

Warhawks in Motion Fitness Challenge | Information/Instructions

Event Dates: June 10th, 2025 – November 11th, 2025

Warhawks in Motion is a fun activity that will track the amount of physical activity each team/individual completes during the activity lifespan. This is a friendly, campus/workplace wide competition that encourages healthy living and exercise. For recording purposes, time spent on physical activities will be translated into steps.

Participation in this challenge (plus completing the health assessment and a health check), earns you \$150! Get started at webmdhealth.com/wellwisconsin. Report completion of this event under "rewards" as an "employer sponsored activity" using "physical activity" as the description.

Tracking device is required (phone, apple watch, Fitbit/Garmin, etc.) If you do not have one, reach out to us at worksitewellness@uww.edu.

Step 1: Create a Team or Sign up as a Super Stepper

- Team members will work collaboratively on being active throughout the week and will be responsible for completing individual physical activity
- Teams are to be kept to a 3-person minimum, 5-person maximum limit. Each team will delegate a Team Captain who will be in charge of reporting the team's "steps" to the Wellness Team (worksitewellness@uww.edu) at the end of each month
 - Teams will be tracked on how many total steps are taken, not on how many steps per person.
- Each team is in charge of coming up with a team name and an optional team logo!
 - Teams must complete the [team sign-up form](#) in order to participate (**DEADLINE TO CREATE A TEAM: JUNE 20th**).
 - Send your team-sign up form to worksitewellness@uww.edu
- Register as a Super Stepper! Participants that report 300,000 or more steps a week will register as an individual Super Stepper!
 - Super Stepper must complete the team sign-up form in order to participate (**DEADLINE TO CREATE A TEAM: JUNE 20th**)

Step 2: Record Physical Activity

- Each team member is responsible for completing physical activity throughout the week in order to complete their weekly step chart. No matter the activity, it can be converted into steps.
 - ***If you need assistance translating the activity into steps, please reach out to the Wellness team and we will assist***
- Your team captain will be sent weekly tracking sheets to be distributed to each member. Once completed and returned to the team captain, the captain will submit them to the Wellness Team.
- The Wellness Team will present the current months team leaderboard in the Monthly Newsletter and the Worksite Wellness Website
- The team with the most steps at the end of the event will receive a prize to recognize their achievement. The deadline to submit final “steps” is November 14th.
 - ***We would love to see you in action! Send us pictures of your Wellness activities to be highlighted in the newsletter!***

If any questions or concerns arise, please reach out to the Wellness Team

worksitewellness@uww.edu // 262-472-1024



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