Pedometer Competition

Track your steps daily!

Tally points:
For Steps, Photos and for Sharing
4 days only...
February 3 - February 6 at 11:59 pm

Enter to WIN a 3 month membership to Loyola Center for Fitness

Sign up Now....
Email LUMCPedComp2020@gmail.com

Additional instructions upon signing up
Pedometer Competition (...is back!)

- It’s Wellness Week...Join Us for a healthy **Pedometer Competition**

  - **H O W ?**
    - Track your steps daily...and tally points, that’s it
    - Points for **stepping**, for **photos** and for **sharing**
    - We are using the honor system

  - **W H Y ?**
    - Just for fun, and
    - You become eligible to **win a 3 month membership to Loyola Center for Fitness** for the highest points accumulated

  - **W H E N ?**
    - From **February 3 – February 6** ...start any day
    - The sooner you register that is your Day 1.

**Action Required...Sign up Now**

**Email** LUMCPedComp2020@gmail.com

**Did you know that a 30 minute television show has 10 minutes of ads? Use that time to get stepping**
Directions and Additional Instructions

Email LUMCPedComp2020@gmail.com to gain access to google shared document

Enter your steps on the spreadsheet
1 point...
= 2,000 steps
   Round up for ease of tracking (i.e. 8,372/2,000 = 4.2 points : 20,000/2,000 = 10 points, etc)
   = Sharing your post on social media
   = Taking a photo of you walking
   By sharing your photo, you are granting permission to use for inspire others to join

All points will be tracked through Thursday, February 6th at 11:59 p.m.
(This is to allow for all questions and follow up communication to be completed)

The winner will be announced on Friday, February 7th at lunch.

If you have questions, kindly email.

<table>
<thead>
<tr>
<th></th>
<th>Name</th>
<th>Department</th>
<th>Email</th>
<th>Monday 2/3/20</th>
<th>Tuesday 2/4/20</th>
<th>Wednesday 2/5/20</th>
<th>Thursday 2/6/20</th>
<th>Friday 2/7/20</th>
<th>Notes</th>
</tr>
</thead>
</table>
| 1 | Gus Smiley | Pediatrics | gus.smiley@luhs.org | 12            | 13             | 15               | 0              | 0              | On Monday, walked 23,120 steps=21.61 points  
   |           |            |                     |               |                |                  |                |                | On Tuesday, added points for walking, plus step points.  
   |           |            |                     |               |                |                  |                |                | On Wedns, walked 26,325 steps=13.16 points, shared post on Instagram (+1point) and photo was of me walking +1point |
| 2 |          |            |                     |               |                |                  |                |                |       |
| 3 |          |            |                     |               |                |                  |                |                |       |

Weekly Points Tally

40
Pedometer Step Contest

How far have I walked today? You may ask…
...but keeping track of those steps may be quite the task.

10,000 steps* each day is the goal
but don’t stop there if you’re on a roll!

Record your total steps at the end of each day

And at the end of this week you just may…

...show that you walked the most of all.

And win a prize and bragging rights as you see other residents in the hall!

*10,000 points = 5 points 😊  
Daily tracking from February 3rd – February 6th