WALK 2 WELLBEING
February 15-28, 2021

THE RULES

- The maximum number of team members is 10 and can include family members. At least one team member must be a Sysco associate.
- There are 3 categories, and you can only enter your team into 1.
  1. **Heavy Steppers** - average 15,000+ steps a day
  2. **Big Steppers** - average between 5,000-15,000 steps a day
  3. **Busy Steppers** - average up to 5,000 steps a day
- You cannot change your category once you’ve registered or during the challenge.
- Participants with mobility challenges can use the [steps conversion matrix](#) to convert physical activities into steps.
- For any team member without a step counter, the Team Captain must log the same number of steps logged by the lowest stepper each day.

TEAM CAPTAIN RESPONSIBILITIES

- Registering your team online using the QR code below by 6 p.m. CT on Sunday, February 14
- Recording your team’s daily steps online or via the smartsheet email; you’ll receive details on how to do this after registering

Social distancing and local health & safety guidelines must be followed at all times!