

Decide on when to run the challenge *p.8*

Set the rules for the challenge *Rules and safety tip sheets*

RULES&

Order Pedometers bhf.org.uk/pedometer

Decide on prize categories and prizesp.10

Organise walking events e.g. lunchtime walks p.13

Promote the challenge

p.10, Pedometer Challenege posters, Pedometer Challenge desk drop

TOP SECRET

Choose virtual world destination

Online world destination finder

Send information to team captains

Team captain information sheet, individual step count sheet



Email team captains
Weekly email 1

Share progress with teams *Pedometer Challenge display poster*

Motivate teams (end of week 1) Weekly email 2

START

Pedometer Challenge starts

> Motivate teams (end of week 3) Weekly email 4

> > Motivate teams
> > (Last day of challenge)
> > Weekly email 5

Motivate teams

(end of week 2)

Weekly email 3

Celebration event *Certificates*

Pedometer Challenge ends

FINISH

Collect feedback from everyone p.16

Send BHF a case study about your Pedometer Challenge

heathatwork@bhf.org.uk

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2-3 months before challenge starts

2-3 weeks before challenge starts

1 day before challenge starts

During the challenge

Within 1 week of challenge end