

Pedometer Challenge

Team captain information sheets

MISSION VERY POSSIBLE!

Congratulations! You've taken your first step on the road to your Pedometer Challenge. As team captain, you'll lead a team of five people in a four-week Pedometer Challenge. The idea is to walk as far as you can collectively – and have fun doing it. Here's everything you need to get going.

YOUR MISSION... SHOULD YOU CHOOSE TO ACCEPT IT

Being a team captain means you're responsible for activities before, during and after the challenge. You've made a great start by getting a team of five people together and telling the challenge co-ordinator the names of team members and your team name. We've made the rest of your mission easy by outlining what you need to do and providing advice and resources to support you.

YOUR PRE-CHALLENGE CHECKLIST

- Make sure every team member has a *pedometer*
- Share the *Rules and safety tips sheet* with each team member
- Hand out an *Individual step count sheet* to each team member
- Tell each team member about the prize categories and prizes

YOUR MID-CHALLENGE CHECKLIST

- Each week collect each team member's weekly steps total and record it on the *Team steps total sheet*
- Each week send your team's weekly steps total to [name and email address].
- Keep your team motivated throughout the challenge:
 - forward the *Pedometer Challenge emails* that will be sent to you weekly
 - have fun and be creative as a team to increase your steps
- Send a team photo and walking tip to the challenge co-ordinator

AFTER THE CHALLENGE

- Attend the celebration event with as many of your team members as possible
- Provide feedback on the challenge to the co-ordinator and encourage your team to do the same



HEALTH
AT WORK

Pedometer Challenge

Team captain information sheets

MISSION VERY POSSIBLE!

AND THE WINNER IS... PRIZE CATEGORIES

There might not be a prize for every team, but there's definitely a prize category you can set your sights on. Besides walking, think of how to win any of the categories listed below. Brainstorm ideas while walking and get into the competition spirit!

Prize categories

TRACKING PROGRESS

Your main role is to collect and submit your team's weekly steps total. Every week you'll receive a reminder to send in your team's total. There will also be weekly tips about what to do to keep up the good work. Don't forget to pass the information on to your team members – every step taken boosts your chances of winning the challenge.

STEP COUNT SHEETS

Each team member needs to record how many steps they walk each day of the challenge. Make sure everyone has an Individual step count sheet. To keep track of how many steps each team has walked, you need to:

- Collect each team member's weekly steps total
- Send your team step count total to your co-ordinator

Use the *Team step count sheet* to help you keep track



Pedometer Challenge

Team captain step count sheet

You'll never walk alone



Team member name	Week 1	Week 2	Week 3	Week 4	Total
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Team total	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>