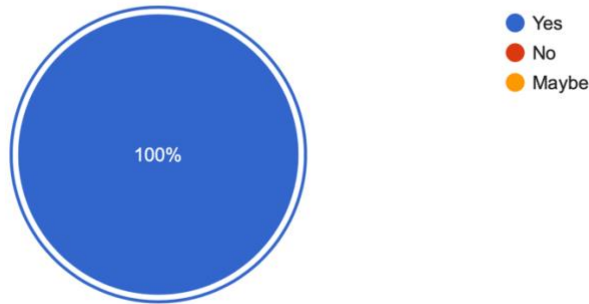


## April 2021 Team Step Challenge Feedback results

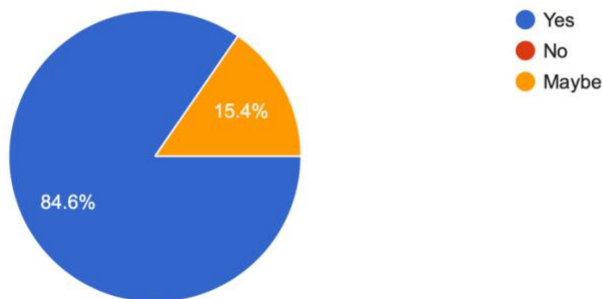
### 1. Did you enjoy taking part in the Department's step challenge?

13 responses



### 2. Would you take part in another step challenge at a later date?

13 responses



### 3. How could the Team Step Challenge be improved? 7 responses

- Counting the steps Monday-Sunday
- The same app should have been used by all the participants for the step count. Smartwatches compared to smartphones count steps even when you are working at the desk and not walking.
- Maybe have a set time that the numbers have to be in by so we're not kept waiting in suspense for the weekly results. And maybe somehow try and persuade more teams to enter.
- It's really great to have a reminder to move about every day and to have the accountability, but I had to be careful not to correlate healthy behaviour with competitiveness. In the future maybe we could have a challenge to e.g. try and hit 6000 steps each day (i.e. no reward for doing 10,000 as opposed to 6000) as then it gets people up and moving but doesn't make health into a competition
- Organise general walks for the participants
- Some group walks organised
- An organised 'walk' once COVID allows of course

### 4. General comments/suggestions for future activities. 4 responses

- Can't wait for the next challenge. Please as soon as possible!
- Let's do another steps challenge - I thoroughly enjoyed it and can say that all members of my team went over and above what steps they would normally do so it was really encouraging to get people moving. Many thanks for doing this and for adding the pics.
- I really liked the accountability to move more every day!
- Perhaps include some time trial challenges i.e. 1 mile challenge - who can run the fastest mile? People can post their times. fun and competitive. Same could be done for 5k.