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
2. Set up individual accounts (all team members*) to log steps; and

*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.

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

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 12th of September, until Sunday 9th of October 2016.

To Log your Steps -
To feature on the Leaderboards, you’ll need to log onto 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.

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!
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 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.

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)
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:

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