

Steps to AhealthyU PEDOMETER CHALLENGE

May 23 - June 17, 2022

Wear your step tracking device to collect steps and movement during daily activities.



Get moving with your colleagues with our Steps to AhealthyU Challenge! Form a team of 3-7 members and compete in a fun, friendly step challenge. Simply wear a step tracking device and connect to the Givhero mobile app to collect steps and movement during your daily activities.

It's a team effort! Each team's daily goals are based on 5,000 steps per person.

Register for the Pedometer Challenge by May 23

- **Are you a Team Captain? TAP** on the link from your **SMART PHONE** to set up your team and join the challenge: <https://givhero.page.link/aupedometer>. Follow the steps to either create an account using @american.edu or @wamu.org email or log into an existing Givhero account. Once your team is created, add team members by tapping on *Teams >> Your Team >>* on the red “+” icon (under *Members*) and invite each person individually.
- **Are you a Team Member? Do not use the above link!** Wait for an invitation email to join your team. Your team captain will share a unique link for you to join. **TAP** on the link in the invitation email you receive from your **SMART PHONE** to join the team. You can either create an account using @american.edu or @wamu.org email or log in using existing Givhero account.

Note: If you do not have a team to join, please contact **AhealthyU** to join “AhealthyU Free Agent Team”.

How to Log Steps

You do not need a fitness tracker to participate. You can use a smartphone along with an app like *Google Fit* or *Apple Health* for iOS. Or you can enter your data manually in the Givhero app by tapping on **View Leaderboard** on the Givhero app dashboard and then tapping on **Log Activity**. Givhero syncs every 15 minutes.

For all technical questions throughout the challenge, please contact Givhero. Visit [Givhero's FAQ page](#) or email Givhero directly at support@givhero.com or within the Givhero mobile app, tap *More >> Support* at the bottom of your screen.