

STEP UP & PARK IT

JULY 6 –AUGUST 31



This free 8 week program is designed to help you stay active while visiting your local parks. Participants of all fitness levels are invited to join. Simply track and report your steps. The goal is to set progressive daily step goals to reach 10,000 steps per day by the end of the challenge. Participants are encouraged to explore their local parks or anywhere that is safe to walk while creating a consistent walking habit in their everyday lives.

REQUIREMENTS AND INCENTIVES

Individuals must complete the requirements for interval 1 to receive a Step Up & Park It participant T-shirt.

Interval	Step Goal	Total Steps
July 6-19	Average 5,000 steps per day	70,000 minimum by July 19
July 20- August 2	Average 7,000 steps per day	168,000 minimum by August 2
August 3-16	Average 9,000 steps per day	294,000 minimum by August 16
August 17-31	Average 10,000 steps per day	434,000 minimum by August 31

Individuals that meet the requirement for each interval will be entered into a drawing to win prizes at the end of each two week interval.

Track steps manually, with a fitness tracker, device or an app and log steps into the challenge app

To Sign Up:

Click on the following link: <https://www.ChallengeRunner.com/RegisterMember>

If new to Challenge Runner sign up for a Challenge Runner account

Enter the following challenge code: efb6xz-2cth

