

# Spring Walking Challenge

## Captain's Guide

### **Creating Your Team**

After you login or register, navigate to the "Teams" tab and create a team. **Be sure to name your team according to the division you're competing in.**

*\*\*The division that you choose will determine how you register AND NAME your team so please read carefully.\*\**

#### **Light: Average 6,000 steps or less per day**

*If your team doesn't walk a whole lot but wants to challenge yourselves to a little extra movement throughout the day, this is your division. This may mean that you currently spend most of your day at a desk, and average 3,000-6,000 steps per day. These extra steps may seem like a lot at first, but your team is definitely up for the challenge!*

IF REGISTERING FOR THE LIGHT DIVISION, include a 1 in front of your team name, example: 1 Holy Walkamolies

#### **Moderate: Average 6,000-10,000 steps per day**

*Your team might be stuck behind a desk most of the day, but intentionally tries to get more movement throughout the day. If you're averaging 6,000-10,000 steps daily, and probably doing some regular physical activity, this is the division for you all to start going that extra mile!*

IF REGISTERING FOR THE MODERATE DIVISION, include a 2 in front of your team name, example: 2 Holy Walkamolies

#### **Competitive: Consistently hitting 10,000+ steps per day**

*Already active? Averaging over 10,000 steps a day? Maybe your team members have jobs that keep them on their feet all day, or you're very intentional about getting in exercise every week. Your team is serious about the competition and ready to walk!*

IF REGISTERING FOR THE COMPETITIVE DIVISION, include a 3 in front of your team name, example: 3 Holy Walkamolies

#### **Ultra Competitive: Consistently hitting 15,000+ steps per day**

IF REGISTERING FOR THE ULTRA COMPETITIVE DIVISION, include a 4 in front of your team name, example: 4 Holy Walkamolies

*Your team has a touch of crazy (we're looking at you Luke Skywalker!) and is highly motivated by competition. You are very active already and will take it to the next level for the sake of competition. This division is not for the faint of heart!*

## Adding Members to Your Team

Click your team name. On the right side of your page, you will see an option to 'Invite Members;' click this. Under 'Invite Other Walkers...' you have the option to 'Invite by Username or Name' (this is only for those who have already created their account at Walker Tracker) OR you can manually send a link to join your team via email using the 'by Link' option.

## Other Captain Duties

We received feedback from the Transylvania Trek Challenge that team captains wanted to be more involved in encouraging their team and holding them accountable, especially now that Walker Tracker is taking over the hard work of collecting everyone's steps.

1. Every week, we'll send 70k and 80k stepper email signatures to captains. Captains will be responsible for seeing how many steps their teammates completed that week and sending them to the appropriate people. This is super easy to check by just going to their profiles on Walker Tracker.
2. We'll have team challenges every week that captains will be responsible for submitting.
3. Get creative! Find ways to encourage your team to get those steps in. You could have small prizes or recognition for the person on your team who gets the most steps each week or improves the most. Encourage walking meetings in the office and get folks moving!

## Rules to Remember

1. GatorCare will move your team's division at our own discretion (we will let you know if we are moving your team). For example, if your team is competing in the moderate division but individuals are regularly completing over 10,000 steps a day, we will move you into the competitive division. Participants told us that it seemed like teams were self-selecting incorrect divisions – leading to landslide victories in almost every division.
2. One individual cannot be on multiple teams. If we see that someone is on multiple teams, we'll reach out to that person as well as the team captains and ask them to choose one. Having a team member who is on multiple teams disqualifies your team from winning.
3. Teams must be at least 4 people. We'll reach out if we notice your team doesn't have enough people. Teams under 4 people are disqualified from winning.
4. You can only re-name your team once, so make sure you're naming your team correctly! If your team isn't named with a division number first, we will automatically place you in the Ultra-Competitive category (and we will reach out to let you know before we do that).
5. This is a steps-only challenge, meaning that if you enter converted activities on Walker Tracker, they will not count towards your steps. This is because most wearable devices will convert steps and this will prevent people from mistakenly double-entering steps.
6. Once you select your method of step entry (manual or device), you cannot change it. So if you had syncing issues during the past challenge, we recommend selecting manual entry.
7. HAVE FUN! Remember, this isn't about winning a competition against other teams – it's about challenging YOURSELF to move more throughout the day! (Okay, getting a trophy is cool, too)

## Any other questions?

Chances are the answer to any question you have can be found on [support.walkertracker.com](https://support.walkertracker.com) or by emailing [support@walkertracker.com](mailto:support@walkertracker.com). If those don't work out, or you have clarifying questions related to the challenge (not Walker Tracker), you can contact Brittany Evans at [beva0001@shands.ufl.edu](mailto:beva0001@shands.ufl.edu).