



FOOTBALL

F R E N Z Y

STEP CHALLENGE KIT

Are you ready for kick off? This sheet has everything you need to know to get started with the Football Frenzy step challenge. This challenge is designed as a 30-day challenge, but can be adapted to your the needs of your individual department for a custom experience.

Each kit includes:



Individual Tracker

Participants use this tracker to keep track of their personal steps each day. An interactive PDF version, which totals the steps automatically, can be obtained by contacting Marie Harris (marie_harris@byu.edu). Included in this kit is a sample copy that may be copied and distributed if participants prefer to fill it out by hand.



2 Group Trackers

Participants use this tracker to report cumulative step totals. Each participant will update their overall total here with a dry erase marker each day so that everyone can see where they stack up against the competition. Up to 12 participants can fit on each page. Two copies are included for departments

with more than 12 participants. At the end of each week, the participant the greatest total of steps overall will be the leader that week and their name will go under the corresponding "quarter" heading.



1 Football Field

This is where participants will show their progress each day. Post this field in a visible place in the office where all participants can see it. The numbers in the blue boxes are the step counts that participants should use when tracking their progress.



13 Footballs

Each participant will have a football with their name written in the blue rectangle with the dry erase marker. Participants place a roll of tape on the back of their football and move it down the field as they add up their steps each day. If needed, additional footballs can be obtained from BYU Wellness.

1 Dry Erase Marker

Use the dry erase marker to write on the items. Please do not use a permanent marker as these kits will be used by other departments as well.

Pedometers (not included)

Daily steps are tracked by pedometers. Participants should use whatever tracking method works best for their individual routines, whether it be a smartphone, Fitbit, pedometer, or other tracking device. If a participant does not have any of these, pedometers may be purchased from the BYU Wellness office.

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