



Workplace Challenges

Brought to you by The Daily Mile

July

The Manchester To Paris Challenge

Calculate distance between a work location and Paris (or other destination). Participants aim to complete this distance. Recording daily. Works well when; the destination is relevant, to staff or to an international event i.e. Olympics; apps to track steps/distances are shared.

August

The Bring A Buddy Challenge

Participants encourage a colleague to walk/jog/run with them. Staff member who encourages the most different people to join them wins the challenge! Works well when; the activity can happen before or after work, at lunch, home or at the weekend.

September

The 10,000 Steps A Day Challenge

Staff aim for 10,000 steps a day. Record daily. Run it over a week or full month. Works well when; encouragement is provided regularly; recognition for new participants is given; apps and trackers are shared.

October

The Colleagues Choice Challenge

Colleagues create Daily Mile challenges for the workplace. Works well when; this is launched in advance, encouraging as many suggestions as possible, to launch in time for October.

November

The Make A Pledge Challenge

Staff make their own Daily Mile pledge for the month. Works well when; creative movement pledges are encouraged from simple ideas to more challenging, maximising take up.

December

The Winter Daily Mile Bingo Challenge

Create a 'Bingo' type sheet of Daily Mile activities (12-15) to be actioned at any time of the month. Include small achievable actions (i.e. run/jog/wheel/walk for 5 mins etc). Works well when; the activities are varied and achievable by all; apps and trackers are shared.