

## **DFAS Step Challenge**

January 16th, 2023 - February 12th, 2023

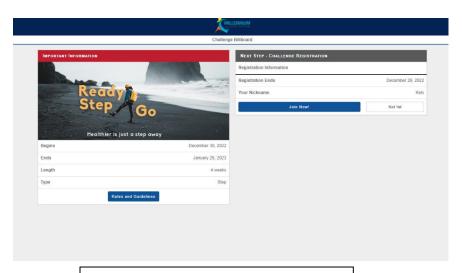
The purpose of the DFAS Step Challenge is to provide the workforce with a fun opportunity to jump-start their physical activity in the New Year

- Participants must have an account with Motivation Alliance to participate. To register visit: www.mhfwellnessportal.com
- Once registered, the challenge can be accessed on the platform as well as a variety of other wellness tools

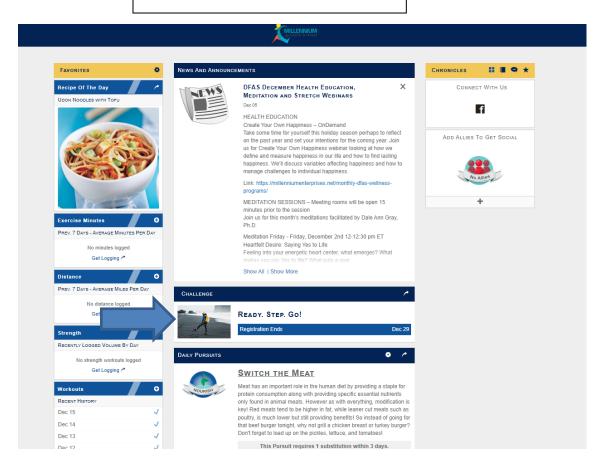
## **Registration Information**

- $\bullet$  Registration opens January 1st, 2023 and closes January 15th, 2023
- Register for the challenge on the dashboard of your Motivation Alliance account. When you log into your account, you will be prompted to sign up for the challenge. Select Join Now!





If you bypass this page, you can also sign up for the challenge on your motivation alliance dashboard under News and Announcements





## **Challenge Information**

- The goal of the DFAS Step Challenge is to take as many steps as possible in a 4-week timespan
- This will be an individual challenge, however, participants are encouraged to join the challenge with friends and co-workers in their organizations
  - There is a locker room feature in the challenge where you can interact with friends and co-workers
- Steps can be logged manually or synced from a compatible wearable device (Sync occurs upon login or by clicking Sync Connection from the left menu)
  - Wearable devices or apps can be connected through the Connections option in the Profile Icon drop down menu
- Only steps recorded within the challenge begin and end dates count toward your ranking
- Your rank in the Player's Club is based on your total number of steps logged
- It may take up to 24 hours for data to sync from a connected wearable device or app
- Newly entered or synced data updates every hour on the hour
- There is a limit to how far back in time you can log steps
  - Steps can only be entered or synced for dates with the plus sign in the upper right corner of the logging page
  - o Do your best to log you steps daily or as frequently as possible
- Step logging is on the honor system, data may be monitored or audited

We hope this challenge gives you a great jump start to the new year. If you have any questions reach out to Kathleen Zumbar at kzumbar@millenniumhealthandfitness.com

