RULES OF ENGAGEMENT

WHAT IS THE WALKING CHALLENGE?
The Walking Challenge is an intercollegiate competition between Moravian College, Muhlenberg College, and DeSales University to see which school can have the highest average steps.

Moravian will also have an internal challenge with students and each VP division challenging each other. The competition is based on how much physical activity you participate in, not just walking.

WHO CAN PARTICIPATE?
Everyone can walk. However, your commitment is important. We are asking for 6 weeks of commitment from March 23 through May 3, 2015.

HOW DO I TRACK ACTIVITY?
Steps and conversions are allowed. This means that any physical activity can be converted to steps and counted in the total weekly steps.

- **Track steps with a pedometer**—Walkers are responsible for purchasing their own pedometers; however, HR will reimburse up to $5.00 of the cost. For reimbursements, just bring your receipt to the HR Office, 3rd floor Colonial Hall, to receive a voucher. *Recommended pedometer brand—Pedusa.*
- **Track steps with a Smartphone app**—There are many free apps that can be used to track steps and physical activity. No reimbursement will be provided for smartphone apps. *Recommended apps—Pacer, iSteps Lite, Map My Walk, Pedometer++, and The Moves.*
- **Use Conversions**—visit the Walking tools section of the Walking Challenge page on AMOS for the conversion chart.

HOW DO I REPORT STEPS?
Report your steps weekly on AMOS – report prior week’s steps on Monday

- Use the Steps counter on AMOS [https://amos.moravian.edu/LogMySteps](https://amos.moravian.edu/LogMySteps)
- FMP&C Staff with no access to AMOS should report weekly steps to Barb Yurasits

HOW IS THE AVERAGE FOR MORAVIAN WALKERS CALCULATED?
Total average steps will be determined by dividing the total steps reported for the week by the total number of walkers reporting steps. Walkers who don’t commit pull down the average.

WHY SHOULD I PARTICIPATE?
Not only are you walking for your health, but as an incentive, walkers also have the chance to win great prizes! Plus, don’t you want to see Moravian win the challenge against Muhlenberg and DeSales? *We need your help to beat our rivals!*