder Collaboration Protocol (found at www.fitwel.org/fitwel-standards).

**Note that internal stakeholders are stakeholders that are part of the company's organizational structure such as employees or management, while external stakeholders are ones that are external to the company's organizational structure, such as tenants, third party contractors or suppliers.*

Alternative Certification System Credits Accepted

MTBB + ST + CI

Projects may achieve Fitwel Viral Response Approval.

Compliance Documentation

Design Certification

MTBB + MTWB + ST + CI

Project teams must provide **all** of the following:

- The official or draft copy of one of the following:
 - stakeholder collaboration process.
 - enhanced stakeholder collaboration protocol.
- An official statement confirming that:
 - identifies who the stakeholders involved in adopting and/or updating the process would be.
 - confirms the process will be reviewed and updated at least twice a year.

Built Certification

MTBB + ST + CI

Project teams must provide **all** of the following:

- The official copy of one of the following:
 - stakeholder collaboration process, including its mission, goals, outcomes and next steps.
 - enhanced stakeholder collaboration protocol
- An official statement that:
 - identifies the stakeholders involved in adopting and/or updating the process.
 - confirms the plan is reviewed and updated at least twice a year.

OR

Projects may achieve credit for the Fitwel Viral Response Approval.

MTWB

Project teams must provide **all** of the following:

- The official copy of one of the following:
 - stakeholder collaboration process, including its mission, goals, outcomes and next steps.
 - enhanced stakeholder collaboration protocol
- An official statement that:
 - identifies the stakeholders involved in adopting and/or updating the process.
 - confirms the plan is reviewed and updated at least twice a year.

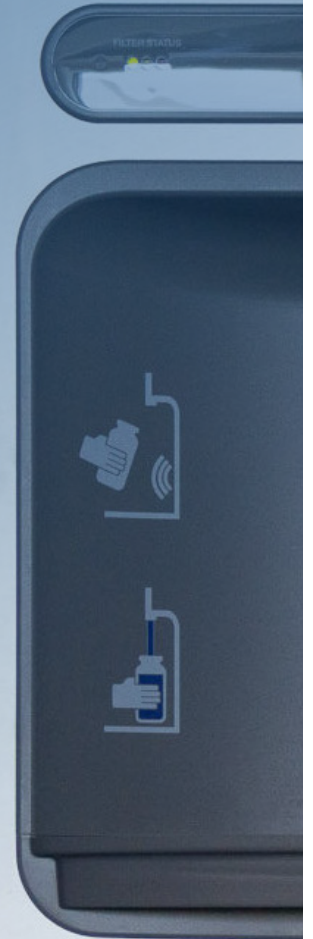
9 Water Supply

Total Points Available: 6.72

9.1 - Universally Accessible Water Supply

9.2 - Water Bottle Refilling Station

9.3 - Water Quality



Retail Alignment	MFR Alignment
9.1	9.1

9.1 - Universally Accessible Water Supply

Provide a sufficient number of universally accessible water supplies

Points Allocated: 3.08

Health Impact Categories



Rationale

Universally accessible potable water improves regular hydration and can decrease consumption of sugar-sweetened beverages, contributing to improved dietary habits and enhanced social equity among vulnerable populations.

Strategy Requirements

<p>MTBB + MTWB + ST + CI</p> <p>Projects must include a potable water supply that:</p> <ul style="list-style-type: none"> <input type="checkbox"/> meets one of the following standards: <ul style="list-style-type: none"> ▪ the current Americans with Disabilities Act (ADA) requirements in regards to circulation, heights, and clearances for drinking fountains, water supplies, and/or sinks. ▪ ISO 21542: 2011 requirements for Building Construction, Accessibility, and Usability of the Building Environment in regards to circulation, heights, and clearances for drinking fountains, water supplies, and/or sinks. <input type="checkbox"/> is located on all floors occupied by regular occupants within the project including floors with shared common areas accessible to regular occupants <p><i>*Qualifying drinking water supplies include water fountains, dispensers or taps that are connected to the main building water source and are used for drinking. Note that bathroom sinks do not count as qualifying drinking water supplies for this strategy and do not require testing.</i></p>

Compliance Documentation

Design Certification

MTBB + MTWB + ST + CI

Project teams must submit **all** of the following:

- An annotated plan(s) showing the proposed location of each qualifying water supply.
- Design drawings showing the qualifying standard that will be used for each unique type of water supply provided.

Built Certification

MTBB + MTWB + ST + CI

Project teams must submit **all** of the following:

- An annotated plan(s) showing the location of each qualifying water supply.
- A minimum of **three** annotated photographs showing each unique type of qualifying water supplies provided.
- An official statement confirming the qualifying standard used for each unique type of water supply provided.

Retail Alignment	MFR Alignment
9.2	9.2

9.2 - Water Bottle Refilling Station

Provide bottle refilling stations at water supplies

Points Allocated: 1.40

Health Impact Categories



Rationale

Water bottle refilling stations increase access to potable water, and can prompt improved hydration and decreased consumption of sugar-sweetened beverages.

Strategy Requirements

<p>MTBB + MTWB + ST + CI</p> <p>Projects must include water bottle refilling ability that:</p> <ul style="list-style-type: none"> <input type="checkbox"/> is a dispenser or faucet designed to fill water jugs, glasses, water bottles, or similar items (bathroom sinks do not qualify). <input type="checkbox"/> is located on all floors occupied by regular occupants within the project including floors with shared common areas accessible to regular occupants. <input type="checkbox"/> is located at each universally accessible water supply within the project, where available. <p><i>*Qualifying drinking water supplies include water fountains, dispensers or taps that are connected to the main building water source and are used for drinking. Note that bathroom sinks do not count as qualifying drinking water supplies for this strategy and do not require testing.</i></p>

Compliance Documentation

Design Certification

MTBB + MTWB + ST + CI

Project teams must submit **all** of the following:

- An annotated plan(s) showing the proposed location of each water bottle refilling station.
- The specifications of the proposed design of each unique qualifying water bottle refilling faucet or supply provided.

Built Certification

MTBB + MTWB + ST + CI

Project teams must submit **all** of the following:

- An annotated plan(s) showing the location of each water bottle refilling station:
 - on every regularly occupied floor.
 - on all potable water supplies within the project.
- A minimum of **three** annotated photographs showing each unique qualifying water bottle refilling station.

Retail Alignment	MFR Alignment
9.3	9.3

9.3 - Water Quality

Conduct regular water quality testing

Points Allocated: 2.24

Health Impact Categories



Rationale

Water quality testing can reduce exposure to pathogens and contaminants found in water, reducing rates of disease and preventing adverse health effects.

Strategy Requirements

<p>MTBB + MTWB + ST + CI</p> <p>Projects must ensure access to potable water by meeting one of the following:</p> <ul style="list-style-type: none"> □ For projects with drinking fixtures connected to the building's main water source (such as drinking fountains or taps), conduct regular water quality testing that meets the following: <ul style="list-style-type: none"> ▪ after any construction and major renovations impacting the building's water system prior to occupancy within all required areas under the control of building owner/manager. ▪ a minimum of twice per year ▪ at a minimum of one drinking fixtures (drinking fountain or tap) that is furthest from the water source on each relevant floor within the project. ▪ Meets one of the below testing criteria, as applicable: <ul style="list-style-type: none"> ○ For projects supplied with potable water to the building's main water source, confirm that: <ul style="list-style-type: none"> › the water supplied to the building's main water source is potable › testing complies with all of the following maximum contaminant level limits: <ul style="list-style-type: none"> › Arsenic: 0.010 mg/L › Copper: 1.3mg/L › Coliforms: 5.0 percent (No more than 5.0 percent samples total coliform-positive) › Lead: 0.015 mg/L › Legionella: 0.000 mg/L › Nitrates: 50mg/L › Vinyl Chloride: 0.002 mg/L
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- For projects not supplied with potable water to the building's main water source, confirm that testing shows the maximum contaminant level limits are met from one of the following standards:
 - › The United States Environmental Protection Agency National Primary Drinking Water Regulations (found at fitwel.org/fitwel-standards)
 - › The World Health Organization, Guidelines for Drinking Water Quality, Fourth Edition (found at fitwel.org/fitwel-standards)
 - › The local official drinking water quality standard.
- Establish a water management program that is at least as rigorous as the Fitwel Water Management Program Standard (found at www.fitwel.org/fitwel-standards).
- For projects with independent water supplies not connected to the building's main water source (such as water coolers), confirm the delivery of potable water.

Compliance Documentation

Design Certification

MTBB + MTWB + ST + CI

For projects with drinking fixtures connected to the building's main water source, project teams submit **one** of the following:

- For water testing:
 - An annotated plan(s) showing the planned location of:
 - all drinking fixtures (drinking fountains or taps).
 - the drinking water fixtures where drinking water quality testing will be conducted.
 - the location of the building's drinking main water source.
 - An official statement confirming that:
 - water quality testing will be conducted a minimum of twice per year.
 - water quality testing will be conducted after any construction and major renovations impacting the building's water system prior to occupancy.
- For water management plan, an official or draft qualifying Water Management Program.

For projects with independent water supplies not connected to the building's main water source, submit a report from the planned water supplier, such as a consumer confidence report or annual water quality report, confirming the planned delivery of potable water.

Built Certification

MTBB + MTWB + ST + CI

For projects with drinking fixtures connected to the building's main water source, submit **one** of the following:

- For water testing:
 - An official copy of the most recent water quality testing results.
 - An annotated plan(s) showing the location of:
 - all drinking fixtures (drinking fountains or taps).
 - the drinking fixtures where drinking water quality testing is conducted.
 - the location of the building's drinking main water source.
 - An official statement confirming that:
 - water quality testing is conducted a minimum of twice per year.
 - water quality testing is conducted after any construction and major renovations impacting the building's water system prior to occupancy.
- For water management plan, an official qualifying Water Management Program.

For projects with independent water supplies not connected to the building's main water source, submit a report from water supplier, such as a consumer confidence report or annual water quality report, confirming delivery of potable water.

10 Prepared Food Areas

Total Points Available: 14.81

10.1 - Healthy Food and Beverage Policy

10.2 - Choice Architecture

10.3 - Pricing Incentives

10.4 - Water Access

Retail Alignment	MFR Alignment
10.1	10.2

10.1 - Healthy Food and Beverage Policy

Establish and implement a healthy food and beverage policy as rigorous as the Fitwel Food and Beverage Standard in a prepared food area

Points Allocated: 4.19 / Alternative Compliance: 2.09

Health Impact Categories



Rationale

A healthy food and beverage policy can increase access to healthy foods, offering nutritional benefits to occupants and protecting against the development of chronic disease.

Strategy Requirements

<p>MTBB + MTWB + ST + CI</p> <p>Projects must establish and implement a food and beverage policy for prepared food areas that:</p> <ul style="list-style-type: none"> <input type="checkbox"/> is implemented in one of the following: <ul style="list-style-type: none"> ▪ all prepared food areas that serve regular occupants only. ▪ a minimum of one prepared food area that is open to the public. <input type="checkbox"/> is at least as rigorous as the Fitwel Food and Beverage Standard (found at www.fitwel.org/fitwel-standards) as applicable to a minimum of one of the following: <ul style="list-style-type: none"> ▪ A staffed prepared food area that includes on-site dining and serves perishable foods that are prepared on site, such as a full-service restaurant (Type A food areas of the Fitwel Food and Beverage Standard). ▪ A staffed prepared food area that includes on-site dining and serves perishable foods that are prepared on-site or off site, as well as non-perishable foods (Type B food areas of the Fitwel Food and Beverage Standard). <input type="checkbox"/> is implemented in a prepared food area(s) that is located within the project or within a 1/2 mile or 800-meter walking route of the main building entrance.
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Alternative Compliance

MTBB + MTWB + ST + CI

When a prepared food area that serves regular occupants only is not available, projects must implement a catering policy that:

- applies to all on-site meetings and events within the project.
- is at least as rigorous as the Fitwel Meetings and Events Catering Standard (found at www.fitwel.org/fitwel-standards).

Guidance

The Food Service Guidelines for Federal Facilities may be referred to at: https://www.cdc.gov/obesity/downloads/guidelines_for_federal_concessions_and_vending_operations.pdf.

Compliance Documentation

Design Certification

MTBB + MTWB + ST + CI

Project teams must submit the following:

- An official statement confirming **one** of the following:
 - a food and beverage policy will be implemented in all cafeterias.
 - a food and beverage policy will be implemented in a minimum of one food retail area.
 - prepared food areas that serve regular occupants only will not be available within the project, and that a catering policy will be implemented (for Alternative Compliance only).
- The draft of **one** of the following:
 - the qualifying proposed food and beverage policy.
 - the qualifying proposed catering standard (for Alternative Compliance only).
- An annotated plan(s) **or** map:
 - if provided on-site, an annotated plan(s) showing the location of the prepared food area within the project.
 - if provided off-site, an annotated map showing the distance between the prepared food area and the main building entrance.

Built Certification

MTBB + MTWB + ST + CI

Project teams must submit the following:

- An official statement confirming **one** of the following:

- a food and beverage policy is implemented in all cafeterias.
 - a food and beverage policy is implemented in a minimum of **one** food retail area.
 - prepared food areas that serve regular occupants only are not available within the project and that a catering policy will be implemented (for Alternative Compliance only).
- The official food and beverage policy.
- An annotated plan(s) **or** map:
- If provided on-site, an annotated plan(s) showing the location of the prepared food area within the project.
 - If provided off-site, an annotated map showing the distance between the prepared food area and the main building entrance.

Retail Alignment	MFR Alignment
10.2	NA

10.2 - Choice Architecture

Implement choice architecture practices in a prepared food area

Points Allocated: 3.91 / Alternative Compliance: 1.96

Health Impact Categories



Rationale

Choice architecture practices related to healthy food selection encourage healthier choices, contributing to improved eating habits and nutritional benefits.

Strategy Requirements

MTBB + MTWB + ST + CI
<p>Projects must Implement choice architecture practices:</p> <ul style="list-style-type: none"> <input type="checkbox"/> In one of the following: <ul style="list-style-type: none"> ▪ all prepared food area that serve regular occupants only. ▪ in a minimum of one prepared food area that is open to the public. <input type="checkbox"/> Including a minimum of two of the following: <ul style="list-style-type: none"> ▪ employ point-of-choice nutrition labeling ▪ feature package design(s) that highlights healthy food and beverage options ▪ control food and beverage portion sizing ▪ increase healthier food and beverage options ▪ prioritize healthy food and beverage options through displays ▪ prioritize healthy food and beverage options through layouts ▪ feature healthy food and beverage options as the default. <input type="checkbox"/> In a prepared food area(s) that is located within the project or within a 1/2 mile or 800-meter walking route of the main building entrance.

Alternative Compliance:

MTBB + ST + CI

When a prepared food area that serves regular occupants only is not available, projects must place educational signage that meets **all** the following:

- promotes healthy eating.
- is located in all common break rooms within the project.
- is permanent.

MTWB

When a prepared food area that serves regular occupants only is not available, projects must include the following:

- In owner-controlled areas, place educational signage that:
 - promotes healthy eating.
 - is located in common break rooms.
 - is permanent.
- For tenant spaces, provide **all** of the following:
 - educational material specifying the benefits of using choice architecture to support healthy food/beverage intake.
 - a digital copy of the educational signs provided in owner-controlled areas.

Compliance Documentation

Design Certification

MTBB + ST + CI

Project teams must submit **one** of the following:

- An official statement describing the **two** choice architecture practices that will be implemented at all food service areas.
- The educational signage that will be posted (for Alternative Compliance only).

MTWB

Project teams must submit the following:

- An official statement describing the two choice architecture practices that will be implemented at all food service areas.
- An annotated plan(s) or map:
 - if provided on-site, an annotated plan(s) showing the location of the prepared food area within the project.
 - if provided off-site, an annotated map showing the distance between the prepared food area and the main building entrance.

OR

Project teams must submit the educational signage that will be posted (for Alternative Compliance only).

Built Certification

MTBB + ST + CI

Project teams must submit **all** of the following:

- A minimum of **three** annotated photographs showing **one** of the following:
 - the implemented choice architecture practices.
 - the educational signage placed in common break rooms (for Alternative Compliance only).
- An official statement confirming **one** of the following:
 - that the choice architecture practices are implemented in all prepared food areas that serve regular occupants only.
 - that the choice architecture practices are implemented in a minimum of **one** prepared food area that is open to the public.
 - that educational signage is placed in all break areas within the project (for Alternative Compliance only).

MTWB

For owner-controlled areas, project teams must submit the following:

- A minimum of **three** annotated photographs showing **one** of the following:
 - the implemented choice architecture practices.
 - the educational signage placed in common break rooms (for Alternative Compliance only).
- An official statement confirming **one** of the following:
 - that the choice architecture practices are implemented in all prepared food areas that serve regular occupants only.
 - that the choice architecture practices are implemented in a minimum of one prepared food areas that is open to the public.
- An annotated plan(s) or map:
 - if provided on-site, an annotated plan(s) showing the location of the prepared food area within the project.
 - if provided off-site, an annotated map showing the distance between the prepared food area and the main building entrance.

OR

Project teams must submit an official statement confirming that educational signage is placed in all break areas within the project (for Alternative Compliance only).

Retail Alignment	MFR Alignment
10.3	NA

10.3 - Pricing Incentives

Implement pricing incentive practices in a prepared food area

Points Allocated: 3.63 / Not Applicable: 3.63

Health Impact Categories



Rationale

Pricing incentives can increase consumption of healthy foods and beverages, and decrease consumption of less healthy options, contributing to decreased rates of chronic disease, and increased social equity for vulnerable populations.

Strategy Requirements

MTBB + MTWB + ST	CI
<p>Projects must implement pricing incentives that encourage the purchase of healthier food options:</p> <ul style="list-style-type: none"> <input type="checkbox"/> in one of the following: <ul style="list-style-type: none"> ▪ all prepared food areas that serve regular occupants only ▪ a minimum of one prepared food area that is open to the public. <input type="checkbox"/> include a minimum of one of the following <ul style="list-style-type: none"> ▪ offer healthy food and beverage options at a lower price than other food and beverage options ▪ highlight healthy food options by providing free samples ▪ provide discounts on healthy meals and menu items ▪ offer rotating pricing specials on healthy food items ▪ offer free fruits in common areas. 	<p>Project must implement pricing incentives that encourage the purchase of healthier food options:</p> <ul style="list-style-type: none"> <input type="checkbox"/> in one of the following: <ul style="list-style-type: none"> ▪ all prepared food areas that serve regular occupants only ▪ a minimum of one prepared food area that is open to the public. <input type="checkbox"/> including a minimum of one of the following: <ul style="list-style-type: none"> ▪ offer healthy food and beverage options at a lower price than other food and beverage options ▪ highlight healthy food options by providing free samples ▪ provide discounts on healthy meals and menu items ▪ offer rotating pricing specials on healthy food items ▪ offer free fruits in common areas.

Not Applicable:

MTBB + MTWB + ST + CI

Prepared food areas that serve regular occupants only are not provided within the project.

Compliance Documentation

Design Certification

MTBB + MTWB + ST + CI

Project teams must submit an official statement describing **one** of the following:

- the pricing scheme that will be implemented.
- prepared food areas that serve regular occupants only are not provided within the project (for Not Applicable only).

Built Certification

MTBB + MTWB + ST + CI

Project teams must submit the following:

- The pricing scheme.
- An official statement confirming that the qualifying pricing scheme is implemented.

OR

Project teams must submit an official statement confirming that prepared food areas that serve regular occupants only are not provided within the project (for Not Applicable only).

Retail Alignment	MFR Alignment
10.4	10.3

10.4 - Water Access

Provide access to free water supplies in a prepared food area

Points Allocated: 3.08 / Not Applicable: 3.08

Health Impact Categories



Rationale

Readily accessible drinking water in cafeterias and prepared food retail areas can increase access to potable water, and can prompt improved hydration and decreased consumption of sugar-sweetened beverages.

Strategy Requirements

MTBB + MTWB + ST + CI
<ul style="list-style-type: none"> <input type="checkbox"/> Provide access to a free potable water supply at one of the following locations, as applicable: <ul style="list-style-type: none"> ▪ at or within 20-feet or 6-meters of all prepared food areas that serve regular occupants only. ▪ at or within 20-feet or 6-meters of a prepared food area(s) that are open to the public.

Not Applicable:

MTBB + MTWB + ST + CI

Prepared food areas that serve regular occupants only are not provided within the project.

Guidance:

For projects applying the Multi-Tenant Whole Building Scorecard, if the owner controlled areas do not include a cafeteria that serves regular occupants only, but one or more tenants include cafeterias that serve their occupants, select Not Applicable and demonstrate how the tenant cafeterias meet the strategy requirements.

Compliance Documentation

Design Certification

MTBB + MTWB + ST + CI

Project teams must submit an official statement confirming **one** of the following:

- access to free potable water will be provided in **all** prepared food areas.
- prepared food areas are not provided within the project (for Not Applicable only).

Built Certification

MTBB + MTWB + ST + CI

Project teams must submit the following:

- A minimum of **three** annotated photographs showing the water access in prepared food areas.
- An official statement confirming that all regular occupants have access to free water in all prepared food areas.

OR

Submit an official statement confirming that prepared food areas are not provided within the project (for Not Applicable only).



11 Vending Machines and Snack Bars

Total Points Available: 6.72

11.1 - Healthy Vending Machines and Snack Bars

11.2 - Vending Machine and Snack Bar Choice Architecture

11.3 - Vending Machine and Snack Bar Pricing Incentives

11.4 - Water Access

Retail Alignment	MFR Alignment
11.1	11.1

11.1 - Healthy Vending Machines and Snack Bars

Establish and implement a healthy food and beverage policy as rigorous as the Fitwel Food and Beverage Standard for vending machines and snack bars

Points Allocated: 1.68 / Not Applicable: 1.68

Health Impact Categories



Rationale

A healthy food and beverage policy can increase access to healthy foods, offering nutritional benefits to occupants and protecting against the development of chronic disease.

Strategy Requirements

MTBB + MTWB + ST + CI

Projects must establish and implement a food and beverage policy that is:

- implemented at all vending machines and snack bars that are accessible to regular occupants within the project.
- at least as rigorous as the Fitwel Food and Beverage Standard (found at www.fitwel.org/fitwel-standards) as applicable to a minimum of **one** of the following:
 - unstaffed area serving only non-perishable packaged items, such as vending machine, micro market, honor bar
 - unstaffed area serving perishable packaged foods, which may also include non-perishable packaged snacks and beverages, such as farmers fridge, combination vending machine, snack bar.

Not Applicable

MTBB + MTWB + ST + CI

Vending machines and snack bars are not accessible to regular occupants.

Guidance

The Food Service Guidelines for Federal Facilities may be referred to at: https://www.cdc.gov/obesity/downloads/guidelines_for_federal_concessions_and_vending_operations.pdf.

Compliance Documentation

Design Certification

MTBB + MTWB + ST + CI

Project teams must submit **one** of the following:

- The official or draft food and beverage policy confirming that the food and beverage policy is implemented at all vending machines and snack bars accessible to regular occupants.
- An official statement confirming that all regular occupants will not have access to vending machines or snack bars within the project (for Not Applicable only).

Built Certification

MTBB + MTWB + ST + CI

Project teams must submit **one** of the following:

- The official food and beverage policy confirming that the food and beverage policy is implemented at all vending machines and snack bars accessible to regular occupants.
- An official statement confirming that all regular occupants do not have access to vending machines or snack bars within the project (for Not Applicable only).

Retail Alignment	MFR Alignment
11.2	11.2

11.2 – Vending and Snack Bar Choice Architecture

Implement choice architecture practices for vending machines and snack bars

Points Allocated: 1.68 / Not Applicable: 1.68

Health Impact Categories



Rationale

Choice architecture practices related to healthy food selection encourage healthier choices, contributing to improved eating habits and nutritional benefits.

Strategy Requirements

MTBB + MTWB + ST + CI

Project must include choice architecture practices:

- at **all** vending machines and snack bars accessible to regular occupants within the project.
- including a minimum of **one** of the following:
 - employ point-of-choice nutrition labeling
 - feature package design(s) that highlights healthy food and beverage options
 - control food and beverage portion sizing
 - increase healthier food and beverage options
 - prioritize healthy food and beverage options through displays
 - prioritize healthy food and beverage options through layouts
 - feature healthy food and beverage options as the default.

Not Applicable

MTBB + MTWB + ST + CI

Vending machines and snack bars are not accessible to regular occupants.

Compliance Documentation

Design Certification

MTBB + MTWB + ST + CI

Project teams must submit an official statement describing **one** of the following:

- the choice architecture practice will be implemented at **all** vending machines and snack bars.
- that all regular occupants will not have access to vending machines or snack bars (for Not Applicable only).

Built Certification

MTBB + MTWB + ST + CI

Project teams must submit the following:

- A minimum of **three** annotated photographs showing each unique choice architecture practice implemented at all vending machines and snack bars.
- An official statement confirming that at least **one** of the qualifying choice architecture practices is implemented at **all** vending machines and snack bars.

OR

Submit an official statement confirming that all regular occupants do not have access to vending machines or snack bars (for Not Applicable only).

Retail Alignment	MFR Alignment
11.3	11.3

11.3 – Vending and Snack Bar Pricing Incentives

Implement pricing incentive practices for vending machines and snack bars

Points Allocated: 1.96 / Not Applicable: 1.96

Health Impact Categories



Rationale

Pricing incentives can increase consumption of healthy food and beverages, and decrease consumption of less healthy options, contributing to decreased rates of chronic disease, and increased social equity for vulnerable populations.

Strategy Requirements

MTBB + MTWB + ST + CI

Projects must include pricing incentives:

- at **all** vending machines and snack bars accessible to regular occupants within the building site.
- that are available to all regular occupants.
- that include a minimum of one of the following:
 - offering healthy food and beverage options at a lower price than other food and beverage options
 - highlighting healthy food options by providing free samples
 - featuring discounts on healthy meals and menu items
 - offering rotating pricing specials on healthy food items.

Not Applicable

MTBB + MTWB + ST + CI

Vending machines and snack bars are not accessible to regular occupants.

Compliance Documentation

Design Certification

MTBB + MTWB + ST + CI

Project teams must submit an official statement describing **one** of the following:

- the qualifying pricing scheme that will be implemented at **all** vending machines and snack bars.
- that all regular occupants will not have access to vending machines or snack bars within the project (for Not Applicable only).

Built Certification

MTBB + MTWB + ST + CI

Project teams must submit **one** of the following:

- A description of the pricing scheme confirming that the qualifying pricing scheme is implemented at **all** vending machines and snack bars.
- An official statement confirming that all regular occupants do not have access to vending machines or snack bars within the project. (for Not Applicable only).

Retail Alignment	MFR Alignment
11.4	11.4

11.4 - Water Access

Provide access to free water supplies near vending machines and snack bars

Points Allocated: 1.40 / Not Applicable: 1.40

Health Impact Categories



Rationale

Provide access to free water supplies near vending machines and snack bars.

Strategy Requirements

MTBB + MTWB + ST + CI

Projects must provide access to a free potable water supply that is:

- located at all vending machines and snack bars accessible to regular occupants within the building site.
- available to all regular occupants.
- visible from or located within 20-feet or 6-meters of the vending machine and snack bar area.

Not Applicable

MTBB + MTWB + ST + CI

Vending machines and snack bars are not accessible to regular occupants.

Compliance Documentation

Design Certification

MTBB + MTWB + ST + CI

Project teams must submit the following:

- An annotated plan(s) showing the distance between each water supply, vending machine and snack bar area.
- An official statement confirming that a free water supply will be provided at **all** vending machines and snack bars.

OR

Submit an official statement confirming that all regular occupants will not have access to vending machines or snack bars (for Not Applicable only).

Built Certification

MTBB + MTWB + ST + CI

Project teams must submit the following:

- An annotated plan(s) showing the distance between each water supply, vending machine and snack bar area.
- A minimum of **three** annotated photographs showing each unique free water supply in vending machine and snack bar areas.
- An official statement confirming that a free water supply is provided at **all** vending machines and snack bars.

OR

Submit an official statement confirming that all regular occupants do not have access to vending machines or snack bars (for Not Applicable only).

12 Emergency Preparedness

Total Points Available: 7.83

- 12.1 - Emergency Preparedness Plan
- 12.2 - Automated External Defibrillator (AED)
- 12.3 - Certified First Responders
- 12.4 - Emergency Address Notification



Wikimedia Commons

User: Promiteusz, CC BY-SA 4.0

Link: https://commons.wikimedia.org/wiki/File:Defibrylator_AED.png

Retail Alignment	MFR Alignment
12.1	12.1

12.1 - Emergency Preparedness Plan

Establish and Implement a comprehensive Emergency Preparedness Plan

Points Allocated: 1.12

Health Impact Categories



Rationale

A comprehensive emergency response plan can better prepare occupants to respond to emergency situations, helping to limit casualties and diminish negative impacts of a disaster.

Strategy Requirements

<p>MTBB + MTWB + ST + CI</p> <p>Projects must establish and implement an Emergency Preparedness Plan for the project that:</p> <ul style="list-style-type: none"> <input type="checkbox"/> identifies a minimum of one potential emergency scenario within the geographic region. <input type="checkbox"/> outlines protective actions for the identified emergency scenario(s) (evacuation, sheltering, shelter-in-place, lockdown, backup generators). <input type="checkbox"/> identifies emergency resources that will be kept on site for the identified emergency scenario(s). <input type="checkbox"/> outlines a framework for communication with regular occupants. <input type="checkbox"/> outlines reoccurring, preparatory trainings, drills, or emergency exercises. <input type="checkbox"/> establishes an emergency response team(s). <input type="checkbox"/> identifies a gathering space(s) that can accommodate all regular occupants in the event of an emergency. <p>OR</p> <p>Establish a contagious disease preparedness protocol that is at least as rigorous as the Fitwel Contagious Disease Outbreak Preparedness Protocol (found at www.fitwel.org/fitwel-standards)</p>
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Alternative Certification System Credits Accepted

MTBB + ST + CI

Projects may achieve Fitwel Viral Response Approval.

Campus

MTBB + MTWB + ST + CI

If the building is part of a campus, show that the emergency preparedness plan is implemented for the entire campus.

Compliance Documentation

Design Certification

MTBB + MTWB + ST + CI

Project teams must submit the official or draft copy of one of the following:

- emergency preparedness plan.
- contagious disease outbreak preparedness protocol.

Built Certification

MTBB + ST + CI

Project teams must submit the official copy of one of the following:

- emergency preparedness plan.
- contagious disease outbreak preparedness protocol.

OR

Projects may achieve credit for the Fitwel Viral Response Approval.

MTWB

Project teams must submit the official copy of one of the following:

- emergency preparedness plan.
- contagious disease outbreak preparedness protocol.

Retail Alignment	MFR Alignment
12.2	12.2

12.2 - Automated External Defibrillator (AED)

Install a sufficient number of Automated External Defibrillators (AED)

Points Allocated: 2.24

Health Impact Categories



Rationale

A readily accessible and tested AED can improve response time for negative cardiac events, contributing to improved survivability.

Strategy Requirements

MTWB + ST + CI	MTBB	CI
<p>Projects must install an Automated External Defibrillator (AED) that is:</p> <ul style="list-style-type: none"> <input type="checkbox"/> accessible to regular building occupants. <input type="checkbox"/> located on each floor occupied by regular occupants <input type="checkbox"/> tested regularly as recommended by the manufacturer. 	<p>Projects must install an Automated External Defibrillator (AED) that is:</p> <ul style="list-style-type: none"> <input type="checkbox"/> accessible to regular building occupants. <input type="checkbox"/> located on each occupied floor of the building, including tenant floors. <input type="checkbox"/> tested regularly as recommended by the manufacturer. 	<p>Projects must install an Automated External Defibrillator (AED) that is:</p> <ul style="list-style-type: none"> <input type="checkbox"/> accessible to regular occupants. <input type="checkbox"/> located on each occupied floor of the building, including tenant floors. <input type="checkbox"/> tested regularly as recommended by the manufacturer.

Compliance Documentation

Design Certification

MTBB + MTWB + ST + CI

Project teams must submit **all** of the following:

- An annotated plan(s) showing the location of the AED(s) that will be provided.
- An official statement that confirms the AED(s) will be tested regularly as recommended by the manufacturer.

Built Certification

MTBB + MTWB + ST + CI

Project teams must submit **all** of the following:

- An annotated plan(s) showing the location of each AED(s).
- A minimum of **three** annotated photographs showing the AED(s).
- An official statement that confirms that the AED(s) are tested regularly as recommended by the manufacturer.

Retail Alignment	MFR Alignment
12.3	NA

12.3 - Certified First Responders

Provide a sufficient number of Certified First Responders (CFR)

Points Allocated: 0.84

Health Impact Categories



Rationale

A current schedule for on-site certified first responders can decrease response time during emergencies, contributing to diminished casualties and decreased employee absenteeism.

Strategy Requirements

MTBB + MTWB + ST + CI
<p>Projects must ensure that Certified First Responders (CFR) are:</p> <ul style="list-style-type: none"> <input type="checkbox"/> full time staff within the project. <input type="checkbox"/> provided at a rate of one CFR for every 100 regular occupants.

Compliance Documentation

Design Certification

MTBB + MTWB + ST + CI

Project teams must submit the following:

- an official statement confirming that CFRs will be full time staff.
- a calculation detailing the planned percentage of CFRs that will be provided on-site.

Built Certification

MTBB + MTWB + ST + CI

Project teams must submit the following:

- An official statement confirming that CFRs are full time staff.
- A calculation detailing:
 - the total number of regular occupants
 - the total number of CFRs on-site.

Retail Alignment	MFR Alignment
12.4	12.3

12.4 - Emergency Address Notification

Provide an automated emergency address notification system

Points Allocated: 3.63

Health Impact Categories



Rationale

An emergency address notification system decreases the time it takes occupants to respond to emergencies, contributing to enhanced safety and reduced absenteeism.

Strategy Requirements

<p>MTBB + MTWB + ST + CI</p> <p>Projects must include an emergency address notification system that:</p> <ul style="list-style-type: none"> <input type="checkbox"/> is capable of disseminating or broadcasting messages to all regular occupants. <input type="checkbox"/> can be used during common building emergencies. <p>Examples of qualifying notification systems include:</p> <ul style="list-style-type: none"> <input type="checkbox"/> push notifications <input type="checkbox"/> text messages <input type="checkbox"/> building-wide intercoms

Compliance Documentation

Design Certification

MTBB + MTWB + ST + CI

Project teams must submit an official statement confirming **all** of the following:

- the type of emergency address notification system that will be instituted.
- how it can be used during common emergencies on site.

Built Certification

MTBB + MTWB + ST + CI

Project teams must submit an official statement confirming **all** of the following:

- the type of emergency address notification instituted.
- how it can be used during common emergencies on site.

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