



2023 WALKING & WATER CHALLENGE
JUNE 1 - 30TH

SCAN QR CODE WITH PHONE OR VISIT
WWW.ROERS.COM/EMPLOYEE-PORTAL/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 will count towards ounces.

STEP

- Employees will track how many steps taken each week. Fitbits, Apple Watches, or phone apps may be used to track daily steps. Keep track of steps you get in daily!
 - 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 Thursday - Wednesday each week and report totals each Thursday morning (for the prior week) via the online form by 10AM.
 - The final week will go through Thursday 6/29 and then track Friday 6/30**
- 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 steps taken
 - Team with the most water consumed
 - Individual with the most steps
 - Individual with the most water consumed

LAST YEARS TOTALS:

- Total water consumed by all teams / participants: **595.2 gallons**
- Total miles walked by all teams / participants: **2,492.1 miles**
(miles calculated at 2000 steps = 1 mile)

2022 GOALS

- Total water consumed by all teams / participant's GOAL: **750 gallons**
- Total miles walked by all teams / participants GOAL: **4,000 miles**

Employee participation sign-up due to SAMMY (sfoell@roers.com) by the end of the day **Sunday, May 28th** to put teams together.

