



CONGRATS ON BEING PART OF THE CHALLENGE!
(Now let's get to to the good stuff!)

What do you need? A smartphone or smartwatch.
(Wearable pedometer works, too!)

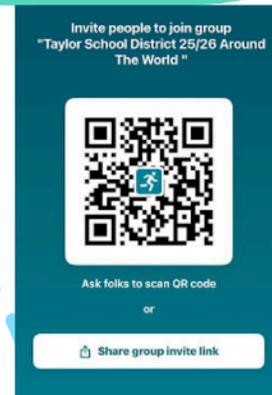
**1. Download the "Step
Up" App**



Journey begins
January 5th

**2. Join our group on the app by
clicking below or scanning the
QR code.**

**3. Click the + sign
"Enter link to add
friend/goup"**



Questions?
Contact Marlene Scott or
Bridget Jarvis

**4. Enter code
xZcY1Y**



The 8-Week "Around the World Adventure" Step Challenge

This challenge blends fitness, fun, and cultural knowledge, encouraging school and district staff to hit their personal daily goal of 8,000 steps.

Challenge Structure

- Individual Step Goal: Aim for 7,000 steps per day
- Who: All TSD staff are welcome to participate!
- Tracking: Use StepUp app
- Prizes : All participants who complete the challenge (sign up and log steps via the app each week) will be entered into the Grand Finale raffle. Twenty \$25 gift cards will be raffled off. Each person may only win once. Thank you to our sponsor: [Building Healthy Communities](#)
- Timeline: start right after break (Jan 5) and last 8 weeks (end Feb 27).
- Extra Raffle Entry: For the school with the highest average weekly steps, each person will receive an extra entry into the Grand Finale raffle!
- Engagement: In the app you'll see all your peers steps each day to cheer each other on! Every other week we will tackle a new area of the world with pictures, facts, and trivia as we track our steps around the world!
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Get Ready to Move!

The "Around the World Adventure" Step Challenge is more than just steps; it's an opportunity to prioritize your health, connect with colleagues, and discover the joy of movement. Let's make this extended journey a healthy and memorable one for our entire district staff!

Questions? Contact: Marlene Scott or Bridget Jarvis

Let the virtual journey begin, you need a smartphone to participate, a wearable pedometer is optional.

1. **Download the Step Up App**



2. Join our group on the app by clicking below or scanning the QR code.
 - a. Join the "Taylor School District 25/26 Around The World " group on StepUp. <https://join.thestepupapp.com/xZcY1Y>



- b.
- c. When you download the app
- d. click the + sign
- e. "Enter link to add friend/goup"
- f. enter the code xZcY1Y