

Step Challenge 2017: 4th September – 1st October

You are invited to take part in this Fun Team Challenge
REGISTER NOW!

What is the Step Challenge? Teams (3-6 people) take as many steps during the Challenge as possible (using the app or step counter). Team Captains will register the team and team members will log their steps daily or weekly on the Active Travel Logger at

www.stepchallenge.ie

Weekly Prizes will be available for the Team Photos competition, Best Stories competition and plenty of spot prizes. **Leaderboard Prizes** include gift vouchers and goody bags.

Team Captains Register Your Team NOW

www.stepchallenge.ie

**I'D RATHER
BE WALKING**

**DON'T LET THE
MACHINES WIN.
TAKE THE STAIRS**

**HAPPINESS
WALKS ON
BUSY FEET**

**BEST FOOT
FORWARD**

**IT'S NOT
JUST A WALK,
IT'S A WORK OUT**

**MAKE YOUR
FEET YOUR
FRIEND**

Step Challenge 2017
4th September — 1st October
Get a team of 3 — 6 together & sign up now!
www.stepchallenge.ie

TDI
smartertravel 100
100 campuses
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100 workplaces
National Transport Authority, 6th Floor, Hugh Court, Harcourt Lane, D.C. T.01 879 8300

What is the Step Challenge?

The Step Challenge is a workplace walking event, open to all Partners of the Smarter Travel Workplaces Programme and other Workplaces potentially interested in becoming a partner.

It is run annually in partnership with the Irish Heart Foundation. The Step Challenge 2017 will run from the 4th of September to the 1st of October. The aim is to encourage staff of Partner workplaces to walk more for health and on the commute.

How do I take part?

Get together with your workmates and form a team of 3-6 people. Give your team a name and choose a Team Captain. Your Team Captain will be the main point of contact for your team.

How to register teams?

Team Captains can register their team by setting up an [Active Travel Logger](https://www.activetravellogger.ie) account go to www.stepchallenge.ie or and click the purple 'Register' button or go to <https://www.activetravellogger.ie> and register directly.

If you are a Team Captain and you already have an [Active Travel Logger](https://www.activetravellogger.ie) account, you can enter your Step Challenge team details by logging in, clicking on 'My Personal Details' and filling in the 'Step Challenge' tab. Please note we launched a new website in June so if you registered before that you will need to sign up to the new system. The Team Captains will log the team steps at least once a week or you can also log daily if preferred. Further information on logging steps will be provided to Team Captains before the Challenge begins.

Where do I get a Step Counter?

If you need to purchase a Step Counter, your Team Captain can buy them on behalf of your team through www.stepchallenge.ie, using PayPal. The Team Captain will print off their receipt from PayPal and give it to your company coordinator in exchange for the step counter they have paid for.

Team Captains will need a credit or debit card to complete this purchase. Step Counters cost €8 each, with a portion of each sale going to the Irish Heart Foundation.

Step Logging

You can download a Step Log Booklet from www.smartertravelworkplaces.ie/step-challenge/resourceslinks/

Once the Challenge begins, you will need to activate the app or wear your step counter every day and keep a record of your steps daily for the 4 weeks of the Challenge in your step logbook. You will be able to log your steps online on a daily or weekly basis on the Active Travel Logger at www.stepchallenge.ie

If you have any questions about the Challenge, please contact your Company Coordinator or email stepchallenge@nationaltransport.ie

So get your team together and start stepping your way to the top of the leader board!