

The Let's Walk Workplace Walking Challenge:

SETTING A TEAM GOAL



This year, we are encouraging all teams to set individual and team goals.

Agree how far you are planning to walk during March. This year, as we are not able to travel in the same way as before, we are encouraging teams to decide on a dream destination they would like to visit together. Once you have done this, work out how many miles this is (by looking online) from your workplace location to the destination. So, as an example:

Team 'A' decide they want to walk as far as Paris from their Exeter office. Exeter to Paris is approximately 460 miles so a return journey is 920 miles. 920 miles is 2,647,834 steps or 85,414 steps per day for the period of the challenge (31 days). This means if you have a team of ten people, they will need to aim for 8,541 steps per day to get to Paris and back during March.

We will be asking you to share your dream destination and goal as we start off the challenge and there will be prizes available for teams that take part.

So, once you have got a team together, start to think about where you would like to visit and why – the world is your oyster!

A LITTLE CHANGE MAKES A BIG DIFFERENCE