WALKTOBER

1st-31st OCTOBER 2019

SIGN UP NOW
ACTIVETRAVELLOGGER.IE

TEAMS OF 3-6
GIFT VOUCHERS
AND OTHER GREAT
PRIZES TO BE WON!

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Team Guide

1   How to start?

Get together with a team of 3 to 6 people.

1.   Team Captain registers the team name on **www.activetravellogger.ie**
2.   All team members* set up individual accounts on the Active Travel Logger to log steps. You also can use the account from a previous year.
3.   Watch your progress and view Leaderboards on **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 but you do need to have a valid email account.

We've tried to make our 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 –

- Use an app**;** *OR*
- Use your own step counter.

Remember that only steps on your counter count – so no swimming or cycling or similar.

*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!** Previous Participant)*

Ready, Steady, Go!

Get stepping and counting **on Tuesday 1ˢᵗ of October**, until **Thursday 31ᵗʰ of October 2019.**

To Log your Steps

To feature on the Leaderboards, you'll need to log onto www.activetravellogger.ie throughout the Challenge. 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.

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 muscles!

2   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 photos, weekly goals and all sorts of fun. And of course, there are **the Leaderboards**…

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 or John in Accounts who are also doing Zumba on a Saturday? Let's see… in the **General Leader Board**.

3 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.
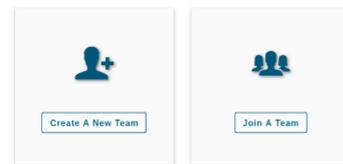
www.activetravellogger.ie

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 Walktober - Step Challenge 2019 listed – click to join!

WALKTOBER Step Challenge

01/10/2019 12:00:00 AM - 31/10/2019 11:59:59 PM

Activities: Steps

Walk into Autumn with your colleagues and be in with a chance to win prizes and have a fun time!

View

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'.

Create A New Team

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.

Create Team - WALKTOBER Step Challenge

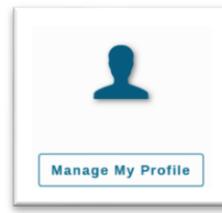01/10/2019 12:00:00 AM - 31/10/2019 11:59:59 PM

Activities: Steps

Create a new team to participate in WALKTOBER Step Challenge

By creating a team, you will be made team captain, and be able to add / remove members.

Team Name

Create   Cancel

Manage My Team

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

Log My Activity

View Leaderboards

Manage My Profile

Logging your journeys is simple!

Choose the date   Log steps/journeys   You're done!

We look forward to seeing you on the WALKTOBER Leaderboards!