



2020 City of Manchester Step Goal Challenge



Starting in January of 2020 the City of Manchester Wellness Committee will be challenging employees to get stepping. Each month throughout the year a step goal will be given and employees are challenged to reach it or surpass it. If you reach the goal submit your total steps for the month using our [online form](#) or submit your tracking sheet to wellnesscommittee@manchesternh.gov. Just enter your daily steps and it will add your total steps for the month.

Each month a \$25 gift card will be raffled off to those who complete their step goals. At the end of the year if someone reaches all the step goals they will be entered in a raffle for a \$100 gift card.

- | | |
|-------------------------------|---------------------------------|
| January: 10,000 steps | July: 100,000 steps |
| February: 20,000 steps | August: 200,000 steps |
| March: 30,000 steps | September: 250,000 steps |
| April: 40,000 steps | October: 300,000 steps |
| May: 50,000 steps | November: 400,000 steps |
| June: 75,000 steps | December: 500,000 steps |

FIRST NAME	LAST NAME	DEPARTMENT	MONTH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Total Monthly Steps	
----------------------------	--