

# Step It Up!

## Guidelines

### **The Rules:**

Reset your pedometer every morning to zero. Wear it all day, to work, for exercise, etc. At the end of the day, record the number of steps you took (write it on the bottom of your CR for that day). You could also take the pedometer off at night and record in the morning. Add up your steps at the end of the week and write on the front of your CR.

Make sure you wear it EVERY day! If you miss a day, you miss a whole day of steps!

### **The Teams:**

#### Footsloggers

Bill

Kathlee

Jenny

Jackie

#### Gumshoes

Cathy

Jennifer

Will

Mike

You can let the teams make up their own name for added fun.

\*\*Assign one person to be team captain to record the grand total of steps for the week.

### **The prizes:**

Winning Team: Victory Dinner Party prepared by second place team. The winners must be "wined and dined" by the second placers. You can entertain with a theme or whatever you choose, but the food must all be healthy with Live It Tracker information calculated. Location: TBA

Prizes can also be given for:

Most Steps Overall

Most Steps in One Day

Most Steps in One Week