



# Step This Way Registration

Name: \_\_\_\_\_

Associate ID# \_\_\_\_\_

Device Used \_\_\_\_\_

Nick Name/Celebrity \_\_\_\_\_

Name \_\_\_\_\_

## **Your Goal:**

1st... Increase your general activity level (this is subjective, so be honest with yourself and use your best judgement).

2nd... Try to get at least 10,000 steps per day. Don't give up if you aren't making this mark.

**One mile = 2,000—2,500 steps. Some days it may be easier than others.**

3rd... Track your steps regularly/consistently

PS. Don't forget that you can still play along even if you don't have an electronic device. We've provided a conversion sheet for activity, so ask your wellness representative if you need a copy. If you do choose to purchase a pedometer for this program SEWS will reimburse 1/2 up to \$50 of the cost of your electronic device. Keep in mind that you must complete the program and you must submit a receipt for your device. **"COMPLETION" is defined as a total of at least 225 point, which equals an average of at least 4,017 steps per day. Also, there must be consistent weekly entry of steps. No entering all of your steps at the end of the program.**



**Program Starts—August 29th (Monday)**

**Length of Program—8 weeks**

**Program Ends—October 23rd (Sunday)**

**Please have your form turned in the following day (Monday, October 24th).**

**A conversion chart has been included in case you do not have an electronic device and still want to participate.**

