

Development of a Pedometer Challenge

Objective:

To create a pedometer challenge in school to increase the number of steps taken by students and/or staff members.

Directions:

TIP: A pedometer challenge should be an event that creates motivation for everyone involved. In order for a pedometer challenge to run smoothly, each step should be considered individually before moving on to the next step.

Getting Started:

1. **Decide on your target audience.** The most important step is to decide who you want to participate in the challenge. Will it be teachers, staff, students or parents?
2. **Decide the size the challenge will be.** How many participants will you be seeking (the entire school, one grade level, one class, etc.) and how will they be competing (individually or in groups)? Then deciding on the challenge size, take into consideration the materials needed. Pedometers are a must. Are the participants going to supply their own pedometers? Will you be purchasing them? Are there any other resources you will need to purchase in order to accommodate all those that are participating? These items need to be taken into consideration when deciding on the size of the challenge.
3. **Determine the length of your challenge.** When will steps be tallied? How long will the challenge be (month, semester, year)?
4. **Consider rewards.** Are you rewarding all participants? What do you plan on giving the participant and/or group of participants that participate and/or win the challenge? Is there going to be an overall winner? Will prizes be given out to all the participants?
5. **Find support.** Decide who will help with tallying step counts, purchasing rewards, printing out materials and asking for donations.
6. **Find funding sources.** Decide how you will purchase pedometers and/or other resources (prizes, record books, walk maps, evaluation forms, etc.)
7. **Determine how you will distribute/loan the pedometers to the group.** Will you check them out after school?
8. **Plan pedometer challenge details.** Pick a date for a pedometer challenge information session. Determine who will be responsible for tallying steps and how often this will be done. Determine the amount of time the participants will need to wear their pedometers. Will they wear them all day or only in gym class? Set a start day and time in which each participant will receive their pedometer, record books and any other materials needed to complete the challenge.
9. **Develop program materials.** Record books, pedometer information, walk maps, evaluation forms, pedometer rules, promotional flyers and evaluation questionnaires must be developed prior to the start of the program.
10. **Begin pedometer challenge promotion.** Hang signs, distribute emails and use word of mouth to promote your Pedometer Challenge Information Session. If the challenge is associated with a class period or room, set aside time to explain the challenge. At the information session or during the class period, give them a preview of the challenge, share with them the benefits and prizes. Also, use the information session to teach the participants how to use the pedometers.
11. **Begin pedometer challenge.** Make sure the participants receive record books, walk maps and pedometer challenge rules prior to the challenge start date. If the start date is not associated with a meeting or class period, send out a reminder prior to pedometer start date.

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- 12. Follow-up with participants to collect logbooks or check pedometer step-counts.** This should occur weekly. Also during follow-up ask for feedback about the program, reward the participants for all of their hard work and encourage them to keep it up.
- 13. Reward participants.** Set a meeting or time to give the awards out. Make sure to notify everyone participating in the challenge. Handout participation awards to all participants. Reward a grand prize to the top-stepper.

Materials to develop prior to start date:

- Promotional flyer/emails
- Record Books
- Walk Maps
- Evaluation Forms
- How to use the pedometer handout

Material for Challenge:

- Pedometers

Maintenance:

Weekly:

- Send out reminder emails, remind participants when to keep track of their steps and the date they need to turn in the number of steps that have been taken.
- Tally steps once per week.

Monthly:

- Schedule a monthly meeting to discuss progress.
- Tally weekly step totals once a month.

Yearly:

- Start over!

Extras:

- Schedule a monthly meeting for participants to discuss how they are increasing their step counts.
- Offer incentives for participation/improvement
- Create different challenge courses and timelines (over the course of a weekend or who can get enough steps to walk across a state)
- Include monthly activities that can count as 'double-steps' such as before/after-school activities.