Starting **March 19**, we invite you to join us on a walk. We are challenging everyone to take part in this MOVEMENT as we focus on physical activity. Participants that actively participate **all four weeks** will be entered into a prize drawing and prizes will be awarded weekly to the top steppers at each location.

**SIGN-UP IS REQUIRED**
Complete a registration form and return it to HR no later than **March 12** to sign up! This will ensure you receive your pedometer in time to start steppin’. You may choose to use your own device (FitBit, Garmin, etc.) or a smart phone app to track your steps. You must indicate on the sign up sheet if you want a pedometer.

**ENCOURAGE YOUR FRIENDS**
We are all in it to win it - as one team! It’s always easier to walk when you have a friend along. Employees who actively participate in all four weeks of the challenge will be entered into a prize drawing at the end of the challenge.

**DETAILS, DETAILS**
So what do I have to do… you will use a step tracking app on your smart phone, your own activity tracker, or a pedometer to track your steps. At the end of each work day, report your total steps and reset your steps tracker. **It’s that easy!**

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*Look for flyers with tips on how to get some extra steps in and why walking is important to your overall health.*
Step Challenge

How many steps can you collect in 4 weeks?

We’re collecting steps and moving together. You in?

- Gator Cases invites you along for a walk as we compete for the most steps throughout this 4 week challenge.
- Each individual that registers to participate will receive a small token of our appreciation!
- Each week, we’ll provide you with tips on how to move more.
- Those that actively participate all four weeks will be entered into a prize drawing at the end of the challenge!
- We’ll recognize the “top steppers” at each location with a weekly prize.

Join the MOVEment and Get Steppin’!
We are excited to launch a Step Challenge! You are challenged to get your move on by tracking your steps for four weeks starting March 19th.

Prizes will be awarded to the individual that walks the most steps at their location each week. Employees that actively participate all four weeks will be entered in a prize drawing at the end of the challenge.

Will you step up to the challenge?

SIGN-UP IS REQUIRED
Complete a registration form and return it to HR no later than March 12 to confirm your participation. You must sign up no later than March 12 to receive the participation reward and a pedometer (unless you choose to use your own device or a smart phone app).

ENCOURAGE YOUR FRIENDS
We are all in it to win it - as one team! It’s always easier to walk when you have a friend along.

DETAILS, DETAILS
So what do I have to do… you will use a pedometer, phone app, or your own activity tracker to count your daily steps. At the end of each day, record your total steps and start fresh the next day. At the end of the week, report your total steps to Tonya. It’s that easy!

Look for flyers with tips on how to get some extra steps in and why walking is important to your overall health.
Step Challenge
Wellness Challenge
REGISTRATION AND WAIVER FORM

Name ______________________________________________________

Before you dive into a walking program, be aware that while walking is a low risk activity, you can still suffer from injury or overexertion if you have high health risks. According to the American College of Sports Medicine, you could be at increased risk if you:

- Have a family history of heart disease
- Smoke
- Have high blood pressure—equal to or greater than 140/90 mmHg
- Have high cholesterol—a total cholesterol greater than 200 mg/dL
- Are diabetic or obese
- Are a male 45 or older, or a female 55 or older

If any of these apply to you, be sure to check with your doctor before beginning any form of physical activity.

Participation in the steps challenge is completely voluntary.

I have fully read and understand the contest rules in which a participant will engage, and I am physically capable of participating in the challenge. I acknowledge that some personal information, such as number of steps walked per day, collected during the process of this contest may be shared for the purpose of measuring progress and determining winners, and I consent to the sharing of this information.

**To be an active participant, you must report your step count each week.**

**Only active participants will be eligible for recognition and prizes.**

Registration Information

☐ Check here if you would like to have a pedometer provided to you. You do have the option of using an app on your smart phone or you own activity tracker (FitBit, Garmin, etc.) to track your steps.

Signed _________________________________ Date ____________________

Employee Signature

This completed form must be submitted to Human Resources no later than March 12th.
**Step Challenge**

**INDIVIDUAL TRACKING FORM**

Name ______________________________________________________

Use this form to track your daily steps. For your steps to count toward the challenge, they must be reported to Human Resources by the end of the day each Monday.

**To be an active participant, you must report your step count weekly.**

**Only active participants will be eligible for the end of challenge prizes.**

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<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tbody>
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<td><strong>Week 1:</strong></td>
<td>Mar. 19-23</td>
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<td><strong>Week 2:</strong></td>
<td>Mar. 26-30</td>
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<td><strong>Week 3:</strong></td>
<td>Apr 2-6</td>
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<td><strong>Week 4:</strong></td>
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Remember to report your steps each day!

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Final step count must be reported no later than **April 18th**!