The Amazing Walk 4: Virtual Wellness Adventure Around the World
Oct 5 - Nov 16 2015

Here is your travel guide for your 6-week trip around the world. This is your how-to guide for success on this adventure!

Bon Voyage!

As a participant in The Amazing Walk 4, you're embarking on an international adventure to walk your way to the goal of 10,000 steps a day at least five days a week! The Amazing Walk 4 provides motivation, opportunities, and rewards to support you reaching this goal.

Setting Your Step Goal (if desired)
1. Determine your baseline - Wear your pedometer for at least 3 days, then find your average steps per day. For example: day 1 + day 2 + day 3 = sum, then divide by 3. This is your baseline.
2. Set weekly goals – Try to gradually increase the number of steps you take each day. Set realistic goals for yourself. Given the average working adult walks about 4,000 steps a day, set a realistic goal for yourself of increasing your steps by 1,000-2,000 a week, or 20%, or whatever seems realistic to you.

Why Participation Matters
• Eligibility for weekly prize drawings
• Eligibility for the grand prize drawing
• Inclusion in the 100 Grand Club

Weekly Deadline – Record your steps in Berkeley Walker Tracker:
To qualify for the weekly drawings and 100 Grand Club, you must finish logging your previous week’s steps in Berkeley Walker Tracker by the following Monday at noon.

Both partners must meet the following requirements to be considered active participants:
1. Record steps in Berkeley Walker Tracker using one of the four tracking options (see Step Tracking Options).
2. Record steps on at least 5 of 7 days each week in Berkeley Walker Tracker
   - Record any number of steps or activities
   - You can record 5-7 days of steps at one time, but make sure you enter steps in at least 5 different days of the week
3. To qualify for the grand prize drawing, you must enter your steps and other activities in Berkeley Walker Tracker for all 6 weeks of the program, per #1 and #2 above.

Converting activities into steps: There is an option to convert activities (such as bicycling or using a wheelchair) into step equivalents, but it is not required. This may help you get into the 100 Grand club if you do activities without your pedometer.
Step Tracking Options

Record your steps using one of these options. Use the Digital Walk Kit at tinyurl.com/amazingwalk if you need more detailed instructions.

- berkeley.walkertracker.com – Log in and enter your steps.
- Walker Tracker smartphone app – Download the free app and enter your steps on your phone.
- Texting - Text the designated Walker Tracker number your steps. This can be done at the end of each day, or retrospectively for the entire week. See Log Steps by Text Message in the Digital Walk Kit for more details.
- Sync a device - If you have a wireless activity tracker such as a FitBit or Jawbone, you can sync your device to avoid manually entering your steps. See How to Sync a Wireless Activity Tracker in the Digital Walk Kit.
- If none of these options work for you, contact us for a paper option at kguess@berkeley.edu.

100 Grand Club recognition and prize drawing

To provide additional motivation, we are recognizing those teams that reach 100,000 steps a week as a team (50,000 per partner). All teams that make the 100 Grand Club will be featured in the weekly newsletters and will be eligible for a special prize drawing at the end of the program. As long as your team makes into the club at least one week, you will be entered into the drawing.

**How the 100 Grand Club works:**
- Each partner must individually reach 50,000 steps for the week, logged over at least 5 days (logging one day of 50,000 steps does not count).
- At the end of the program, there will be a raffle for teams that made the 100 Grand Club at least once. There will only be one entry per team, regardless of how many times your team is in the 100 Grand Club (i.e. your odds of winning do not increase with the number of times your team is in the club).

FAQ: Why isn’t this a competitive challenge?

The goals of this program are to offer a fun way to become more active, support those that aren’t currently as active as they would like to be, and to reward participation.

For those that like to make it a bit more competitive, here are a few ideas:

**Challenge yourself**
- Increase your weekly step average by 1,000-2,000 steps
- Get a 30-40 minute walk into the lunch hour every MWF walking with Health*Matters Walking Group (the Walking Group Leaders set a workout pace – it’s like having your own personal walking trainer).

**Challenge your teammate**
- Set a daily (or weekly) step goal and get the most steps
- Challenge each other to see who can attend the Walking Group the most times during the six weeks
- Complete all the Healthy Living Challenges together

**Challenge yourselves to get your team into the 100 Grand Club**
- Help each other with a weekly plan for times to walk daily at least 30 minutes
- Communicate daily to coach each other on sticking to your walking plan
- Walk together as often as possible