



## Diocese of Monterey May 2021 Walking Challenge

The Walking Challenge runs **May 1, 2021 through May 30, 2021** for all eligible **employees** who have ordered a pair of shoes. If you received a pair of shoes (or your shoes are on back order) from the Diocese of Monterey, you are required to participate.

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**You can earn raffle entries by working towards the following goals:**

- Week 1: 21,000 total steps (average 3,000 steps a day) = 2 raffle entry
- Week 2: 35,000 total steps (average 5,000 steps a day) = 3 raffle entries
- Week 3: 56,000 total steps (average 8,000 steps a day) = 4 raffle entries
- Week 4: 70,000 total steps (average 10,000 steps a day) = 5 raffle entries

### Important Reminders

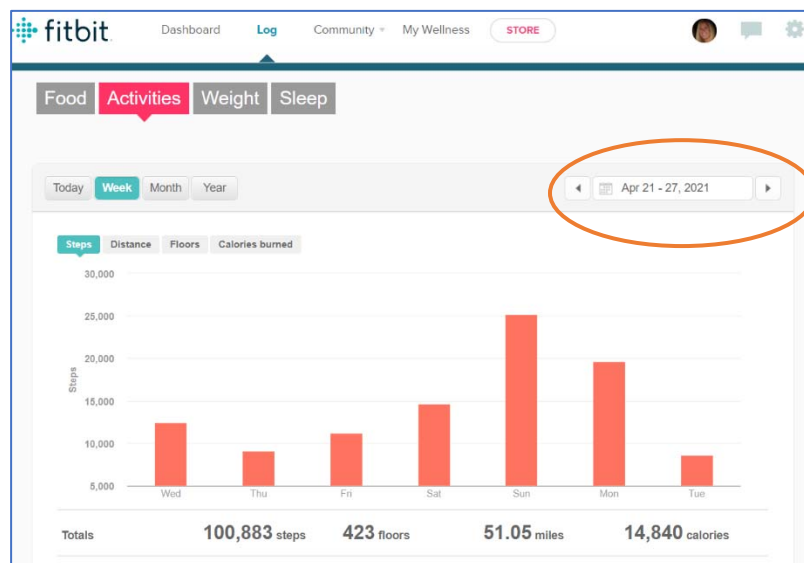
- Keep your Fitbit on at all times, and don't forget to sync it weekly.
- Updates are due by every Monday by noon.
- Fitbit Customer Service Phone Number: 1-877-623-4997.
- If you have any questions, please contact [walkingchallenge@dioceseofmonterey.org](mailto:walkingchallenge@dioceseofmonterey.org).

Starting May 1, 2021, you will begin to use your Fitbit to **log your steps**. To encourage participation, we will **conduct several raffle prize drawings** throughout the challenge. Based on participation, raffle prizes will consist of **gift cards in various amounts available to the winners**. Prizes will be sent via U.S. mail in June to purchase fitness and/or health related items!

### Participation Instructions:

Please log into your Fitbit applicaton (fitbit.com).

Under "Log" select "Activity" then Week to select the appropriate week and proceed to select the correct dates to view your steps for the week. **Enter your weekly total steps below then take a screen shot and send your picture to [walkingchallenge@dioceseofmonterey.org](mailto:walkingchallenge@dioceseofmonterey.org).**



Week 1 Steps: May 3 to 7 \_\_\_\_\_

Week 2 Steps: May 10 to 14 \_\_\_\_\_

Week 3 Steps: May 17 to 21 \_\_\_\_\_

Week 4 Steps: May 24 to 28 \_\_\_\_\_

**You photo is due by Monday at noon to qualify for the previous week's raffle prize.**

## Happy Walking!!