OFFICIAL SMOHIT STEP CHALLENGE DATES

**TEAM CHALLENGE DAY**
The team with the best one-day team average will win a $25 gift card.

Remember: Teams must be registered and consist of a minimum of 4 team members.

**MARCH 28th**

**100,000 STEP CHALLENGE DAY**
A drawing for a $50 gift card will be held among all registered participants who have reached at least 250,000 steps by March 30th.

**MARCH 30th**

**250,000 STEP CHALLENGE DAY**
A drawing for a $50 gift card will be held among all registered participants who have reached at least 250,000 steps by April 12th.

**APRIL 12th**

**TEAM T-SHIRT PHOTO DAY**
A drawing will be held among all teams who submitted a photo of their team wearing their SMOHIT step challenge t-shirts. Winning team members receive a $25 gift card.

Submit photos to TLiptak@SMOHIT.org

**APRIL 24th**

**400,000 STEP CHALLENGE DAY**
A raffle for a $100 gift card will be held among all participants who reach 400,000 steps by midnight April 30th.

**APRIL 30th**
OFFICIAL SMOHIT
STEP CHALLENGE DATES
continued

APRIL 30th

MOST IMPROVED STEPPER CHALLENGE
THE 10 PARTICIPANTS WHO DEMONSTRATE THE LARGEST STEP IMPROVEMENT FROM THE PREVIOUS CHALLENGE WILL WIN A $25 GIFT CARD

APRIL 30th

BEST OVERALL TEAM TOTAL AWARD
THE TEAM THAT HAS THE HIGHEST TEAM AVERAGE FOR THE CHALLENGE WILL BE AWARDED THE OFFICIAL TEAM TROPHY TO DISPLAY AT YOUR HALL AND EACH TEAM MEMBER WILL RECEIVE A FITNESS BOOK

APRIL 30th

‘SURPRISE CHALLENGE’ AWARD
A $200 GIFT CARD WILL BE AWARDED TO THE WINNER(S) OF THIS CHALLENGE
WATCH FOR UPCOMING DETAILS

APRIL 30th

GRAND PRIZE
THE TOP STEPPER IN EACH CATEGORY WILL WIN A TRIP TO THE 2021 SAFETY CHAMPION CONFERENCE AND A $100 GIFT CARD
NOTE: This prize is non-transferable.
TOP 10 STEPPERS AWARDS
BY ABILITY LEVEL CATEGORIES

These Prizes Are Non-Transferable

TOP PRIZES FOR ALL CATEGORIES
ADVANCED, INTERMEDIATE AND BEGINNER LEVELS

A TRIP TO THE 2021 SAFETY CHAMPIONS CONFERENCE AND A $100 GIFT CARD!

<table>
<thead>
<tr>
<th>PLACE</th>
<th>ADVANCED LEVEL</th>
<th>INTERMEDIATE LEVEL</th>
<th>BEGINNER LEVEL</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st Place</td>
<td>ALL EXPENSE PAID TRIP TO THE 2021 SAFETY CHAMPIONS CONFERENCE + $100 GIFT CARD</td>
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<tr>
<td>2nd–3rd Place</td>
<td>$75 GIFT CARD</td>
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<td>$75 GIFT CARD</td>
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<tr>
<td>4th–6th Place</td>
<td>$50 GIFT CARD</td>
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<tr>
<td>7th–10th Place</td>
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PLEASE NOTE: In the interest of fair competition, the officials for this challenge reserve the right to disqualify anyone suspected of artificially ‘padding’ step counts. Step totals will be monitored daily and excessive step totals will be reviewed and discussed with the participant.

Some trackers pick up excessive arm movements. If you determine this to be the case, you may want to place your tracker in a pocket while you are doing repetitive arm activity.

Many tracking devices allow you to specify whether your tracker is placed on your dominant or non-dominant arm. Defining this helps prevent the tracker from counting arm movement as steps.

HAVE FUN...HAPPY STEPPING!