



Spring Yourself(ie) into Action Challenge

Focus Area: Physical Activity

Objective: The *Spring Yourself(ie) into Action Challenge* is designed to add a few more opportunities to increase your daily step count to 10,000.

Length of Challenge: One month

Materials Needed: [Spring Yourself\(ie\) into Action Tracking Sheet](#)

Directions:

1. The Spring Yourself(ie) into Action Challenge is designed to add a few more opportunities to increase your daily step count to 10,000.
 - a. **Start small and work your way up** toward taking 10,000 steps each day. First, figure out your average steps per day. **Set a goal** to increase your steps by 500 to 1,000 steps each day for the first week. **Keep slowly increasing your steps over time to reach a bigger goal that's attainable for you.**
 - b. Record your daily steps on the tracking sheet provided.
2. Pick a destination that's good for you!
 - a. If you're looking for new routes, use [mapmywalk](#) to create some. [Or check out the ones on our website.](#)
3. Take a [selfie](#) (or "us-ie" if you're with others) at each **different** destination you choose over the four weeks.
 - a. Send to WFHT.TN@tn.gov or post them to our WFHTN [Facebook Page](#).

Regional/Satellite Offices & AWS Employees: This challenge can be hosted across regional/satellite offices and/or with AWS employees.

Getting Started:

1. Decide what dates your "Spring Yourself(ie) into Action Challenge" will run.
2. Establish a sign-up period (for example, one week) before the challenge start date.
3. Determine how participants will let you know they participated.
4. Announce the challenge to employees! (This can be done via email, e-newsletter, department intranet and/or fliers.)
5. At the close of the sign-up period (if you established one), contact all participants to share the following:
 - A welcome, congrats and/or thank you for participating in the challenge.
 - Dates of when the challenge will begin and end.

- Instructions on how to participate in the “Spring Yourself(ie) into Action Challenge”.
6. Print or attach via email the “Spring Yourself(ie) into Action Tracking Sheet” and distribute to all participants.
 7. As the challenge comes close to an end, send a wrap-up email to participants.



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