

## > FAQ

### How to take the challenge

- Make a team of six with your co-workers. Choose a team captain and name.
- Pick up a pedometer from your HR department. Use the Step Tracker spreadsheet to record your steps every day. During the five-week challenge, report your steps to your team captain.

### What is a pedometer?

A pedometer is a small device you wear on your belt. It shows the number of steps you take, based on your movement.

### Where should I wear my pedometer?

For the best reading, wear your pedometer on your waistline, close to the center of your body.

### How many steps are in a mile?

There are 2,000 steps in a mile.

### Earn extra steps

- Get 2,000 steps (1 mile) for completing a health assessment.
- Earn 4,000 extra steps (2 miles) for joining a charity run or walk. Find events in your area at [runnersworld.com/cds/racefinder](http://runnersworld.com/cds/racefinder).
- Each week, earn 10,000 bonus steps (5 miles) by completing healthy activities. You'll get an email about these activities each week. You can do them anytime during the campaign.

### Do I log all of my steps?

Yes! At the end of each day, write down how many steps are shown on your pedometer.

### How many steps are recommended each day?

Experts say healthy adults should take 10,000 steps each day.

### How do I sign up?

Join a team, pick up a pedometer and start logging steps!

### When and how will I get my pedometer?

Once you've created a team, you can pick up your pedometer from HR.

### How do I record my steps?

Use the Step Tracker spreadsheet. You'll find it in the first email you received.

### Can I have more than six team members?

Sure! Encourage as many people as you can to join in.

### What does the team captain do?

Team captains lead their teams, make sure everyone logs their steps, and encourage their teams to have fun and do well in the challenge.

### What if my activities don't allow me to wear a pedometer, like swimming or biking?

Use the Step Converter document from the first email you received to find the number of steps from these activities.

Moda Health offers free, one-on-one health coaching to help you get active and make other healthy lifestyle choices. Call 877-277-7281 (TTY users, dial 711), or email [careprograms@modahealth.com](mailto:careprograms@modahealth.com).

