
[Sign up here and encourage others to do the same!](#)

How do I track my steps?

Each week we will ask for your distance walked, but there are several ways to track it:

- **A wearable device or smartphone app** that will count your steps/distance, such as a Fitbit, AppleWatch, or other device – brand doesn't matter. There are also many free apps that will record for you (i.e. Health app on device, RunKeeper, MapMyRun, Nike Run Club, etc.).
- **Distance walked** – You can track your distance walked around your neighborhood using this [feature in Google Maps](#), driving a route in your car, or using a paper map.
- **Distance rolled** - using a wheelchair or other mobility device – if you're not able to walk, track your distance rolled and we will use the [same conversion we do for steps](#). Please note this does not apply to recreational use of bikes/scooters/skateboards, etc.

How do I convert my steps to distance?

We will be using the conversion 1 mile = 2112 steps. Each week, you'll be asked to report **distance walked** [using this free calculator](#).

Do I have to join a team? Who can be on my team?

You can be your own team, but we encourage you to invite others in your community to join you. Neighbors, coworkers, students, and family are all great choices.

I ride a stationary bike/ swim/ lift weights/ do other physical activity. Does this count?

We encourage all forms of movement that feel good for your body - keep up the good work! However, this challenge focuses on steps. It's up to you to decide if you walk, hike, jog, skip or roll with your wheelchair or mobility device. In the interest of keeping things fun and fair, please do not "convert" your other activities into steps.

I want to join, but the competition has already begun. Can I still join?

Yes, join us! [Fill out the sign-up survey](#) and join a team (or create your own).

In the past we've had team captains. Why don't we this year?

In the interest of smooth reporting, teams do not require captains. However, if you have played this role in the past or like cheering people on, go for it! Whether you are a team of 1 or 100, a little bit of encouragement goes a long way. Keep it up!

Tips and tricks:

- Guidance on safely using outdoor space during COVID-19 [can be found here](#). Please follow your county's public health guidance and respect trails where applicable. Walk safely!
- Fun recipes, warm ups, and updates will be coming your way weekly. Check your email.
- Eligible participants of the CalFresh Healthy Living UCCE program will also receive a water bottle to reinforce healthy hydration after the challenge ends.

Please contact wskillman@ucanr.edu with any questions and remember to Step It Up!