

Pedometer Challenge

Incoming mission

MISSION VERY
POSSIBLE!

TOP SECRET

For your eyes only

You have been targeted for a very special mission. The Pedometer Challenge is a four-week contest to see how many steps you can take together as a team. Can you make it all the way to your virtual destination?

The challenge is a fun and easy way to improve your physical and mental wellbeing, and promote team spirit. All you have to do is get into a team of five and appoint someone as captain. Let the challenge coordinator know your team name and the names of the members and captain. Then await further instructions.

The challenge kicks off on _____, so don't hang around.

Look forward to hearing from you

PS: To find out more about the Pedometer Challenge, please contact _____ at _____



HEALTH
AT WORK