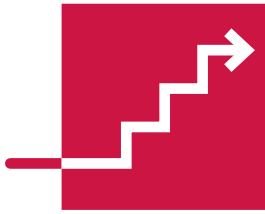




Facilities Planning  
& Management  
UNIVERSITY OF WISCONSIN-MADISON



## READY...SET...STEP into Fall! FP&M 2021 STEP CHALLENGE

September 1 - September 30, 2021

It's time for the UW-Madison FP&M Step Challenge brought to you by the FP&M Wellness Committee.

We will again be using the Count.It app, a free online platform where you can convert your steps seamlessly into a daily "Count.It Score".  
Connect a fitness tracker/pedometer or manually enter activities (see pages 2-3).

We've set up a UW Facilities Planning & Management Group and we're in this together (sorry no teams, since we're using the free platform)...but did we mention, we're in this together!

Here's the goal we've laid out for us this September (30 days)...and the steps to join in.

**TOTAL FP&M GOAL: 10,000,000 steps**  
**PER PERSON TOTAL GOAL: 174,000 steps**  
**PER PERSON AVERAGE DAILY GOAL: 5,800 steps**

### How do I count my steps?

1. Go to the Count.It website: <https://go.wisc.edu/fpm-september> ... or scan this QR code >>>>
2. Create an account (name, email, password).  
If you've participated in the past you can use your preexisting account.
3. Connect your preferred fitness tracking devices or download and sync the Count.It app.
4. Voila! You should see yourself as a member of the UW Facilities Planning & Management Count.It group.
5. Start Stepping to contribute to the FP&M goals!\*



*\*While the free Count.It platform does not allow you to enter steps manually (i.e. equivalents for biking, dancing, cleaning the house, etc.), you can manually enter steps in your IOS/Android device, which will sync into Count.It. Use the included conversion sheet for reference when turning activities into steps.*

**count.it**  
www.countit.com

If you have questions or comments reach out to a Wellness Committee member.



Organized by the FP&M Wellness Committee  
Supporting the overall well-being of FP&M employees