

# WELCOME



# TO THE STAFF STEP (IT UP) CHALLENGE

## About the Challenge

Like before, this challenge is designed to get us moving more, but we are using “steps” in place of active minutes. Therefore, all movement counts (not just exercise).

However, we realize that not everyone can safely perform a traditional step challenge. Therefore, we are offering step conversions to allow for all staff to participate.

Stationary/Recumbent Bike- Each minute = 85 steps

Wheelchair Activity- Each minute = 100 steps (or use app that automatically converts activity to steps)

If anyone needs other conversions in order to safely participate, please let me know.

## HOW IT WORKS

Starting Monday, Jan. 12th, begin tracking your daily steps. Each week is formatted to run Monday- Sunday. At the end of the week, we will share an email asking for participants to submit their weekly total. Once we receive the total steps, we will convert them to points. 1 step is equivalent to 1 point.

Once all individual points are tallied, we will add up your total team points and share the leaderboard. Once the week is done, a new week begins with everyone starting back at 0 steps/points.

## WEEKLY THEMES

Week 1: Fitness

Week 2: Nutrition

Week 3: Hydration

Week 4: Social Connection

## BONUS CHALLENGES

Each week, we will have bonus challenges. They are totally optional, but are a way to rack up even more points.

We will ask if you did any of the bonus challenges, and if so, C2BF will add in the bonus points to your total.

# IMPORTANT DATES

- **WEEK 1: Monday, Jan. 12 - Sunday, Jan. 18**
- **Tuesday, Jan. 13- Team name and pic due to Holly**
- **WEEK 2: Monday, Jan. 19 - Sunday, Jan. 25**
- **WEEK 3: Monday, Jan. 26 - Sunday, Feb. 1**
- **WEEK 4: Monday, Feb. 2 - Sunday, Feb. 8**

# KEY POINTS

- Track your daily steps (Monday-Sunday)
- Complete bonus challenge(s) (optional)
- Add up your total steps for the week and submit it in the form (we will email it each week). At that time, let us know if you did any of the bonus challenges.

# PRIZES

For this challenge, we will be giving prizes to each member of the 1st place team and each member of the 2nd place team. For example, the winners of week 1 will each receive a massage gun and the runners-up will receive yoga mats.

# OPTIONAL TRACKER\*

*\*This tracker is only to help you keep track of steps. All totals will be submitted online in a google form.*

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				