



THE FIRST 8 SIGNUPS WILL RECEIVE
THIS FUN WATER INTAKE BOTTLE



2021 WALKING & WATER CHALLENGE
AUGUST 2ND-29TH



SCAN QR CODE WITH PHONE OR VISIT
ROERS.COM/PORTAL/WELLNESS-HUB/SIP-STEP

DETAILS:

- This challenge is on the honor system. Each participant will be self-reporting.
- This is a team challenge.
- Participating employees will be randomly placed into teams.

SIP

- Employees will track the amount of WATER they drink each week
 - Tracked via ounces or gallons
 - Flavored water is OK – no coffee, tea, beer, etc.

STEP

- Employees will track how many steps taken each week. Fitbits, Apple Watches, or phone apps may be used to track daily steps. Steps will need to be converted into miles. We are considering there are 2,000 steps per mile.
 - You may count steps taken during your regular daily routine, but we highly encourage everyone to go above and beyond what you routinely do and get some more steps in each day/week. (This is a competition after all!) 😊
- Track your accomplishments from Monday-Sunday and report totals each Monday morning (for the prior week) via the online form by 10AM.
- On-going totals will be posted on the Wellness Hub that can be found through the Employee Portal on the Roers website.
- Prizes will be awarded to:
 - Team with the most miles walked
 - Team with the most water consumed
 - Individual with the most miles walked
 - Individual with the most water consumed

LAST YEARS TOTALS:

- Total water consumed by all teams / participants: **990 gallons**
- Total miles walked by all teams / participants: **4,005.13 miles**

2021 GOALS

- Total water consumed by all teams / participant's GOAL: **1,100 gallons**
- Total miles walked by all teams / participants GOAL: **5,000 miles**

Employee participation sign-up due to KATELYN (kczichotzki@roers.com) by the end of the day **Monday, July 26th** to put teams together.