As team captain your responsibilities include:

1. Registering your team online no later than Thursday, February 3 using this QR code. You will not be able to change the challenge category once registered.

2. Submitting your team’s daily steps via the daily reminder email. Steps cannot be altered after submission but may be deleted.

3. Encourage your team members to share photos of their nature walks on social media and on the Global Health and Wellbeing channel on Sysco to Go. Use #Walk2Wellbeing when posting to raise awareness.
CHALLENGE RULES

Ensure COVID-19 regulations are adhered to at all times.

Register by Thursday, February 3, using this QR code.

The maximum number of team members is 10, and all team members must be associates.

This year there are three categories, you can only enter one. The categories are:

1. Heavy Steppers - average more than 18,000 steps a day
2. Big Steppers - average between 8,000-18,000 steps a day
3. Busy Steppers - average up to 8,000 steps a day

You cannot change your category once you’ve registered. However you might be moved up a category if you are exceeding daily step counts. This will be reviewed at the end of week one by the Wellbeing Team.

For any team member without a step counter, the Team Captain must log the same number of steps as that logged by the lowest stepper.