



## Sheet Metal Occupational Health Institute Trust

3180 Fairview Park Dr, Falls Church VA 22042

P (703) 739-7130 F (703) 739-7130

### **SMOHIT Steps Challenge Rules: Fall 2022 (September 15, 2022 – October 31, 2022)**

#### **Rules:**

1. Prizes will be awarded to 10 participants in all three categories

a. Beginner - 100 to 300,000 steps

b. Intermediate - 300,001 to 500,000 steps

c. Advanced - 500,001 steps and above

If you won a prize in previous Steps Challenges, you must advance to a higher category to be eligible to win. If you are already in the Advanced category, you must maintain this level to win prizes. Ten prizes will be raffled off by random selection in each category.

2. You must be registered in the challenge by midnight (adjusted to your time zone) September 14, 2022, to qualify for all prizes.

3. Steps must be registered using a tracking device. No manual entries will be accepted. You must sync your steps with your tracking device in Challenge Runner. If you have syncing issues, be sure to visit the Challenge Runner FAQs page to see if your device can be fixed manually.

<https://challengerunner.com/support/search>

If your device is still having trouble counting your steps, please contact Challenge Runner by submitting a request at <https://challengerunner.com/Contact>.

4. Everyone who registers and reaches 10,000 steps by September 22, 2022, at midnight local time will qualify for an official SMOHIT Steps Challenge t-shirt! Make sure to submit your shirt size when registering for the challenge.

#### **Challenge Reward Dates**

1. September 25<sup>th</sup>: Team Challenge Day

The team with the best one-day team average will receive a \$25 gift card for each member. Teams must be registered and consist of a minimum of 4 people.

2. September 27<sup>th</sup>: 100,000 Step Challenge Day

A random drawing for a \$50 gift card will be held among all registered participants who have reached at least 100,000 steps by September 27<sup>th</sup>.



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3. **October 10<sup>th</sup>: 250,000 Step Challenge Day**  
A random drawing for a \$50 gift card will be held among all registered participants who have reached at least 250,000 steps by October 10<sup>th</sup>.
4. **October 31<sup>st</sup>: 400,000 Step Challenge Day**  
A random drawing for a \$100 gift card will be held among all participants who reach 400,000 steps by midnight on October 31<sup>st</sup>.
5. **October 31<sup>st</sup>: Best Overall Team Total Award**  
Each member of the team with the highest team average will receive a \$25 gift card.
6. **October 31<sup>st</sup>: Grand prize and all other raffle awards for each steps category (10 awards per level) will be given.**

Enjoy taking steps toward a healthier you!

Good Luck!