

# 2019 HEART & SOLE PEDOMETER CHALLENGE



This Challenge is open to all Wellington residents. You can sign up for this Challenge starting on Wednesday, September 25. Start logging your steps either the week of Monday, September 30, or the week of Monday, October 7. The Challenge lasts for six weeks, so you must start logging steps by no later than the week of Monday, October 8, in order to finish by no later than **Sunday, November 17, 2019, which is the LAST DAY you can log your steps.** You can turn in your completed scorecard anytime from Monday, Nov. 12 through Tuesday, November 19. **You MUST turn in your scorecard by NO LATER THAN TUESDAY, November 19, 2019, in order to receive a prize.** To begin, either download a tracking app for your smartphone or get yourself a pedometer or fitness tracking device. Trackers and pedometers can be purchased from many local retail stores such as Target, Walmart, Dick's Sporting Goods, BestBuy and Academy, or online from websites like Amazon or REI. You can buy basic pedometers that record steps that you log by hand on the chart on the back of this sheet, or you can buy smart fitness trackers such as FitBit, Garmin Vivofit, Jawbone and MisFit that will automatically track your steps and download the results to your computer or smartphone. The Apple smartwatch has a fitness tracking app that can keep track of steps, plus you can download many apps to your smartphone that will log your steps for you. For more information visit the Fitness section of the Wellington website at <http://www.wellingtonhoa.net>.

Next, decide realistically on the level at which you want to participate. Choose from a goal of 8,000 steps, 10,000 steps, or 12,000-15,000 steps a day, 5 days per week. You have the option to work up to this by going for 5,000 steps the first week, 6,000 steps the second week, and 7,000 steps for the third week. However, you will choose from 8,000 steps, 10,000 steps, or 12,000+ steps for the final 3 weeks of the challenge. If you have already been walking or running before the challenge starts and you want to go for your extended goal during the entire 6 weeks of the challenge, that's fine too!

During the **first week** of the challenge, your goal is a **minimum of 5,000 steps**, for at least 5 days of that week (25,000 steps total for the first week). For the **second week**, your goal is a **minimum of 6,000 steps**, 5 days of that week. For the **third week**, your goal is a **minimum of 7,000 steps**, 5 days of that week. Starting on week 4, you go for your entire goal, whatever you realistically decide. **In order to be eligible for a prize, you must meet your goal a MINIMUM of 5 days per week, so if you decided on 10,000 steps per day, you would be tracking 10,000 steps per day, at least 5 days during the last three weeks of the challenge (at least 50,000 steps that week).**

So, it's time to get started! If you are using a fitness tracking device or app make sure to read up on all its features so you are ready. If you are wearing an pedometer, for best results wear your pedometer on your right side waistband, lining it up with your kneecap if possible. You should put it on in the morning when you get dressed, and wear it all day, taking it off when you get ready for bed. Log your steps when you take it off, then reset it so you'll be ready for the next day! At the end of the week, add it all up, then add up the Grand Total at the end of the challenge. Note, there is a chart of step conversions on the scorecard to give you an idea of how many miles you're walking.

All finishers will receive a prize for completing the challenge. There will also be a grand prize for a participant drawn at random from all adult finishers. But regardless of which goal you decide to set, remember: Fitness is a journey, not a destination. Your ultimate reward is a more fit you!

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Participant Name: \_\_\_\_\_ Email: \_\_\_\_\_

**DAILY STEP GOAL** (starting the 4th week of the challenge or earlier if you wish):

Please circle your choice:      8,000      10,000      12,000      15,000+

Week of: (insert dates)	Step Goal	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.	Week's Total
	5000								
	6000								
	7000								
									<b>GRAND TOTAL:</b>

**In order to be eligible for a prize, you must meet your goal a minimum of 5 days per week.** Wear your device or pedometer all day, every day. If you are wearing a pedometer, remember to check your pedometer and record your steps EVERY EVENING before you go to bed!

Step/mileage conversions:

Please note, this chart is for reference only. It is based on an average stride length of 2'3". Your actual mileage may (and probably will) vary!

Steps	1,000	5,000	6,000	7,000	8,000	10,000	12,000	15,000
Miles	0.43	2.15	2.58	3.01	3.44	4.3	5.16	6.45