



## GUIDE FOR PARTICIPANTS

Welcome to the Waynesboro Area YMCA 40-Day Teams Step Challenge! We are excited that you have joined us!

### A FEW BASIC RULES OF THE CHALLENGE

- Everyone needs to register to receive the weekly email newsletter.
- The Teams Step Challenge will be a weekly challenge spanning 40 days. Each week will begin Mondays at 12:00 AM. Individual Teams will compete, and the combination of all team steps will be calculated to determine how much of the Appalachian Trail (AT) we would have covered that week.
- Steps must be counted on some kind of technological device – Pedometers are available upon request.
- Steps must be actual steps done by YOU – not shaking the step counter, putting it on your cat, dog, child, washer/dryer during the spin cycle, and etc.
- Steps can be tracked daily on any activity tracker and recorded in the Individual Log (provided by your Team Captain). You will need to let your Team Captain know your weekly steps; she will then share the info with the coordinators weekly.
- Steps are Steps: Running, taking a walk, dancing, pacing around your home/workplace, taking the stairs – whatever gets you moving – we'll accept!

### LOGGING YOUR STEPS

To contribute to your team steps during the challenge, you will need to log steps in your Individual Log (see handout). Whether you have a step tracker or not, keeping track of steps is easy! Consider the following methods for step tracking.

- Use your fitbit, smartphone, or step tracker to keep track of steps.
- Log your miles. 1 mile is approximately 2,000 steps.
- Use the Health App on your phone. It's probably already keeping track of your steps for you!
- Use an app on your phone to log your steps. Here are some useful ones used in the past:
  - StepsApp Pedometer (App Store for iPhone and Apple Watch)
  - Stepz
  - Pacer Pedometer & Step Tracker
  - My FitnessPal by Under ArmourAll of these Apps are Android and iOS compatible

### FUN FACTS & TWISTS:

Each week we'll compute where we would have walked along the AT and provide some 'Fun Facts' about each destination Also, each week we will bring a new fun twist to the challenge such as make a music video while you step, craziest stepping outfit, a picture of your walking companion, most innovative ways to get steps in and so forth.

### LEADERBOARD

We will post a leader board on our website. Each Monday morning every team's progress will be posted, and the weekly winners announced. We'll applaud the team who contributed the most steps for that week and give high kudos to the top three steppers in each bracket.

### THE TAKE-AWAY

Remember that every step counts towards your personal goal AND to your team steps. Try to increase your own step count each day by making active choices. Set yourself mini goals to reach each week, and a Target goal to meet by the end of the challenge. This is another great way for you to focus on long-term health improvements as you work on reaching that main Target Goal.

### WHEN IN DOUBT...

If you have a question that you cannot answer or an extenuating circumstance, please contact your Team Captain.

Or contact Bonnie: [bonnie@waynesboroymca.org](mailto:bonnie@waynesboroymca.org) or Lisa: [lisa@waynesboroymca.org](mailto:lisa@waynesboroymca.org).

They are all nice peeps and will do their best to help. 😊.

40-DAY  
TEAMS  
STEP  
CHALLENGE