



**WORKING FOR A
HEALTHIER TN**



Steps Challenge

Focus Area: Physical Activity

Objective: The average person walks between just 3,000 and 4,000 steps per day. 1,000 steps is the equivalent of around 10 minutes of brisk walking and 2,000 steps is equivalent to one mile. The goal is to take 10,000 steps per day for four weeks. If that sounds overwhelming, move more throughout your day regardless if it equates to 10,000 steps a day. Create a goal that's attainable for YOU. Every little bit adds up!

Length of Challenge: Four weeks

Materials Needed: [Steps Tracking Sheet](#)

Directions: Participants will need a pedometer, app or other step tracking device to participate in this challenge. The counters are set to zero at the beginning of the day and total steps for the day are recorded at the end. Participants can walk as many steps as possible within the given time of the challenge and use the provided Steps Tracking Sheet to record their progress.

Regional/Satellite Offices & AWS Employees: This challenge can be hosted across regional/satellite offices and/or with AWS employees.

Getting Started:

1. Decide what dates your "Steps Challenge" will run.
2. Establish a sign-up period (e.g. one week) before the challenge start date.
3. Determine how participants will let you know they participated.
4. Announce the challenge to employees! (This can be done via email, e-newsletter, department intranet and/or fliers.)
5. At the close of the sign-up period (if you established one), contact all participants to share the following:
 - A welcome, congrats and/or thank you for participating in the challenge.
 - Dates of when the challenge will begin and end.
 - Instructions on how to participate in the "Steps Challenge".
6. Print or attach via email the "Steps Tracking Sheet" and distribute to all participants.
7. As the challenge comes to an end, send out wrap-up email to participants.



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