

# Step It Up Edson

## Frequently Asked Questions

**Q: Do we just wear the pedometer at work?**

A: No you can wear the pedometer all day, and if you happen to be on holidays at any point during Step It Up please continue to wear the pedometer and give the steps to your team captain when you return.

**Q: How do we record our steps?**

A: Record steps starting on Monday morning until Sunday night.

**Team Captains are responsible for submitting the steps to Krysta's email by Tuesday at NOON!**

**Q: What if someone else wants to join?**

A: People can join throughout the challenge (we will not stop people from being active!), just ensure that Krysta knows a member has been added and pay their \$5 registration. Note: They may not receive a prize because we have already ordered a certain number of prizes, but they are welcome to come to the BBQ.

**Q: How many people can be on a team?**

A: You can have as many people on your team as you want, with a minimum of 3. Krysta will take an average of your team's overall steps to determine ranking.

**Q: What about prizes?**

A: We will arrange a participant gift pick-up date at Repsol Place once they arrive. There will be one participant prize for everyone and one grand prize for someone on your team, the team captain can choose how to distribute the grand prize. There will also be 2 Fitbits that will be drawn for. Every participant is entered in the draw for these.

**Q: Can we give away our own prizes?**

A: YES feel free to encourage participation by giving away extra prizes not provided by us. We encourage teams to create their own incentives to motivate each other.

**Q: How will we know who is winning?**

A: Krysta will send out email updates and there will also be coverage in the Anchor and through the Town of Edson Community Services Facebook Page.

**Q: What if I have another question?**

A: Email Krysta at [krystas@edson.ca](mailto:krystas@edson.ca) or call her at 780-723-4403.