WALK2 GLAL WELLBEING

February 4-17

TEAM CAPTAIN'S RESPONSIBILITIES

As team captain your responsibilities include:

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 >>



Sysco Bahamas

Sysco Panamá

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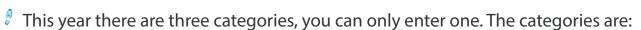






- Ensure COVID-19 regulations are adhered to at all times.
- Register by Thursday, February 3, using this QR code.





- 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.













