



EHSD I WALK CHALLENGE!

KEEP PHYSICAL DISTANCE AND STILL COUNT YOUR TEAM'S
STEPS TOGETHER

For more information visit
<http://ehsddhome/social/wellness/default.aspx>

**SEPTEMBER 8TH
TO
OCTOBER 19TH**

EHSD I WALK CHALLENGE!

SEPTEMBER 8TH - OCTOBER 19TH

JOIN THE FUN!

Step 1: Build a team (up to six)

Step 2: Team leader collects selfie images from each team member to create your team's page

Step 3: Email completed registration form, waivers, and your team's page of selfies by **August 27th** to wellness@ehsd.cccounty.us

Step 4: Start tracking steps on **September 8th**

LET'S TAKE STEPS TOWARD WELLNESS!

Learn more and download I Walk materials at
<http://ehsdhome/social/wellness/default.aspx>

I WALK CHALLENGE!



September 8 - October 19, 2020

Team Registration Form

Build a team of 3 - 6 individuals. Email wellness@ehsd.cccounty.us before Thursday, August 27th, if you need us to add you to a team, and include your name, work location and phone number. Although we cannot walk together due to physical distancing guidelines, your steps will count toward your team's total.

Team Name: _____

Team's Goal: _____ (Total number of average steps at the end of the "I WALK" Challenge)

Team Leader: _____ **Phone** _____

Team Members

1	_____	4	_____
2	_____	5	_____
3	_____	6	_____

Please note: Maximum of six walkers per team (for tracking purposes). The I Walk Challenge is open to all EHSD staff and contract workers.

Preliminary Evaluation:					
Please an "x" in one column that applies for each team member:	I wasn't considering any exercise at all until I heard about the EHSD Wellness I WALK Challenge	I don't exercise or walk regularly but have been thinking about starting.	I have been exercising or walking regularly less than 4 times/week.	I have been exercising or walking regularly at least 4 days a week for less than 6 months.	I have been exercising or walking regularly at least 4 days a week for 6 months or longer.
<i>Example: Joe</i>		x			
Team Leader					
Team Member 1					
Team Member 2					
Team Member 3					
Team Member 4					
Team Member 5					

Team Member 6

Team leaders: please send completed registration forms and waivers via email to wellness@ehsd.cccounty.us, or via interoffice to Deb Johnson at 40 Douglas by August 27, 2020.

I WALK CHALLENGE!



September 8 - October 19, 2020

I Walk Challenge Waiver

I will be participating in the Employment and Human Services Department I WALK Challenge September 8 - October 19, 2020. I will use my own pedometer or device to accurately count my steps while at work and during off hours.

I understand that this program is not mandated by the County nor required by my supervisor and participation in the program is entirely voluntary.

I also understand that my employer may not be liable for the payment of workers' compensation benefits for any injury that arises from my voluntary participation in any off-duty recreational, social, or athletic activity that is not part of my work related duties.

Signature

Print Name

Date

* Team Leaders: Please email signed waivers to Wellness@ehsd.cccounty.us or send them via interoffice to Deb Johnson at 40 Douglas Drive, Martinez before **August 27, 2020**.

EHSD "I WALK" CHALLENGE TEAM LOG SHEET



NOTE: Please complete on the computer (not by hand)

WEEK 1

TEAM NAME:		
Team Leader:		DATE

Team Leaders: E-mail your team's average weekly steps and bonus points earned to wellness@ehsd.cccounty.us

MEMBER	NAME	STEPS WALKED	NOTES:
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
TOTAL:		0	
TEAM AVERAGE:			

To calculate team average, take the total number of steps and divide by the number of team members that walked. To automatically calculate go to the cell for average and enter an equal sign, then click on the cell above for the team total, then enter a forward slash, and the number of team members. When you enter, you will have the average. Your formula will look like this: `=c30/6 ↵`

Do **NOT** add your bonus points to the total when calculating the average. Bonus points are tallied separately. Members of the team that do not turn in step counts, should not be counted for determining the team average.

BONUS POINTS

Photos:	1,000 per photo of team; Maximum 3,000/week per team.		
Special Project:	1,000 to 5,000 per team, per week		Special project bonus points must be pre-approved and authorized.
TOTAL BONUS POINTS:		0	