

GM Daily Mile Workplace Challenges

JAN

New Year New You Walking Challenge

Participants simply record their daily steps.
Calculate a team average or total steps for individual walkers.
Works well when;
free apps or phone settings are shared or pedometers provided to count steps.

FEB

The Every Day Challenge

Set a minimum distance/step count/time for each eligible walk.
Works well when; staff are motivated throughout the month; progress is displayed on the notice board for those wishing to share.

MAR

The Well-being Walk Challenge

Staff walk at least once a week & share how it supports their wellbeing, promoting the benefits across the workplace. Works well when; staff can contribute anonymously.

APR

The Spring In Your Step Challenge

Create a list of local landmarks/objects close to the workplace.
Groups walk and photo themselves at each landmark (lunch hour or walking meetings).
Works well when; entries are displayed on staff notice boards; correct entries are entered into a prize draw.

MAY

The Netwalking Challenge

Walkers are encouraged to conduct walking meetings, logging each one attended.
Works well when; an organisation has lots of meetings.

JUN

The Walking Scavenger Hunt Challenge

Create a list of items/photos to be gathered on a walk.
Teams collect everything on the list.
Works well when; this is run over a week maximising participation.

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JUL

The Manchester To Paris Challenge

Calculate distance between a work location and Paris (or other destination). Walkers aim to walk this distance. Recording daily.

Works well when; the destination is relevant to staff or to an international event i.e. Olympics, Euros; apps to track steps/distances are shared.

AUG

The Bring A Buddy Challenge

Walkers encourage a colleague to walk with them. Staff member who encourages the most different people to walk with them wins the challenge! Works well when; the walks can happen before or after work, at lunch, home or at the weekend.

SEP

The 10,000 Steps A Day Challenge

Staff aim for 10,000 steps a day. Record daily. Run it over a week or full month. Works well when; encouragement is provided regularly; recognition for new walkers is given; apps and trackers are shared.

OCT

The Colleagues Choice Challenge

Colleagues create walking challenges for the workplace. Works well when; this is launched in advance, encouraging as many suggestions as possible, to launch in time for October.

NOV

The Make A Pledge Challenge

Staff make their own walking pledge for the month. Works well when; creative walking pledges are encouraged from simple ideas to more challenging, maximising take up.

DEC

The Winter Walkers Bingo Challenge

Create a 'Bingo' type sheet of walking activities (approx. 12-15) to be accomplished at any time of the month. Include small achievable actions (i.e. walk for 5 mins, walk with a friend, walk 2,000 steps). Works well when; the activities are varied and achievable by all; apps and trackers are shared to count steps/distances/times.

Challenge Tips

- Set a start and end date, or choose a single day;
- Use the trackers/apps in the GM Daily Mile Toolkit to support you;
- Swap the challenges and months if that suits your planning;
- Decide if individual, paired or group challenges;

Promote alongside the '5 Ways to Well-being' & the 'At a Glance - A GM Daily Mile can help' posters

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www.gmwalking.co.uk