



STEP IT UP GET MOVIN'

Take this opportunity to join the Employee Wellness Council for this years "Step It Up" challenge. This eight week challenge will start March 25, 2018 and end on May 19, 2018.

(The added bonus is the Get Fit 5K is on the last day of this challenge so you can end it with some good steps!)

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.)

The race is on! It's easy . . . **the team with the most steps at the end of the challenger will be the grand prize winner!** Also, all teams who meet or exceed their team's goal over the course of the competition will be entered into the finale prize drawing. Three lucky teams will be awarded prizes. **Wear your pedometer or track your activity to count your steps.**

We will kick off the campaign with a 7-Day Assessment wearing your pedometer, which is designed to help you set a realistic but challenging goal for yourself. Then for 7 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. (County Employees as well as household members are invited to participate) **Team Captain**, email Kristi Schiller, kristi.schiller@da.wi.gov by March 23, 2018, with a team name and the names of your teammates. (or complete and email the [Step It Up Sign Up Form](#).)

If you'd like to be on a team, but don't have enough teammates, contact Kristi Schiller to help you find a team.

STEP 2

Complete the [7-Day Assessment](#).

The assessment starts March 25, 2018 and ends March 31, 2018. The 7-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 – After the 7-Day Assessment, collect individual goals from each of your teammates and together determine a team goal. Return the [Team Goal Form](#) to Kristi Schiller by April 2, 2018.

STEP 3

Begin to Step It Up.

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 7 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](#) which is **due weekly the following Monday by 5:00 p.m.**

STEP 4

Be a Winner!

The Step It Up Campaign will recognize **Four** winning teams. The Grand Prize winner will be the team with the highest number of steps, not including assessment week.

All teams that meet or exceed their goals over the course of the challenge will be entered into a drawing where three lucky teams will be drawn and awarded prizes.