

Step it Up Challenge

A CHS Teammate Engagement Prize Drawing – All in to Win!



Need to get more steps in your day? Walk the dog, take the stairs, walk to the store, walk for half of your lunch break, march in place while watching television or cooking, ditch the online shopping and visit a local mall, make your meetings mobile (walk while you talk)!

GOAL: Wear a pedometer or digital fitness tracker to track your daily steps. Aim for 10,000 steps each day.

Complete the 10,000 Step-A-Day goal for at least 15 days to earn your *All in to Win* prize drawing entry.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Days Goal Achieved Each Week
Week 1	1 _____ Steps	2 _____ Steps	3 _____ Steps	4 _____ Steps	5 _____ Steps	6 _____ Steps	7 _____ Steps	
Week 2	8 _____ Steps	9 _____ Steps	10 _____ Steps	11 _____ Steps	12 _____ Steps	13 _____ Steps	14 _____ Steps	
Week 3	15 _____ Steps	16 _____ Steps	17 _____ Steps	18 _____ Steps	19 _____ Steps	20 _____ Steps	21 _____ Steps	
Week 4	22 _____ Steps	23 _____ Steps	24 _____ Steps	25 _____ Steps	26 _____ Steps	27 _____ Steps	28 _____ Steps	
<ul style="list-style-type: none"> Report your results to be entered into the <i>All in to Win</i> prize drawing: After challenging yourself for four weeks go to LiveWELL.CarolinasHealthCare.org, then <i>All in to Win Challenges</i> or click here to report the number of days in 4 consecutive weeks that you achieved the goal. Be sure to enter your correct six-digit employee ID when reporting. Each new challenge completed and reported will earn four entries in the <i>All in to Win</i> Prize Drawing. Questions: Contact CHS LiveWELL at 704-355-8136 or email LivewellEvents@CarolinasHealthCare.org 								TOTAL Days Goal Achieved (use this # for reporting)



Carolinas HealthCare System

