

# WALK 2 GLOBAL WELLBEING

February  
4-17

## TEAM CAPTAIN'S RESPONSIBILITIES

As team captain your responsibilities include:

- 1 Registering your team online no later than **Thursday, February 3** using this QR code. You will not be able to change the challenge category once registered.
- 2 Submitting your team's daily steps via the daily reminder email. Steps cannot be altered after submission but may be deleted.
- 3 Encourage your team members to share photos of their nature walks on social media and on the Global Health and Wellbeing channel on Sysco to Go. Use #Walk2Wellbeing when posting to raise awareness.




WALK TO GLOBAL WELLBEING RULES >>



# WALK 2 GLOBAL WELLBEING



## CHALLENGE RULES

- Ensure COVID-19 regulations are adhered to at all times.
- Register by Thursday, February 3, using this QR code. → 
- The maximum number of team members is 10, and all team members must be associates.
- This year there are three categories, you can only enter one. The categories are:
  1. **Heavy Steppers** - average more than 18,000 steps a day
  2. **Big Steppers** - average between 8,000-18,000 steps a day
  3. **Busy Steppers** - average up to 8,000 steps a day
- You cannot change your category once you've registered. However you might be moved up a category if you are exceeding daily step counts. This will be reviewed at the end of week one by the Wellbeing Team.
- For any team member without a step counter, the Team Captain must log the same number of steps as that logged by the lowest stepper.

