

**Wellness
Principle:**

School Employee Wellness

**Promising
Practice:**

Pedometer Challenge

Aim: To increase physical activity among school staff.

**Pedometer
Challenge**

Pedometer Challenge Description

Participation is voluntary and there are no rules on how much or little a person walks in order to participate. Challenge participants will be asked to wear a pedometer on their waistband, during waking hours, except when in water. Each night before retiring, participants should record the number of steps on the pedometer for that day and reset it to zero for the next day. Weekly logging period goes from Monday through Sunday. Participants turn in their step scores (total steps) and begin the new week each subsequent Monday. Throughout the challenge, program champions will consistently collect and track step scores to provide feedback on individual, team, and school level performances.

**Getting Started
How To's :**

1. Identify one or more Pedometer Champion(s) (PC) and Pedometer Champion Helper(s) (PCH) to assist with challenge logistics (make announcements, post signs, distribute pedometers, sign up participants, organize teams, collect weekly step counts, tally and post weekly results):

Pedometer Champion: _____

Pedometer Champion: _____

Pedometer Champion Helper: _____

2. Decide on a pedometer challenge destination or theme

- ❖ **Fantasy Vacation Challenge Option:** Every participant's steps are tallied into the school-wide goal which is equivalent to the total distance in steps from New Orleans to a destination city. There are an estimated 2000 steps in a mile. For example, from New Orleans to Honolulu, there are approximately 4,209 miles or 8,418,000 steps. Participants may also organize into teams to challenge each other to be the Top Team with the highest step average. Program champions have the option of giving incentives (prize or recognition) to individual Top Steppers.



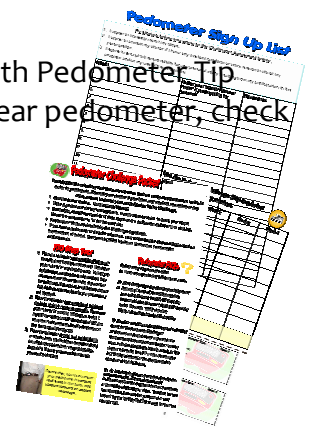
- ❖ **Special Theme Option:** Choose any theme and allow employees to pick their own teams to compete to earn the highest step average. Those who want to compete against themselves turn in their individual scores to be tallied into the general school-wide total. The school-wide challenge is to walk as many miles as possible during the challenge period.
- ❖ *ACTION! used baseball as its theme in the Step it Up Pedometer Series. The dates corresponded to the baseball playoff season. Team names were based on the schools' mascots. The three individuals with the highest step count each week were named "MVPs of the Week".*

3. Determine and publicize challenge dates and times

- ❖ Challenge start and end dates (4 week maximum recommended).
- ❖ Pedometer distribution and sign-up location.
- ❖ Day of week that previous week step totals must be turned in.

4. Kickoff: Pedometer distribution and Sign-up

- ❖ Distribute one pedometer per participant along with Pedometer Tip Sheet (instructions on how to log steps, how to wear pedometer, check calibration), slips for reporting weekly step totals.
- ❖ Allow participants to join a team or work alone.
- ❖ Identify a Pedometer Champion Helper to store extra pedometers for those convinced their pedometer is not working. Allow exchanges. Pedometers have a 5 year warranty. Return nonworking pedometer for exchange to



www.sparkpe.org

- ❖ McDonogh 26's Wellness Committee decided to organize into teams determined by the employee's location (e.g., first floor, second floor, and non-classroom (office, PE, custodial and cafeteria). Program champions were assigned to each location to sign up participants and distribute pedometers.

5. Publicize procedures and deadlines for reporting weekly step count total.

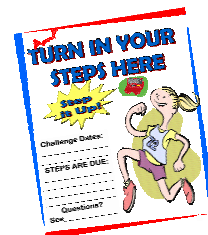
- ❖ Designate a day of the week to turn in the previous week step total (Monday's recommended).
- ❖ Team step averages are computed for the week. Steps from each team member are totaled. Team total is divided by how many on team (Yields team average). Team members not turning in steps earn a zero and are included in the team average.
- ❖ *ACTION! staff established that participants had to write down their total steps and drop it in the Pedometer Envelope by the Monday deadline. There was a grace period up until noon on Tuesday to report steps via email. Use your own judgment to make managing the challenge easier.*



Alternative Step Reporting: Create a table in which participants can use an alias and post their own step totals inside a readily viewable and accessible location each week. Participants should give their real name and alias on their sign-up sheet.

Sample Self-Posting Table

Name	Week 1 Steps	Week 2 Steps	Week 3 Steps	Week 4 Steps
LSU Tiger Fan	41,368	49,334		
TopTeacher222	66,358	58,111		
Mizz Behavin	112,331	90,363		



6. Weekly Announcements

- ❖ Remind participants to turn-in steps (on Mondays)
- ❖ Notify persons that their steps are missing (On Monday)

- ❖ Announce and post weekly results (On Wednesday)

7. Results

- ❖ Post top 3 teams and top 3 steppers (top steppers can be taken from teams or those stepping individually).

8. Determine incentives/rewards for participation

- ❖ Certificate of Achievement, photos for bulletin board or school newsletter).
- ❖ *Schneckenburger Elementary used time during their students' honor breakfast to hand out Certificates of Achievement to the employees who participated. Certificates were signed by the school superintendent.*

9. Promote the activity to employees.

10. Evaluate the activity

- ❖ # of participants
- ❖ level of enthusiasm
- ❖ special comments

Keys to Success:

An enthusiastic pedometer champion and assistants will make the challenge fun and engaging. Stay on top of reminder announcements to turn in steps and weekly team and individual leaders to sustain enthusiasm.

More Information:

[School Employee Wellness](#)
[CDC Healthier Worksite Initiative](#)
[CDC LeanWorks](#)

References:

ACTION! Toolkit: A Worksite Wellness Program for Elementary School Personnel. Tulane University School of Public Health and Tropical Medicine (2009).

Steppin' Into
Action

Pedometer Challenge

Take a Virtual Walk to this
Vacation Spot!

Destination: _____

Distance: _____

Dates: _____

Sign up by yourself or with a team!



Sign-Up Dates, Times & Program Champion(s) /
contact

Whether you're in a group or on your own, wearing a pedometer is a great way to track the number of steps you take each day to get an accurate picture of your daily physical activity level. Accumulating 30 minutes of moderate intensity physical activity, like brisk walking, on most days of the week is the goal.

See how close to 10,000 steps a day you can get!

Don't delay, get those walking shoes on and
step into Action today!

Steppin' Into
Action!

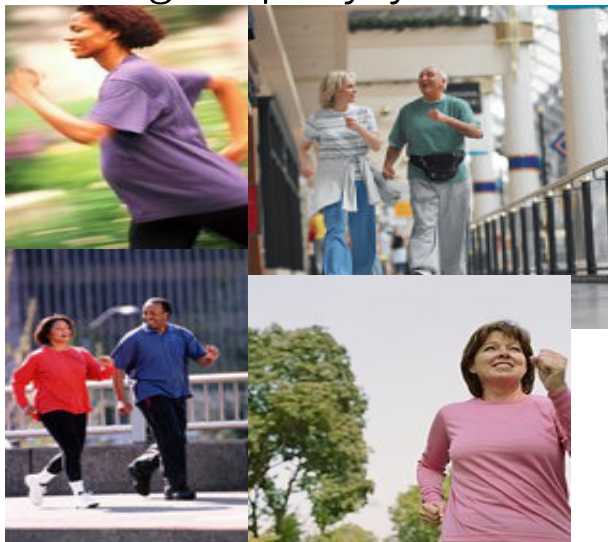
Pedometer Challenge

How Far Can We Go?

Theme : _____

Dates : _____

Sign up by yourself or with a team!



Sign-Up Dates, Times & Program Champion(s)'
contact

Whether you're in a group or on your own, wearing a pedometer is a great way to track the number of steps you take each day to get an accurate picture of your daily physical activity level. Accumulating 30 minutes of moderate intensity physical activity, like brisk walking, on most days of the week is the goal. See how close to 10,000 steps a day you can get!

Don't delay, get those walking shoes on and

Pedometer Sign Up List

By signing below you agree to the Challenger Agreement below.

1. I agree to honestly report my steps.
2. I agree to consult my doctor if I have any medical condition or other reason to doubt my participation.
3. I agree to accept full responsibility for any personal injury resulting from my participation in the program and/or my use of the pedometer.

NAME	Enter your team's name or "solo" if participating by yourself	Comments:
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
14.		
15.		
16.		
17.		
18.		
19.		
20.		

Pedometer Sign Up List

NAME	Enter your team's name or "solo" if participating by yourself	Comments:
21.		
22.		
23.		
24.		
25.		
26.		
27.		
28.		
29.		
30.		
31.		
32.		
33.		
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41.		
42.		
43.		
44.		
45.		



Employee Pedometer Challenge

NAME:

Participation is voluntary and there are no rules on how many steps a person walks in order to participate. Consult your doctor if you have any medical condition or any other reason to doubt your participation in the Challenge.

- ☆ Use the honor system. No Cheating Allowed!
- ☆ Wear a pedometer during waking hours, except when in water, to count your steps.
- ☆ Each night, record the number of daily steps on the pedometer inside on the step log. Reset the pedometer to "0" for the next day.
- ☆ Report your steps as detailed by the Challenge organizers.
- ☆ If you lose a pedometer or it malfunctions you may estimate your steps until you obtain a replacement at school. See your Wellness Committee members for replacements.

100 Step Test

- 1) Place the pedometer on the waistband in line with the midpoint of the thigh and kneecap. Reset your pedometer to "0" and close the cover. Walk at your typical tempo, counting the number of steps. Stop when you reach 100 and check the step count on the pedometer. If the reading is within three steps of 100, this is an accurate place for your pedometer. If not, try step 2.
- 2) Place the pedometer on the waistband, outside of the body, slightly in front or over the hip. Reset your pedometer to "0" and take 100 steps as in step 1. Again if the reading is within three steps of 100, this new placement is accurate. If not try the position in step 3 and repeat the step test.
- 3) Place the pedometer at waist level, behind the hip and on the back. Use the Velcro strap (if available) to maintain the pedometer in an upright position. Repeat the 100 step process until an accurate placement is identified.



Remember, you must ensure your pedometer is **vertical and snug** to the body, **not slanted forward or angled sideways**. otherwise it will not

Pedometer FAQ's



Q: How many steps are in a mile?

A: There are approximately 2,000 steps in a mile.

Q: What do my steps say about my activity level?

A: Sedentary Lifestyle: Under 5,000 steps/day
Low Active: Between 5,000-7,499 steps/day
Somewhat Active: Between 7,500-9,999 steps/day
Active: More than 10,000 steps/day
Highly Active: More than 12,500 steps/day

Q: Do other activities such as biking and swimming count for the Pedometer Challenge?


A: Yes because the pedometer only detects hip movement and it cannot be worn in water. You may count 5 minutes of moderate intensity activity as 500 steps or refer to the Travel Transfers chart on your bulletin board or the Step Conversion Calculator at Walk4Life.com.

Q: What if I don't have a waistband to clip the pedometer on (i.e., I'm wearing a dress)?

A: Place the pedometer on your underwear's waistband or try wearing a belt with your dress. Your final, but less accurate option, is to wear it in your pocket or on a lanyard. Try the 100 Step Test first, though, for the most accurate spot.

**Use the Pedometer Challenge Step Log below
to record your steps.**



	Week 1	Week 2	Week 3	Week 4
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
Total Steps Mon-Sun				

My Pedometer Score *Week #*

Name: _____

Team (if any): _____

Total Steps: _____

Comments: _____

My Pedometer Score *Week #*

Name: _____

Team (if any): _____

Total Steps: _____

Comments: _____

My Pedometer Score *Week #*

Name: _____

Team (if any): _____

Total Steps: _____

Comments: _____

My Pedometer Score *Week #*

Name: _____

Team (if any): _____

Total Steps: _____

Comments: _____

Tear it Off & Turn it In!

Pedometer Challenge Announcement Template

To be given the morning of the first day of the challenge:

Get ready, Get set, GO! The (theme/title _____)
Pedometer Challenge starts today. Don't forget to wear your
pedometer every day, all day, and record your steps every night .
If you need to replace your pedometer please see
_____.

Deadline Reminders:

Today is the deadline day to turn in your weekly step total for last
week's steps. Let's step it up together to reach our goal!

Weekly Results Announcements:

This week's Top Pedometer Performers are

Team: (*top 3 teams*).

Individuals: (top 3 steppers).

Let's all be good sports and congratulate our winners! If you think
your Team should be on top, make sure your teammates are
turning in their scores each week.

Week #_____ starts Monday! ("Keep up the Good Work"
"Hang in there", "We're Almost Done"). This week challenge
yourself to add more steps to your day!

Reminder:
Turn in your
steps on
Mondays
except if
school is out.
Drop this slip
in the
Pedometer
Envelope
Questions?
Contact:

My Pedometer Score

Name: _____

Team (if any): _____

Week # **Total Steps (from Mon to Sun) =**
Example: 52,768

Comments: _____

Reminder:
Turn in your
steps on
Mondays
except if
school is out.
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Envelope
Questions?
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My Pedometer Score

Name: _____

Team (if any): _____

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Example: 52,768

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Team (if any): _____

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Name: _____

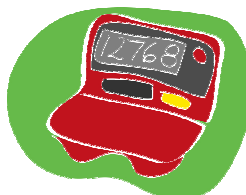
Team (if any): _____

Week # **Total Steps (from Mon to Sun) =**
Example: 52,768

Comments: _____

TURN IN YOUR STEPS HERE

**Step
it Up!**



Challenge Dates:

STEPS ARE DUE:

Questions?

See _____



Get in the Game!

**Turn in your
Pedometer**

 **STEP SCORE**

DATE

Step total from last week



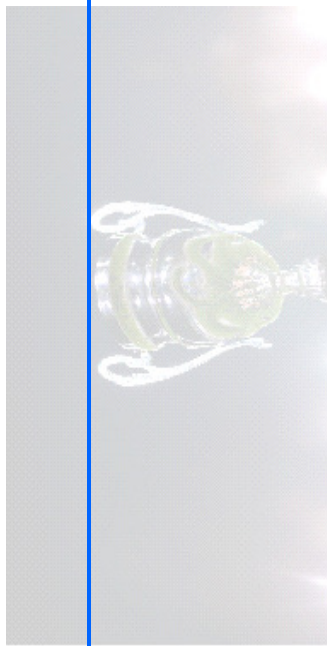
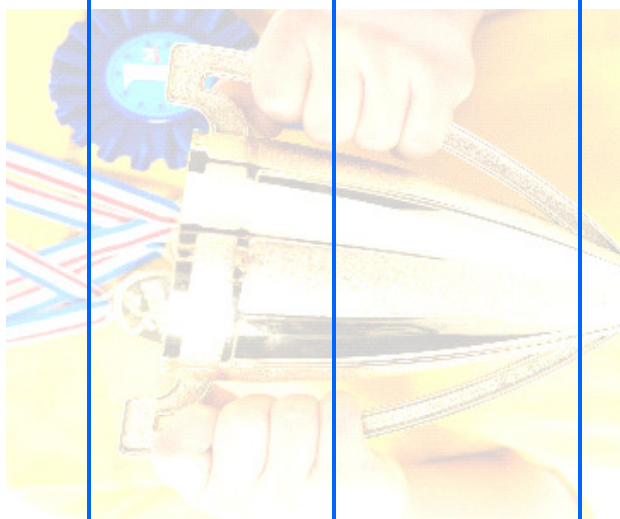
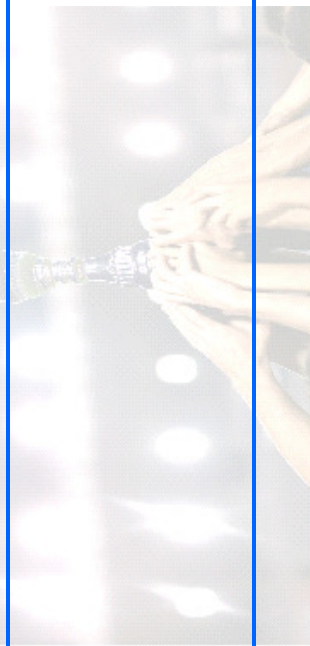
Put your steps in

LOCATION

WEEKLY STEP SCOREBOARD

TOP TEAM

TOP STEPPERS

	<div>1st</div> <div>2nd</div> <div>3rd</div>		
	<div>1st</div> <div>2nd</div> <div>3rd</div>		<div>1st</div> <div>2nd</div> <div>3rd</div>

