Step It Up
Pedometer Competition

Wellness Week is coming up fast! We are creating a friendly competition among residencies. Step up and join our pedometer competition.

How can you get involved? To create a team within your residency, all you need to do is
1. Participate in all 4 days of the competition using your own pedometer, fitbit, or app that counts steps.
2. Choose a team representative who will be in charge of submitting your team's steps each day.
3. Submit the name of your team rep by Monday evening, 2/4 via email Obgyn wellness rep Abby Otto, at Abigail.otto@lumc.edu.

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*Individuals with over 10 K steps in a day should take a screenshot and submit individually as well to be entered into the raffle at the end of the week. You can be entered into the raffle as many times as your daily steps reach 10 K, so up to 4 times! Prizes TBA at Noon on Friday!

*Your residency team rep must keep track of all participating individuals. Each day, individuals must submit their total steps to the team rep who will average the steps by number of participants and send to Obgyn wellness rep. Submit your team's average number of steps by 7 am on the following day. For example, Monday competition ends Tuesday at 7 am, allowing for night shift residents to participate in Monday's competition.

WHEN
MONDAY –THURSDAY
FEB 4-7

WHO
LOYOLA RESIDENCY’S "TEAMS"