

# Step it Up

Take this opportunity to join the Employee Wellness Council for the annual “Step It Up” Challenge. The seven week challenge will start March 31 and will end on May 19, 2019.

With the warmer weather on its way, it’s time to get outside and take advantage of it! **Whether you enjoy walking, softball or canoeing, it all counts toward your daily steps.** (Check out the [Counting Steps](#) document for more activities that count toward your daily steps.)

**Got 3 friends you’d like to make a team with?** Round them up for a team of 4 – no more, no less.

**Want to do it alone?** There will be one contest for the teams and one for individuals.

We will kick off the campaign with a 5-Day Assessment wearing your pedometer, which is designed to help you set a realistic but challenging goal for yourself. Then for 6 additional weeks you will wear a pedometer and challenge yourself to meet or, better yet, beat both your individual and team goals.

## Step 1

**Choose a Team of 4 and Pick a Captain or do it individually.**

**Team Captain/Individual**, email Kristi Schiller, [kristi.schiller@da.wi.gov](mailto:kristi.schiller@da.wi.gov) by April 8, with a team name and the names of your teammates or let me know if doing it as a solo by completing the [Step It Up Sign Up Form](#).

## Step 2

**Complete the [5-Day Assessment](#).**

**The assessment starts March 31 and ends April 6.** The 5-Day Assessment is designed to track the number of steps you take on a regular day so you can set a realistic but challenging goal for yourself and your team.

**Team Captains/Individual** – After the 5-Day Assessment, collect individual goals from each of your teammates and together determine a team goal (or individual goal if going solo). This information is included on the Sign Up Form.

## Step 3

**Begin to Step It Up.**

[Individual Tracking Form](#)

[Team Tracking Form](#)

Now that the Assessment Week is over and you have a good idea of how many steps you average each day, it’s time to work toward your individual and team goal by continuing to track your steps. For the next 6 weeks you will record the steps you take each day on the Individual Tracking Form. At the end of each day, record your steps, reset your pedometer and start again with “0” the next day. Your Team Captain will collect your total steps and email a copy of the Team Tracking Form to Kristi Schiller the Monday after each week done.

## Step 4

**Be a Winner!**

The Step It Up Campaign will recognize two winning teams. **Winner 1** will be the **team** with the highest number of steps. **Winner 2** is the **individual person** (not included on a team) with the highest number of steps. There will be **3 “random” drawings** throughout the challenge for those meeting their goals that week, so be sure to try and meet your goals as you won’t know which week we’ll be drawing for a winner!