

Isn't it unfair that there are different team sizes?

No. Team captains submit their **team average** steps each week. This ensures that all teams have a fair chance of winning. Because only averages are collected, team size does not matter. While larger teams may have a harder time keeping their average up, any team size has a fair chance.

How do I send my weekly steps to my team captain?

First, ask your captain their preferred method of receiving weekly step totals. These methods may include sending your totals via email, telling your captain in person, giving your captain a hard copy of your Step Tracker, etc. If your captain has no preference, choose whichever method suits you.

What if someone drops off our team?

Captains have until the end of the first week to report any team dropouts. Only in special circumstances will dropouts be allowed after the first week. Please report any dropouts to rubekm@shands.ufl.edu.

How are team categories decided?

After collecting the first week's averages, teams are divided up into four color categories based on their average step counts. **Teams that show significant increases from one week to another could be moved up to another category.**

What should I use to track my 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. 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](#).

What happens if I forget to send my weekly steps to my captain?

Talk your team captain immediately. They have until Tuesday to submit the team average. Set a reminder to send over your total weekly steps to your captain each Monday.

Do I receive a badge pin every time I become an 80K AND 40K Stepper?

Unfortunately, no. You will end the challenge with one pin, the pin for the highest goal you reach. If you reach the 40K Stepper goal one week, but then reach the 80K goal after, you will receive the pin for the 80K Stepper goal only. You will only receive a pin for the first time you hit that goal. Pins will be distributed to teams at the end of the challenge via mail.

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.