

1. Form a team (if you are a team captain, [click here](#) for additional directions)

Teams must consist of 4-15 UF and/or UF Health employees. Create a team name and designate a team captain. When your team has been formed, the team captain will register [HERE](#). Registration is due by **March 22**.

2. Track your steps

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 for four weeks. Pedometers can be purchased at many retailers such as Walmart, Target, CVS/Walgreens, Sports Authority or Amazon at varying prices. 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. Check out these [helpful step tracking apps](#).

3. Submit your total each week

Weeks run from Monday through Sunday. Team members will record their daily steps and send their weekly step total to their team captain every Monday. Team captains will calculate the average steps for their team each week and submit that week's average via an online link every Tuesday. It is the responsibility of each team member to send their numbers to the team captain and it is the responsibility of the team captain to submit the team average by the deadline each week.

NOTE: The weekly averages are calculated by dividing the total team steps by the total number of team members. This ensures that the challenge is fair for any size team.

4. Strive to be a 70K Stepper

Want to go one step further? Each week, all participants have a chance to achieve the *70K Stepper* designation by walking at least 70,000 steps during the week (Monday-Sunday). First time *70K Steppers* will receive one custom pin to wear on their badge or use as a keychain. *70K Steppers* will also receive custom email signatures each time they earn a *70K Stepper* title (up to four email signatures per person).

5. Learn your category ***NEW***

At the end of week one, all teams will be placed into a color category based on their week one team average steps. From week two until the end of the challenge, teams will compete against the other teams of the same color to compete for the winning title. There will be four color categories: green, orange, red, and blue.

When the challenge begins, you will receive weekly emails with further instructions and updates. If you have any questions until then, email Mallory Rubek at rubekm@shands.ufl.edu.