

SOLE Survive-N-Thrive

Monthly Walking Challenges 2022

Participation in challenges are entirely up to the individual. In order to keep participants consistent in their feedback we have a few guidelines:

- For the sake of consistency 2,400 steps = 1 mile
- Record keeping is on the honor system
- Participants are encouraged to walk 3 times a week for 30 minutes each

Monthly Challenges

May Challenge -

3 FOR 30

Individual Challenge

Duration: 1 month

Start your walking program with a goal to build up your strength and endurance to walk 3 times a week for 30 minute sessions each.

June Challenge

GOING FOR THE GOLD

Individual Challenge

Duration: 1 month

Encourage individuals to get walking with this tiered challenge. Participants who walk a total of 180,000 steps (6,000 per day) receive a bronze medal, those who walk 240,000 (8,000 per day) get silver, and those who walk 300,000 (10,000 per day) earn gold.

Can you earn 12 "Gold Challenges?"

July Challenge

WELLNESS ROCKSTAR.

Individual Challenge

Duration: 1 month

Be the Rockstar for your team by making the decision to add movement to your day, committing to 3x per week of 30 minute sessions, then reaching three consecutive months of challenges.

Accomplish this and earn the title of Rockin-Awesome!!

August Challenge

10,000 A DAY.

Individual Challenge

Duration: 1 month

Yes, you can do it! Walk a minimum of 10,000 steps a day, every day, for one month to earn this challenge.

September Challenge

STEP THIS WAY TO 10K.

Individual Challenge

Duration: 1 Day

This is an individual challenge that pushes you toward the goal of stepping for 10k. That's 6.2 miles.

You can do it as a group or an individual. The total steps in this workout is 14,880.

Yes! You! Can!

Individual Challenges

MOST IMPROVED.

Individual Challenge

Duration: 6 months

This challenge focuses on individuals and their weekly average number of steps. At the end of the challenge, we compare average weekly step counts from the first week to the last. The person who improved the most can win the title "Most Improved" among their group.

100 MILES.

Individual Challenge

Duration: As Long As It Takes

This challenge focuses on individuals and their accumulated number of steps. The goal is to achieve the 100 Miles Milestone.

CAMPUS CRUISERS

Individual Challenge

Duration: Monthly ongoing

This challenge focuses on individuals establishing regular walk breaks during their workday. How many days can you take 5-minutes and cruise around your work campus or around the block where you work? It's a quick 500-700 steps!

Team Challenges

2 MILLION STEP CHALLENGE

Team Challenge

Duration: 1 month

This challenge is to encourage each team member to walk as much as possible in 30 days. At the end of 30-days teams with 2 million or more earn this challenge.

ROUTE-A-BOUT

Team

Duration: Program Length

This challenge focuses on teams and their walking routes. Teams are encouraged to seek as many alternate walking routes that they can and add them to their list of accomplishments.

Teams are encouraged to be innovative and walk beyond their standard route. Take a hike, travel to the beach and log a walk, walk around a shopping mall, walk a new neighborhood, etc. The team with the most varied routes wins this challenge.