

Challenge Points System

The **Step by Step: Walk for Wellness Challenge** will involve teams of one to four participants (one team captain and up to three participants). **Each day** for the duration of the challenge participants will track their physical activity participation using a pedometer/odometer or the conversion chart provided for non-step activities. In addition to logging their steps, participants will log the number of servings of vegetables and fruit they consume each day. Their steps and servings can be logged on the Personal Activity/Nutrition Tracking Sheet provided.

The challenge is designed to include people of all fitness and activity levels, whether they are already active or not - all staff who are interested can participate, learn new things, and have fun!

There are two phases for the participants in this challenge:

1. Baseline – One week

- Every day - Participants track their servings of fruit and vegetables and their daily activity using the **Conversion Tool for Non-Step Activities** (Appendix D) and a **pedometer or odometer** to log their steps on the Personal Activity/Nutrition Tracking Sheet (Appendix C).
- This will be the baseline activity level.
- NO points will be awarded for the first week.

Points begin to accumulate at the beginning of the second week.

2. Challenge – Four to Eleven weeks

- Every day - Participants continue to track their daily activity and number of servings of vegetables and fruit using the Personal Activity/Nutrition Tracking Sheet provided.
- At the end of each week, participants will forward their weekly totals to their Team Captain.
- Captains will forward their teammates' **average weekly** activity totals to the Challenge Coordinator or enter them directly into the online points calculator. Team point totals will be tallied based on the sum of the contributions of each team member.
- The point system has been developed to reward gradual and continual progress, as well as the successful maintenance of a 10,000 + step per day average throughout the challenge.
- The nutrition portion has been set up to reward healthy eating behaviour based on the 2007 edition of *Eating Well with Canada's Food Guide*.

How the “Points Calculator” Works:

The online points calculator has been created to assist the Challenge Coordinator with the calculation and tracking of team scores www.walkforwellnesschallenge.ca. To use the online points calculator, the challenge coordinator must have access to the Internet. Although the point system may seem a bit difficult at first, it is necessary to “level the playing field” for participants of all fitness levels. The point system rewards participants for making consistent increases of 10% or better in their physical activity level or for already being “in motion” and remaining above 10,000 steps for the duration of the challenge. The point system is designed to equally reward participants that are less active and those that are more active at the start of the challenge.

“Step Points” - Physical Activity Points

Basic Step Points:

- **1 point** for each **1000** steps per teammate for their weekly average of steps up to a **max of 10 points** (10,000 steps).

Weekly Bonus Step Points:

*For less active participants who have an average **below** the benchmark of 10,000 steps per day:*

- **5 points** for an improvement of 10% or more up to the weekly equivalent of 10,000 steps per day.
- **Example:** Participant averages 5,000 steps during the baseline week. During week two, the same participant averages 8,000 steps. This participant would then receive 8 step points and 5 bonus step points for 13 combined points.

*For active participants who have an average **above** the benchmark of 10,000 steps per day:*

- **3 points** for an improvement of 10% or more beyond the weekly equivalent of 10,000 steps per day.
- **Example:** Active participant achieves an average of 11,000 steps during the third week of the challenge. Then during the fourth week, the active participant increases their average step total to 12,100 steps. This participant would then receive 10 basic step points for staying above 10,000 steps and would also receive 3 bonus step points for increasing their step total by 10%.

End of Challenge Step Bonuses:

- These bonuses are tallied at the end of the challenge. The bonuses awarded are greater as the challenge length increases (see below).

Challenge Length	5-7 Weeks	8-10 Weeks	11-12 Weeks
Average Step increase each week by at least 10% for duration of challenge	10 Bonus Points	20 Bonus Points	30 Bonus Points
Average Step totals > 10,000 steps for duration of challenge	10 Bonus Points	20 Bonus Points	30 Bonus Points

“Healthy Eating Points”

Basic Healthy Eating Points

- 5 points will be awarded to each participant who achieves a weekly average of at least 7 fruits and vegetables per day.

End of Challenge Healthy Eating Bonuses:

- These bonuses are tallied at the end of the challenge. The bonuses awarded are also greater as the challenge length increases (see below).

Challenge Length	5-7 Weeks	8-10 Weeks	11-12 Weeks
Maintaining an average of at least 7 fruit and vegetable servings for the duration of the challenge	10 Bonus Points	20 Bonus Points	30 Bonus Points