

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

September 1 - September 30, 2024

**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.

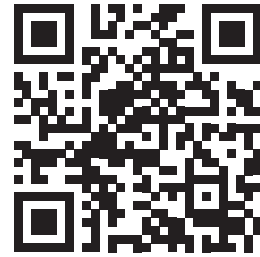


## Sign up

**Free** | September 1 - 30, 2024

1. **Scan the QR code** or visit [go.wisc.edu/fpm-steps](https://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](https://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**

