



20
24

**SAMPLE
CHALLENGE**

C A T A L O G

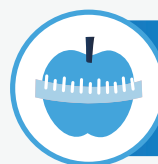
Need help? Contact us at Sales@Walkingspree.com



Walkingspree is proud to offer a wide range of challenges designed to engage and motivate members. We have included some examples of our challenges below. Our experienced Client Success Team will assist you in planning the ideal challenge for your employees at the best time for optimal success.



Benefits of Walking



Maintain a healthy weight and lose body fat



Improve cardiovascular fitness



Strengthen bones and muscles



Reduce the risk of prostate cancer



Strengthen immune system



Reduce stress and tension

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- 2** March Mania Basketball
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- 16** Walking meeting challenge
- 17** Holiday Hustle
- 18** Maintain Don't Gain
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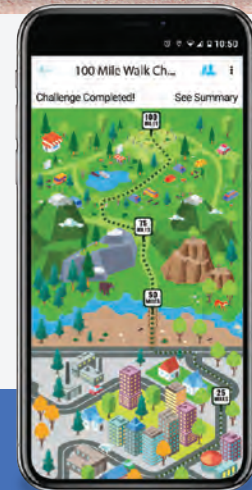
100 MILE WALK

Join your colleagues in a fun 100 Mile Virtual Journey! Receive a badge after passing each marker: 25 miles, 50 miles, 75 miles, and 100 miles.

Click on a mile marker on the map to view valuable health benefits of walking. Grab your sneakers and get ready, we will be walking with you!

Walk 100 miles in one month

Average 7000 steps per day to reach the goal of walking 100 Miles in a Month



Complete the step counts to earn badges and be entered to win gift cards!

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MARCH

MANIA

Step Challenge



mm/dd - mm/dd

Get all the badges and be entered into a raffle

Hit weekly step averages to earn badges. Stay healthy and active!



Mar 14 - 20



Mar 21 - 27



Mar 28 - Apr 3



Apr 3 - 10



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BLUE ZONES CHALLENGE



mm/dd - mm/dd

The World's Blue Zones are Identified as hot spots of longevity with the highest concentration of individuals over 100 years old. Blue Zones have clusters of residents who have grown old without health problems like heart disease, obesity, cancer, or diabetes.

Get all the badges and be entered into a raffle
Hit weekly step averages to earn badges. Stay healthy and active!



OCT 4 - 10
5,000 Step Average



OCT 11 - 17
6,000 Step Average



OCT 18 - 24
7,000 Step Average



OCT 24 - 31
8,000 Step Average



NOV 1 - 7
9,000 Step Average



NOV 8 - 14
10,000 Step Average



Grab your passport and take a journey with your entire organization to **Walk across the World** as we visit the world's **BLUE ZONES** and learn their healthy tips along the way!



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SUSTAIN- ABILITY

CHALLENGE

mm/dd
to
mm/dd

XYZ Company



Hit weekly step averages to earn badges. Stay healthy and active!

Each badge earned is an entry into a raffle to win gift cards!



Aug 20 - 26
Recycle/Go Green!

5,000 Avg. Steps/Day



Aug 27 - Sept 2
**Water Conservation/
Hydration**

6,000 Avg. Steps/Day



Sept 3 - 9
Use Less Chemicals

7,000 Avg. Steps/Day



Sept 10 - 16
**Lessen Your
Carbon Footprint**

8,000 Avg. Steps/Day



Sept 17 - 23
Conserve Energy

9,000 Avg. Steps/Day



Sept 24 - 30
**Eat Less Processed
Foods**

10,000 Avg. Steps/Day

**Each badge earned is an entry into a raffle for 1 of
15 \$50 gift cards.**

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Go for Gold!

OLYMPIC STYLE CHALLENGE



INDIVIDUAL STEP MILESTONES

In addition to the overall team challenge, you can win additional prizes by hitting the average weekly step goal and earning these badges through the challenge!



WEEK 1
5,000 Steps



WEEK 2
6,000 Steps



WEEK 3
7,000 Steps



WEEK 4
8,000 Steps

CHALLENGE DATES:

mm/dd - mm/dd



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TEAM TOURNAMENT CHALLENGE

mm/dd - mm/dd



Gear up for a Fun Challenge with your team of co-workers!

Announcement: Team step challenge! Open your Walkingspree app and check your team and start stepping. Four-weeks of league play with two weeks of playoffs. Consolation rounds for those not in the playoffs.

Work together to step into better health!

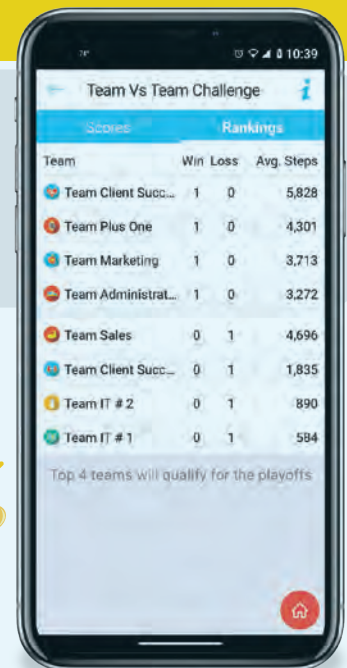
Teams compete weekly with another randomly assigned team. Team with the higher average step count is the winner. Teams with best win-loss records move to playoffs.

Keep up the pace!

View team standings in real-time in the app. The Challenge will run from Tuesday - Sunday each week, with Monday being a sync day before the next round.

Morale, motivation, fun, and competition. This challenge has it all.

- Increase camaraderie and spur fun competition!
- Compete for the glory of your team!
- Teams can select their own fun team name.



Week 1 to 4
Weekly League Play



Week 5
Semi-Finals



Week 5
Consolation



Week 6
Finals



Week 6
Consolation



WINNER!

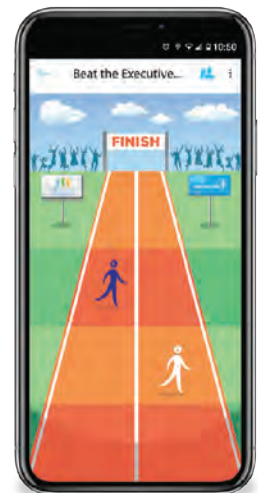
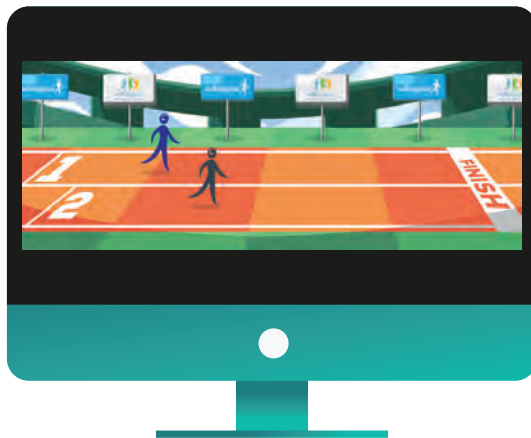




BEAT THE LEADERSHIP CHALLENGE

mm/dd - mm/dd

Compete in teams to outstep leadership! Build morale, motivate employees, and increase your step count in this exciting, communal team challenge. Step into better health all while having fun!



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VIRTUAL WALK

mm/dd - mm/dd

Hit weekly step averages to earn badges. Stay healthy and active!



Week 1
5,000 Avg
April 19 - 25



Week 2
6,000 Avg
April 26 - May 2



Week 3
7,000 Avg
May 3 - 9



Week 4
8,000 Avg
May 10 - 16



Week 5
9,000 Avg
May 17 - 23



Week 6
10,000 Avg
May 24 - 30



Join us on this fun, 6 stop journey, as we travel from San Diego to Orlando! Meet us at Sea World in Orlando and take pride in every step you take!

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Breast Cancer

AWARENESS

mm/dd - mm/dd



1 in 8 US women will develop invasive breast cancer within their lifetime. - breastcancer.org

Let's work together to decrease these odds!

As new research discovers future treatments the mortality rate will fall and more will survive.

This breast cancer awareness challenge is designed to promote healthy habits, educate members on testing, and create awareness of the disease so that early detection and prevention assists members and their families to lessen the overall risk.

Hit the weekly step targets to earn the badges!



AWARENESS
October 11
5,000 steps



TESTING
October 12
6,000 steps



SUPPORT
October 13
7,000 steps



RESEARCH
October 14
8,000 steps



PREVENTION
October 15
9,000 steps



HEALTH
October 16
10,000 steps

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EVERGLADES



THE GREAT SMOKY MOUNTAINS



ACADIA

NATIONAL PARK TOUR Challenge



mm/dd - mm/dd



THE GRAND CANYON



YOSEMITE



YELLOWSTONE

Join us as we step across the country visiting some of the most beautiful National Parks America has to offer! You will work individually each week to earn the badge at each of the US National Parks. You may also join a team in the Walkingspree app to travel alongside your colleagues and be eligible for an additional raffle prize! Visit America's most beautiful sites and step into better health together.



Everglades
5,000 avg. steps/day
WEEK 1



Smoky Mountains
6,000 avg. steps/day
WEEK 2



Grand Canyon
7,000 avg. steps/day
WEEK 3



Yosemite
8,000 avg. steps/day
WEEK 4



Yellowstone
9,000 avg. steps/day
WEEK 5



Acadia
10,000 avg. steps/day
WEEK 6

Each badge is worth 5 points. Earn the badge each week to be entered into our weekly drawing for gift cards!

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Nutrition CHALLENGE

Challenge Dates:
mm/dd - mm/dd



Log Your Nutrition for Healthy Living

Answer the Daily Questions in Your Nutrition Journal And Earn the Weekly Badges!

- ✓ How many glasses of water did you drink today?
- ✓ How many servings of fruit did you eat today?
- ✓ How many servings of vegetables did you eat today?



Drink Water
5,000 Steps/Day
AUG 2 - 7



Eat Vegetables
5,000 Steps/Day
AUG 8 - 14



Eat Fruits
5,000 Steps/Day
AUG 15 - 21



Plant-based Food
5,000 Steps/Day
AUG 22 - 28



Portion Control
5,000 Steps/Day
AUG 29 - SEPT 4



Food Preparation
5,000 Steps/Day
SEPT 5 - 10

✓ HYDRATE

✓ EAT WELL

✓ SLEEP

✓ EXERCISE

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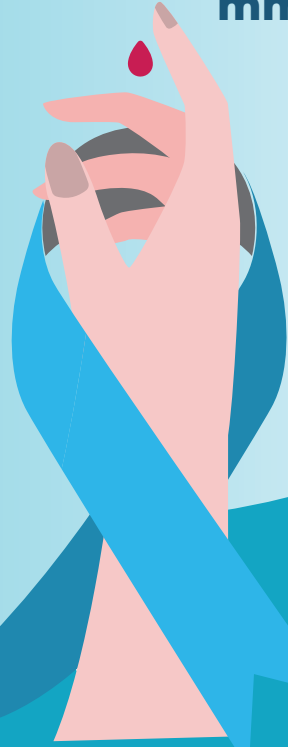
Company

Challenge Dates:

mm/dd - mm/dd

DIABETES PREVENTION AND MANAGEMENT

CHALLENGE



1 in 3 Americans are Prediabetic

This fun educational challenge incorporates daily walking with informative and useful tips to use in your daily life to prevent or manage Diabetes. Earn badges as you pass the markers on the map. Each location on the map, once clicked will expand to reveal more information about the topic as well as statistics on your overall progress in the challenge. Invite your colleagues and learn as you step into better health together!



EDUCATION
Nov 7 - 11
5,000 Avg. Steps



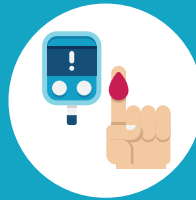
HYDRATION
Nov 12 - 16
6,000 Avg. Steps



HEALTHY DIET
Nov 17 - 21
7,000 Avg. Steps



CUT THE SUGAR
Nov 22 - 26
8,000 Avg. Steps



MEDICAL CHECKUPS
Nov 27 - Dec 1
9,000 Avg. Steps



EXERCISE
Dec 2 - 5
10,000 Avg. Steps

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FALL INTO THE New Year

mm/dd - mm/dd



Join us for this fun challenge as we step through the seasons! Watch the leaves change color as we walk past Autumn into Winter. Enjoy hot chocolate and ice skating as we pass the snowpeople on our daily walks.



Fall Leaves
Nov 21 - 27
5,000 avg. steps/day



Snowman
Nov 28 - Dec 4
6,000 avg. steps/day



Hot Chocolate
Dec 5 - 11
7,000 avg. steps/day



Ice Skating
Dec 12 - 18
8,000 avg. steps/day



Gingerbread House
Dec 19 - 25
9,000 avg. steps/day



New Year's
Dec 26 - Jan 1
10,000 avg. steps/day

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Florida Beach Walk

MM/DD - MM/DD



Join your coworkers in a virtual beach walk along the beautiful Florida Atlantic Coast.

Walk and visit different points of interest and get ready to take off!

Everyone who completes the walk will get entered into a drawing for a pair of Apple AirPods Pro!

HOW THE CHALLENGE WORKS:

- Click on the "Challenge Tile" and view your Challenge by clicking on the ">" arrow on the card to open it.
- As you walk, you'll see your progress along the path.
- View fun facts about each point of interest by clicking on the dots.
- You will walk **206 miles** from **Miami Beach** to **Kennedy Space Center** to complete the walk.

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NEED HELP? Contact us at support@walkingspree.com



PREVENTATIVE CARE CHALLENGE

CHALLENGE

mm/dd - mm/dd



Join this fun, educational step challenge which incorporates daily walking along with informative and valuable health tips you can use in your daily life for preventative healthcare. Earn badges as you pass the markers on the map and step into better health with your colleagues!



AGE/GENDER APPROPRIATE CANCER SCREENINGS
Sept 26 - Oct 2
5,000 avg steps/day



BIOMETRIC SCREENING AND HEALTH ASSESSMENT
Oct 3 - 9
6,000 avg steps/day



ANNUAL PHYSICAL
Oct 10 - 16
7,000 avg steps/day



DENTAL EXAM
Oct 17 - 23
8,000 avg steps/day



EYE EXAM
Oct 24 - 30
9,000 avg steps/day



VACCINES
Oct 31 - Nov 6
10,000 avg steps/day

Earn the badge each week to be entered into the weekly raffle!

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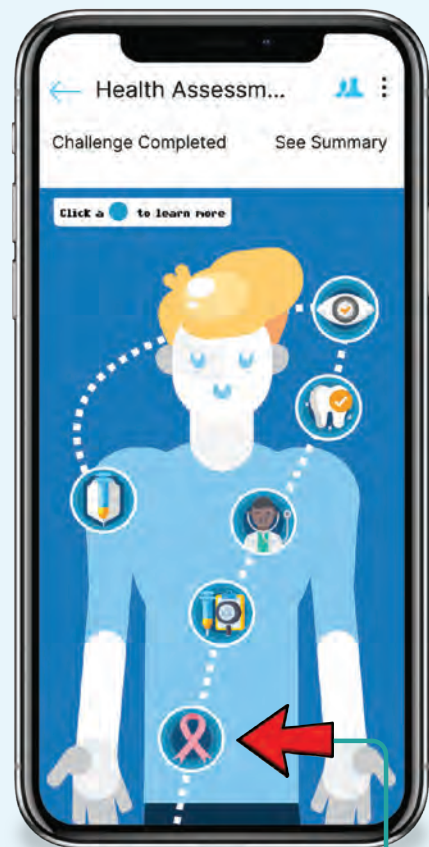


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Click a marker on the map to reveal valuable information.

WALK the TALK

STEP CHALLENGE

XYZ Company



Get ready to lace up your sneakers and charge your fitness trackers, because our company is kicking off an exciting step challenge! For two exhilarating weeks, we're transforming the typical boardroom brainstorm and Zoom conferences into on-the-move walking meetings.

We're not just stepping up for our health; we're stepping up for a cause! If we can collectively increase our average step count by just 3% from last month, we'll unlock a \$1000 donation to Feeding America! So, let's bring new meaning to "walking the talk" by stepping out of our comfort zones and into a healthier, more dynamic, and socially-conscious workspace.

Get ready to stride into this challenge, one step at a time, and make a difference. Together, let's walk, talk, and raise the bar for change!

Hit weekly step averages to earn badges.
Stay healthy and active!



Week 1



Week 2

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HOLIDAY HUSTLE

Dates:
mm/dd - mm/dd



As the temperatures drop it's a perfect time of year to enjoy the outdoors on our daily walks! Join us in this fun step challenge as we scare up treats instead of tricks, enjoy the Autumn leaves changing in color, celebrate gratitude with family and friends, keep warm with hot cocoa, skate across frozen lakes, and build an ice castle!



Pumpkin
Nov 7 - 13
Average 5,000 steps



Fall Leaves
Nov 14 - 20
Average 6,000 steps



Thanksgiving
Nov 21 - 27
Average 7,000 steps



Hot Chocolate
Nov 28 - Dec 4
Average 8,000 steps



Ice Skating
Dec 5 - 11
Average 9,000 steps



Snow Castle
Dec 12 - 18
Average 10,000 steps

Earn all the badges to be entered to win a wellness basket!

WALKING IS ONE OF THE EASIEST AND BEST THINGS YOU CAN DO FOR YOUR HEALTH. COMPETE WITH YOUR COLLEAGUES AND CHALLENGE YOURSELF TO CREATE HEALTHY HABITS.

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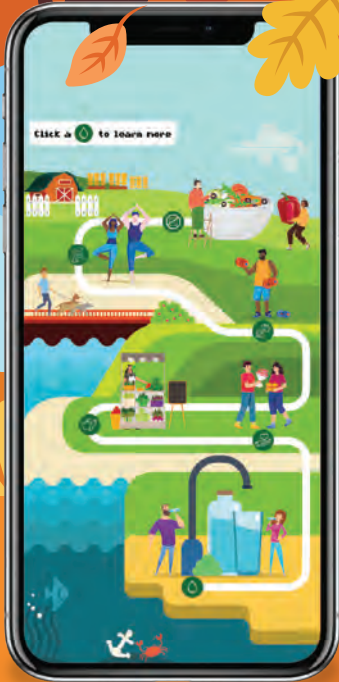


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MAINTAIN *don't gain*

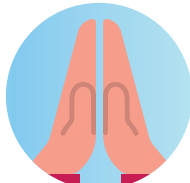
mm/dd - mm/dd



When the weather gets cooler and the leaves start to fall, the warmth of the kitchen fills with the sweet smells of cookies, cakes, and delicious treats. This fun, company-wide step challenge is designed to keep your feet active and your thoughts in a good space. Join us to maintain and don't gain this holiday season. Stay active and earn badges for a chance to win prizes and step into better health with your colleagues.



Hydration
Nov 7 - 13
5,000 avg. steps/day



Gratitude
Nov 14 - 20
6,000 avg. steps/day



Fruits & Veggies
Nov 21 - 27
7,000 avg. steps/day



Physical Activity
Nov 28 - Dec 4
8,000 avg. steps/day



Mindfulness/Self-Care
Dec 5 - 11
9,000 avg. steps/day



Portion Control
Dec 12 - 18
10,000 avg. steps/day

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TOUCHDOWN STEP CHALLENGE

mm/dd - mm/dd



Get all the badges and be entered into a raffle

Hit weekly step averages to earn badges. Stay healthy and active!



Sept 26 - Oct 2
5,000 avg. steps/day



Oct 3 - 9
5,500 avg. steps/day



Oct 10 - 16
6,000 avg. steps/day



Oct 17 - 23
6,500 avg. steps/day



Oct 24 - 30
7,000 avg. steps/day



Oct 31 - 6
7,500 avg. steps/day



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mm/dd - mm/dd

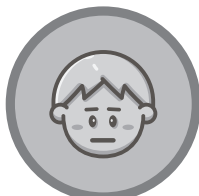
WALK YOUR WAY FROM ZOMBIE TO HEALTHY

Join us in this fun, pop up challenge and step into better health!



WEEK 1

7,000 avg. steps/day



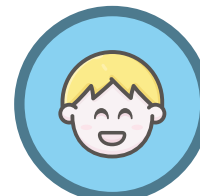
WEEK 2

8,000 avg. steps/day



WEEK 3

9,000 avg. steps/day



WEEK 4

10,000 avg. steps/day

Earn the badge each week to be entered into the weekly raffle for a prize!

REGISTER TODAY!



- 1 Download the Walkingspree App from the Google Play or App Store
- 2 Register with your employee email and employee ID
(Include instructions here)
- 3 Connect your device and start stepping!

Choose your own screen name to be shown on the app!



Be sure to open your Walkingspree app every few days to update your steps! Fitbit and Garmin users should open the Fitbit or Garmin app first and then open the Walkingspree app to ensure all steps are synced.

Walkingspree will never share your data with outside parties. Your employer will only receive your step count for any incentives offered for challenges. You may participate within the app anonymously by choosing your own screen name.