



## 2018 Step Up for Health! Challenge

### FREQUENTLY ASKED QUESTIONS

- **How do I track my progress?**

Write down the steps from your pedometer, phone app or the conversion chart at the end of each day on the personal log provided. Add all of the days you tracked together for the week. Submit your weekly entries in the Step up for Health! weekly input form on LYB.com on Tuesdays of the new week so we can update the standings of participants and sites as accurately as possible. If you have missed a week, you can add numbers from the previous week to the current week.

- **When does the week start and end?**

Weeks are identified as beginning at 12:01 a.m. Monday morning and ending at 11:59 p.m. the following Sunday. **Challenge runs May 7 – June 3.**

- **How does my spouse or dependent participate?**

Family members can count their steps the same way as stated above and can log in their information in the Step up for Health! weekly input form on LYB.com.

- **What if I miss a week of the challenge?**

If you have missed a week, you can still participate by adding numbers from the previous week to the current week.

- **How do I enter my steps if I am not at work?**

Everyone will have access to the Step up for Health! online form at home and work on LYB.com.

- **Can I still participate if I can't achieve 6,000 steps a day?**

Yes, we have set a goal of at least 6,000 steps to encourage you to challenge yourself. But we also understand that this is a journey towards accomplishing your goals and we must all start somewhere.

Please contact your [LifeBeats site champion](#) for additional information.