



Stair Walking Mini-Challenge

DIRECTIONS

Start Date: Monday, April 2nd

End Date: Sunday, April 29th

Duration: 4 Weeks

1. Strive to reach one of the three tallest buildings in the world! The objective of this mini-challenge is to climb as many stairs as possible throughout the weeks to reach one of the three tallest buildings in the world! You will receive a prize based on which building you reach at the end of the challenge. **Below are the three buildings to strive for:**



**1 flight = 1 floor
of stairs**

Exact number of flights for each building will be determined after the first submission based on every participants' results.

2. Track your flights: If you already have a wearable device for tracking your steps, be sure it has flight-tracking capabilities (not all do). If not, you'll need to use a phone app or our [paper tracker](#) to record your flights climbed each day for the four weeks.

3. Submit your totals every other week: Challenge weeks run from Monday to Sunday. Each individual will record their daily flights climbed for the first two weeks and submit that total via an online link on **Monday, April 16th**. The last submission link will be sent on the final day of the challenge, **Monday, April 30th**. It is the responsibility of each individual to track their daily flights climbed, add the totals, and submit online.

FAQs

Is this an individual or team challenge? This is an individual challenge, within the team walking challenge.

What if I do not have a device that can track the number of flights climbed? You can track the number of flights climbed by writing them down daily, 1 flight = 1 floor of stairs climbed. Feel free to use our [paper tracker](#).

How do I know how many flights I need to climb to reach a specific building? After collecting the first two weeks' results, we will determine the goal number of flights for each building based on the average flights climbed by participants. Because of this, the goal number of flights may or may not match the actual flights of the three buildings.

Do I receive a prize for reaching each building climbed? If you successfully reach the goal number of flights of at least one of the three buildings, you will end the challenge with **one prize**: a stair challenge magnet for the highest building you reached by the end of the challenge. Magnets 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.