



## directions

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Start Date: Monday, November 16

End Date: Sunday, December 13

### 1. Form a team.

Teams should consist of 2-20 employees. Create a team name and designate a team captain. Team captains will submit a final list of participants and email addresses to Holly Davis, GatorCare Health Educator, at [daviho@shands.ufl.edu](mailto:daviho@shands.ufl.edu). This submission is due by **noon on Wednesday, November 10**. No changes to the team list will be permitted after this date. Upon registering, each team member will receive directions and a walking tracker to record his or her steps each day.

### 2. Track your steps.

You may use a pedometer or another step-tracking device (app, or wearable device such as a FitBit or Fuel Band) to track your steps each day. Pedometers can be purchased at many retailers such as Walmart, Target, CVS/Walgreens, Sports Authority or Amazon. If you have an extra pedometer that you no longer use, please donate it to an employee in need. If you are having trouble purchasing a pedometer or would like to donate an old pedometer, please email Holly Davis at [daviho@shands.ufl.edu](mailto:daviho@shands.ufl.edu). Any app that records your steps will be sufficient for this challenge. Just keep in mind you will need to keep your phone on you for this method to be accurate.

### 3. Submit your total each week.

Team members will record their daily steps on the tracker provided and submit their tracker to the Team Captain at the end of each week (weeks run from Monday-Sunday). Team Captains will calculate the average steps for their team. Team averages must be submitted to Holly Davis at [daviho@shands.ufl.edu](mailto:daviho@shands.ufl.edu) by noon every Tuesday. Team standings will be announced each Wednesday.

For questions, please email Holly Davis at [daviho@shands.ufl.edu](mailto:daviho@shands.ufl.edu).