

Steps Challenge

May 5th - June 1st

During the first four weeks of summer, we challenge you to prioritize being physically active. The goal being to accumulate as many steps as you can, on as many days as you can, through any type of physical activity. Every little bit of movement throughout the day counts and makes a difference!

1 How To Sign Up:



1. Before May 5th, Log into your Orriant account. www.myorriant.com
2. Navigate to the "Competitions" section via the drop-down menu.
3. Click the "Sign Up" button next to the **FDL Steps Challenge**
4. Submit your reward choice by May 10th here: forms.office.com/R/EJ50RZBCGX

2 Tracking

Starting May 5th, manually enter your steps in the "Goals" section of your Orriant account with the **FDL Steps Challenge** goal that will be created upon sign up.

*To see where you're at with your step count compared to others participating in the challenge, check out the live leaderboard on the "Competitions" page!



3 Get Stepping!

Get out and be active to earn at least 50,000 steps per week! Go for a walk while listening to your favorite podcast, try a new workout class, do some yardwork, hold a "walking meeting". Find something you enjoy and be active!

Discriminatory Disclaimer: if you are wanting to participate in this challenge but for whatever reason are not able to meet the criteria described in the challenge (track steps), please contact Orriant for an alternative standard to participate.

4 Requirements & Rewards

Participants who achieve at least 50,000 steps per week, each of the 4 weeks will receive points AND a Minnesota State Park Pass or a Produce Gift Certificate!