




SPRING INTO SUMMER 10K-A-DAY CHALLENGE GUIDELINES

Enloe Health is embarking on another step challenge this spring! For four weeks, participants will be encouraged to increase their daily step counts to boost their physical well-being. HYPE Week is May 4-10. Use this time to set goals and get ready for the official challenge, which runs May 11 through June 7.

Participants will aim to achieve an average of 10,000 steps a day using any step-tracker device. Departmental team total averages will be ranked to foster friendly competition.

The goal: Achieve the highest average daily steps as an individual and as a team.

GET STARTED

- Team leads, register your team. Have your list of team members ready. You may also register as an individual.
 - Activities are not limited to walking. Other activities, like biking and using an elliptical, can also increase your step count.
 - For continuity, **there will be no use of step conversion**. Only record the steps tracked by your devices.
 - Team members may use any step-tracking platform (e.g., Apple Health, Google Health, Fitbit, Garmin, pedometer, etc.) and may be asked to provide evidence of steps at any time.
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WATCH FOR THESE DATES

- Register your team by May 10.
- HYPE Week (May 4-10) — Dedicated to spreading the word, building team participation and getting familiar with tracking your activity.
- Challenge weeks (May 11-June 7) — The challenge commences. All steps count toward your goal.
- June 11 - Winning teams with the highest overall step average will be announced at the Enloe Health Family Picnic.

BONUS CHALLENGE

Want to step up the competition? Go head-to-head with another department! Email wellness@enloe.org to let us know which team you are challenging.



REGISTER NOW

[Click here to register](#) for the 10K-A-Day challenge.

A LOOK AT THE TRACKER

[Click here to access](#) the challenge tracker.

PLEASE NOTE THAT:

- Team total averages are calculated automatically by taking the sum of each team member's daily step total and dividing that by the number of team members.
- Individual daily averages are auto calculated by taking the sum of daily steps divided by the number of days.
- Be sure to enter step data for each dated column, including weekends.
- Once the challenge ends, dates with no recorded steps will be entered as 0 and lower individual and team averages.
- Week totals and averages are meant to show weekly progress and do not impact overall totals.
- The Scoreboard tab shows the ranking of all team's total averages and will be updated daily.
- The Personal Tracking Template can be printed for written recordings. Be sure to enter these into your team tracker tab.
- Favorite the link to your Team's direct page! You can do this by right clicking on your team's tab and selecting "Copy link to this page."
- Please do not add tabs to the spreadsheet.

FEEDBACK

We are eager to hear your feedback and evaluate the success of this challenge. Complete your Spring Into Summer [PRE-SURVEY](#) and [POST-SURVEY](#).

TEAM LEADS

All teams should have a team lead. Leads:

- Check in with your team members to record their daily steps. Team members can also enter their own step data.
- Be mindful of work schedules to better coordinate step recordings. You can also assign a backup recorder.
- Keep your team motivated and celebrate milestones!
- Be the point of contact for questions and updates from challenge organizers.

TIPS TO SUCCEED

- Plan events to build team spirit and increase your steps together. Try having lunch walks, themed step days or weekend walks.
- Send daily kudos or weekly reminders to your team to encourage activity. Use fun emojis, GIFs or quotes to keep the motivation going.
- Share walking photos with each other. Consider creating a shared photo album or chat thread.
- Incorporate movement on the clock by having walking meetings or team step breaks. Even 5-minute stretch walks between meetings can add up!
- Crush your step count before the start of the day with Healthy Heart Exercise! This class is free to Enloe Health caregivers and is held every Tuesday and Thursday from 6:30-8 a.m. at Acker Gym on the Chico State campus. Call 530-332-6898 for more details.
- Want to add some spring magic to your movement? Try visiting some of these [Butte County spots with all the flower power vibes](#).