

# VYC Step Up Challenge

## What is the Step Up Challenge?

To promote health and wellness, VYC is challenging you to STEP up by tracking your steps! Walking, running, hiking, and exercise all count! Be as creative as possible!

## Team Members & Requirements

This challenge will require teams which can have a maximum of 6 members; one of the members needs to be *Team Leader*. **ONLY ONE** member needs to fill out the google form, **preferably the team lead** **Register here:**

<https://docs.google.com/forms/d/e/1FAIpQLSfnkQnxz5L8KI8UHSV4NN4UpCvD8PsOhlgfjQqHLDLMnQkyYQ/viewform>

- You cannot be on more than 1 team

## What devices/ apps can I use?

You can use your Apple Watch, Fitbits, or Smartwatches for this challenge. If you do not have any of these appliances, you can use your phone and download the GoogleFit app which is available and free on both IOS and Android Systems.

## Important dates to remember & Timeline

**Wednesday, July 8th-** First day to sign up for the google form/Team registration

**Tuesday, July 14th-** Last day to sign up for teams (11:59 PM) using google forms

**Thursday, July 16th-** First day of the challenge

**Thursday, August 6th-** Last Day of the challenge

**Monday, August 10th-** Announce winners

## Points Tally

- The team leader will need to email [vrajyouthcommittee@vrajyouth.net](mailto:vrajyouthcommittee@vrajyouth.net) at the end of every week with total score updates & proof (pictures)
  - This email should include the total score of all team members for that week and screenshots/pictures to prove your scores
  - Your pictures need to justify your scores for the day and total numbers for the week. No pictures will disqualify the score(s).

## Prizes

- Team prize for the highest average steps- Amazon Gift Card
- The individual prize for the highest steps- Vraj merchandise item

**For questions:** Reach out to us at [vrajyouthcommittee@vrajyouth.net](mailto:vrajyouthcommittee@vrajyouth.net)

## Earning bonus Steps

Please share pictures with us and tag @VrajYouth with the hashtags **#VYCStepsUp** - every share is worth 10 steps if you tag @vrajyouth and use the hashtag!

- Also keep an eye on our Instagram throughout the 3 weeks for a chance to get extra bonus steps