



# Workplace Challenges

## Brought to you by The Daily Mile

### January

#### New Year New You Daily Mile Challenge

Participants simply record their daily steps. Calculate a team average or total steps for individuals. Works well when; free apps or phone settings are shared or pedometers provided to count steps.

### February

#### The Every Day Challenge

Set a minimum distance/step count/time for each eligible Daily Mile. Works well when; staff are motivated throughout the month; progress is displayed on the notice board for those wishing to share.

### March

#### The Well-being Daily Mile Challenge

Staff run/jog/wheel/walk at least once a week & share how it supports their wellbeing, promoting the benefits across the workplace. Works well when; staff can contribute anonymously.

### April

#### The Spring In Your Step Challenge

Create a list of local landmarks/objects close to the workplace. Groups run/jog/wheel/walk and photo themselves at each landmark (lunch hour or walking meetings). Works well when; entries are displayed on staff notice boards; correct entries are entered into a prize draw.

### May

#### The Netwalking Challenge

Walkers are encouraged to conduct walking meetings, logging each one attended. Works well when; an organisation has lots of meetings.

### June

#### The Daily Mile Scavenger Hunt Challenge

Create a list of items/photos to be gathered on a Daily Mile. Teams collect everything on the list. Works well when; this is run over a week maximising participation.