Frequently Asked Questions for
“Walk It Out” Challenge

What is the Walk It Out Challenge?
The Walk It Out Challenge encourages consistent physical activity over the course of four weeks. Aim for 7,000 steps daily for a minimum of 3 days a week for the next four weeks. Doing extra steps in one day is great and will help you to reach the top of the leaderboard, but you must track at least two other days in order to successfully complete this challenge.

How do I enroll in the Challenge?
Log onto www.ibxpress.com and click on the Access Challenges tab under the Achieve Well-being section. Under the “Upcoming” tab, tap the challenge you’d like to enroll in. Read the challenge details then simply tap “Enroll Now” to get started.

When can I enroll in the Challenge?
You can enroll in the Challenge from Tuesday, April 3rd to Thursday, April 12th. You’ll get reminders on your home screen and in email to make sure you don’t miss out.

Can I pick which team to join?
No, you cannot pick your own team or change teams. Team assignments are system generated through the IBX member portal. You will receive your team assignment before the challenge start date.

How do I track my Challenge activity?
To successfully complete this challenge, you must track your steps a minimum of 3 days a week. To record your daily activity, tap on the challenge card in your home screen and mark your activity as complete for that day.

If you use a wearable device that tracks steps, sync your device and your Challenge activity will be tracked for you automatically. You can also track your Challenge activity by tapping on the menu button on your home screen, then selecting Challenges. Tap on this Challenge under the “Active” tab then select the day you want to track.

How do I know if I have missed any Challenge tracking for this week?
At the end of the week, we’ll send you a reminder on your home screen if you haven’t tracked your Challenge activity three days that week. Tap this card to track any missed days, or tap the menu button on your home screen, then select Challenges. Tap on this Challenge under the “Active” tab then select the missed day you want to track. All missed days will have a blue arrow button next to them. Completed days will show a green check mark.

How do I know if I have missed any Challenge tracking for previous weeks?
Tap the menu button on your home screen, then select Challenges. Tap on this Challenge under the “Active” tab. Completed weeks will show a green check mark. Weeks with missing tracking activities will show a yellow triangle in the corner. Tap that week then select the missed day you want to track. All missed days will have a blue arrow button next to them. Completed days will show a green check mark. You can go back and track for any previous weeks until May 11th.
“Walk It Out” Challenge

How can I view and track my progress?
Tap the menu button on your home screen, then select Challenges. Under the “Active” tab you can view your progress for the current week. Tap the challenge to see a more detailed view of your progress by week.

Will I be rewarded for successfully completing the Challenge?
Yes! You will be rewarded with 30 reward points once you successfully complete this challenge by tracking your steps at least three days a week, for a total of at least 7,000 steps a day, for four weeks.

Is there a minimum requirement for completing the Challenge?
Yes - to successfully complete the challenge you must track your physical activity a minimum of three days a week, at least 7,000 steps a day, for all four weeks of the challenge.

How do I post on the message board?
Tap the menu button on your home screen, then select Challenges. Under the “Active” tab, select this challenge, then tap “Messages” at the top of the screen. Tap “Message All Participants” to write a message. Please keep message content respectful and positive. Questionable content will be flagged and removed.

How can I see where I rank among participants?
The Challenge leaderboard will show where you stand among all participants as well as the top finishers for the challenge. To access the leaderboard, tap the menu button on your home screen, then select Challenges. Under the “Active” tab, select this challenge, then tap “Leaderboard” at the top of the screen.

Who should I contact if I have any questions?
For any additional questions about this Challenge, please contact Kristin McHenry at 215-926-2285 or at Totalwellness@temple.edu

Challenge Rules:

Requirements for the “Walk It Out” physical activity challenge are as follows:

- Sign up for the Walk It Out Challenge by April 12, 2018.
- The “Walk It Out” physical activity challenge will begin on Monday, April 9th and end on Sunday, May 6th.
- To successfully complete the Challenge you must track your steps a minimum of three days a week, at least 7,000 steps a day, for all four weeks of the challenge.
- You have until Friday, May 11th to log your activity and earn rewards.
- However, the leaderboards are finalized on Sunday, May 6th.

Please Note: If it is unreasonably difficult due to a medical condition for you to achieve the standards for the reward under this program, or if it is medically inadvisable for you to attempt to achieve the standards for the reward under this program, call us at 215-926-2285 and we will work with you to develop another way to qualify for the award.