

Retrievers on the Move

Step Challenge Rules

Challenge Dates:

April 5 – May 2

Overview

Retrievers on the Move is a 4-week step challenge designed to encourage movement, friendly competition, and community. Participants may compete **as individuals or as part of a team**.

Participation Options

Individual Participants

- Individuals will track their own daily steps.
- Each participant will be given a **spreadsheet template** to record their steps.
- Participants should **enter their steps daily or at least weekly** in the provided spreadsheet.
- Individual totals will be calculated from the spreadsheet submissions.

Team Participants

- Teams may have **up to 10 members**.
 - Each team must select a **Team Captain**.
 - Team members will report their weekly step totals to their **Team Captain**.
 - The **Team Captain will submit the team's steps** using the provided spreadsheet template.
 - Submissions must be entered **by Monday of each week**.
 - Team scores will be calculated using the **average number of steps per team member** to keep the competition fair between different team sizes.
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Step Tracking

- Participants may use any **fitness tracker, smartwatch, phone app, or pedometer** to track steps.
 - Participants should report **honest and accurate step counts**.
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Weekly Reporting

- Weekly steps should cover **Sunday through Saturday**.
 - **All submissions are due by Monday** following the previous week.
 - Late submissions may not be included in that week's totals.
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Leaderboard

- A **top team and individual** will be shared on social media each week. Rankings will be posted to your tracking spreadsheet.
 - Teams will be ranked based on their **average steps per member**.
 - Individuals will be ranked based on their **total steps**.
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Challenge Goal

The goal of Retriever's on the Move is to **encourage movement, build community, and have fun**. Whether you're walking across campus, around your neighborhood, or on a treadmill, every step counts!