

# Step Challenge 2016

*Mon 12th September - Sun 9th October*

## Team Guide



**Are You ready to feel Good?**

# Are **You** Ready to Feel **Good**?

**Yes! I'm ready! What do I do?!**

Get together with a team of 3 to 6 people – no dogs allowed!

**And register your team: It's as easy as 1,2,3! -**

1. Register the team name (**Team Captain**) on [www.activetravellogger.ie](http://www.activetravellogger.ie)
2. Set up individual accounts (**all team members\***) to log steps; and
3. Watch your progress and view leader boards on [www.activetravellogger.ie](http://www.activetravellogger.ie).

\*If you don't have access to a PC, tablet or smart phone, don't worry, your Team Captain can log on your behalf too!

We've tried to make our new Active Travel Logger website nice and easy, and you'll find some screen grabs at the end of this to show you what to look for when registering, logging activity etc. But if you have any questions, just get in touch – [stepchallenge@nationaltransport.ie](mailto:stepchallenge@nationaltransport.ie).

**To Count your Steps, you can –**

- Download the new **Smarter Travel Step Counter** app (iOS or Android), which will auto sync your steps! *OR*
- Use a similar type app **or your own step counter**; *OR*
- Buy a step counter from us (limited stock!) on [www.stepchallenge.ie](http://www.stepchallenge.ie)

Remember that only steps on your counter count – so no swimming or cycling, but chasing Pokémon is fine once you're watching where you're going.

**Ready, Steady, Go!**

Get stepping and counting on **Monday 12<sup>th</sup> of September**, until **Sunday 9<sup>th</sup> of October 2016**.

**To Log your Steps -**

To feature on the Leaderboards, you'll need to log onto [www.activetravellogger.ie](http://www.activetravellogger.ie) throughout the challenge. **Only the new Smarter Travel Step Counter app will sync steps to your account/ team.** If you're using any other counter, remember to log in and enter your details.

If you don't have access to a smartphone, tablet, or PC, your Team Captain can log your activity on your behalf.

If you want to keep a track of your activity on paper or Excel, you'll find trackers on [www.stepchallenge.ie](http://www.stepchallenge.ie).

Check out the leader boards at the end of every week to see how your team is doing and

remember to **keep stepping!** Rome wasn't built in a day, and neither were your calf muscles!



*The Challenge made me **step away from my desk** during lunch hour where before I would work through to get work done, made me realise the **work will still be done when I get back** and the hour walk outside gave me a **boost of energy!** (2015 Participant)*

	Mon 12 <sup>th</sup> Sept	Tue 13 <sup>th</sup> Sept	Wed 14 <sup>th</sup> Sept	Thu 15 <sup>th</sup> Sept	Fri 16 <sup>th</sup> Sept	Sat 17 <sup>th</sup> Sept	Sun 18 <sup>th</sup> Sept	Week Total
Week 1								
Week 2								
Week 3								
Week 4								

## How do we win?

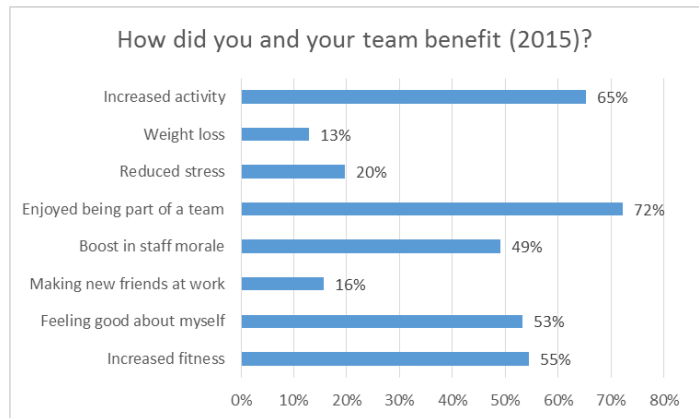
If you're taking part and moving more, you're winning. But we know you can't put that on the fireplace or in the trophy cabinet, so we've got lots of goodies to keep you going. There'll be prizes throughout the challenge for team names, spot prizes, photos and all sorts of fun. And of course, there are **the Leaderboards**...

It's new, and it's just waiting for you to fill it up with percentages and sweat. Get better bit by bit over the four weeks, and you'll see your name in lights on the **Percentage Improvement Leader Board**.

If you're stuck looking at QWERTY when you'd rather be sporty, don't worry, we have a Leaderboard for you. Get moving as much as you can throughout the day, when you're away from your desk and in your leisure time and you'll be competing against keyboard warriors like yourself for the top of the **Desk Based Leader Board**.

We know you're doing the marathon and a triathlon and walking the prom in the evening, but can you beat Mary in Accounts who's also doing Zumba on a Saturday? Let's see... in the **General Leader Board**.

## More Questions?



See our FAQs on [www.stepchallenge.ie](http://www.stepchallenge.ie) and if you still haven't got your answer, get in touch.

You can find out who your Workplace Coordinator is on the [Contact](#) page once you've logged into the Active Travel Logger, or e-mail the National Coordinator at [stepchallenge@nationaltransport.ie](mailto:stepchallenge@nationaltransport.ie).

*Having a baby I had put my health and exercise down the list of priorities so it was good to realise I need to be fit in order to keep active for my child and although she's very young now it would be a good example for the future. (2015 Participant)*

*Taking part in the challenge was great fun and created good banter with work colleagues (2015 Participant)*





Log in here

### Login Now

Keep me logged in?

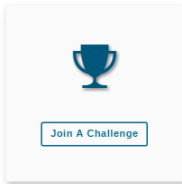
[Forgot your password?](#)

### Don't have an Account? Register Now.

Partners of the Smarter Travel Workplaces and Smarter Travel Campus programmes can register now to take part in fun walking, cycling and public transport challenges, and to win great prizes. [Read more](#)

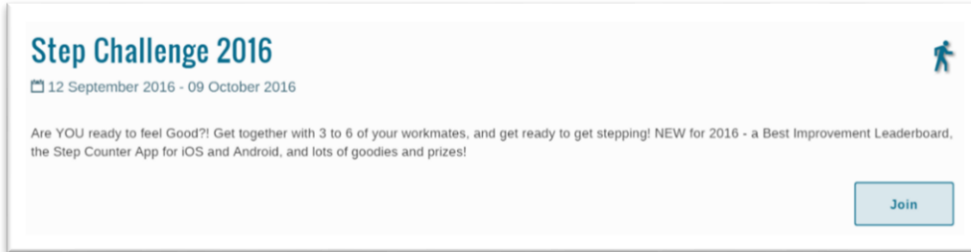
[Having trouble registering?](#)

Register here

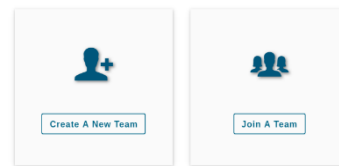


Once you're logged in, you'll see a dashboard where you can do lots of things. The first thing you'll want to do is **Join a Challenge**.

You'll see the Step Challenge 2016 listed – click to join!



If you're going to be the Team Captain, then you can 'Create a Team'. If you're going to be a Team Member, you can 'Join a Team'.

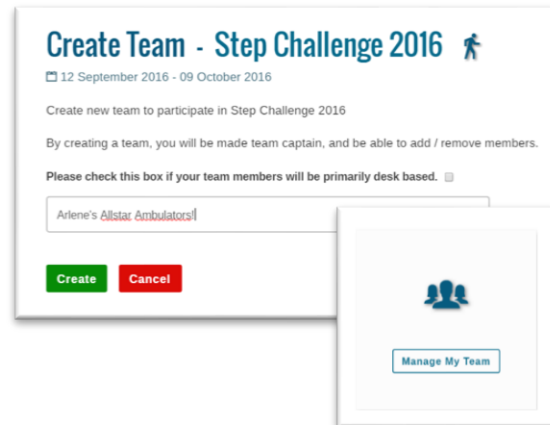


**Team Captains –**

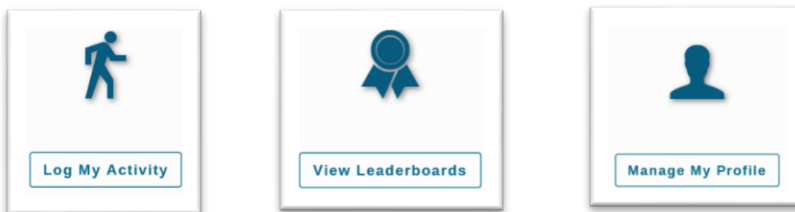
Name your team and tell us if your team is primarily desk based during work hours.

You can invite people to join your team under 'Manage Members'.

You can send email invites to your colleagues, or look up other members who have already registered on the Active Travel Logger to send them an invite.



Team Members and Team Captains - Once the challenge is live, remember to log back in to:



Logging your journeys is simple!



Choose the date

Log steps/journeys

You're done!