

STEP UP with the FP&M **STEPtember Challenge**

September 1 - September 30, 2023

Fall is near. It's time for the FP&M Step Challenge! Let's count our steps for fun and well-being. *It's for all levels. Contribute steps to a shared goal.*

Sign up once to participate and that's it! You'll be ready come September 1.

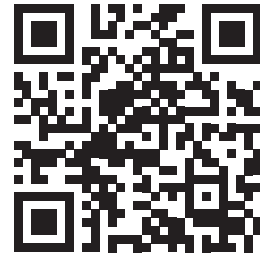


Sign up

Free | September 1 - 30, 2023

1. **Scan the QR code** or visit go.wisc.edu/fpm-steps and see the *How to Join* section
2. Create an account and connect a fitness tracking device to Count.It. Or, you can *manually log activities* without setting up a tracker.
3. Be sure you've joined the right group called *UW Facilities Planning & Management*
4. Start stepping to contribute to our shared goal. (Or use step equivalents to log your activities)
5. See your totals in action. Have fun!

LEARN MORE



Scan QR code above or visit

go.wisc.edu/fpm-steps

We're in this together!

TEAM GOALS

PER PERSON AVERAGE goal
5,800 steps

PER PERSON TOTAL goal:
174,000 steps

TOTAL FP&M goal:
10,000,000 steps



**Facilities Planning
& Management**
UNIVERSITY OF WISCONSIN-MADISON

Questions? Please reach out to a
Wellness Committee member or email
wellness@fpm.wisc.edu.



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