

Paper Version and Forms



Take the Challenge

May 28 – June 24, 2023

WEEKLY PRIZES & TWO GRAND PRIZES

This packet is a review of the program and has all of the paper documents needed if you don't use the online version. If you prefer the online version you can find it [HERE](#).

PROGRAM

The **4-week Get Moving Challenge** is designed for UND staff, faculty, students and their teammates (co-workers, spouses/partners, and family members) to track steps for a healthier **YOU!**

If you have a Fitbit, Garmin, Jawbone, or other activity tracking device, please use those. There are also Smart phone applications that you can use, such as [Accupedo](#). There is also a [step conversion chart](#) you can use to convert other activities into steps if you have injuries that prevent you from moving.

GETTING STARTED

To participate and be eligible for prizes, you will need to:

- Decide if you are going on your own, or get into a team of 2, 3, 4, 5 or 6. Teams typically have better results in finishing the challenge.
- Get started [online](#) or complete the attached registration and pre-assessment and email to Work Well at und.workwell@und.edu

LOGGING YOUR STEPS

You will need to complete the step logs weekly online at the [Get Moving website](#) OR return paper entries by the following Wednesdays at 4:30pm of the next week to be in the weekly drawing (email to und.workwell@und.edu):

- May 31, June 7, 14, and 21.

BENEFITS:

The benefits include improved health, team-like spirit, more movement, better circulation, more brain stimulation, increased clarity, stress, and anxiety relief and more! You are also eligible for prizes.

All prizes will be available for pickup at the Wellness Center. Winners will be notified and recognized! If you are participating from out of town, your prize will be mailed to you.

Weekly Prizes: Random Drawing

- Staff/Faculty/Friends/Family
- Two individuals will be drawn each week. One \$20 and one \$10 Gift Card will be given away.
 - One random team will win. Each team member wins a prize.

Grand Prizes: 2 - \$100 Gift Cards for Staff/Faculty/Friends/Family

- Eligibility for the Grand Prizes requires the participant to complete ALL four weeks of the Get Moving Challenge and submit your weekly step logs on time.

TIMELINE:

Challenge dates: May 28 – June 24, 2023

Week 1: (May 28 – June 3) Weekly step log needs to be entered by 6/7.

Week 2: (June 4 – June 10) Weekly step log needs to be entered by 6/14.

Week 3: (June 11 – June 17) Weekly step log needs to be entered by 6/21.

Week 4: (June 18 – June 24) Weekly step log needs to be entered by 6/28.

RESOURCES

This chart may be helpful in determining your activity level and to help set goals for yourself:

Steps per day	Activity level
<5,000	Sedentary
5,000 – 7,000	Low Active
7,500 – 9,999	Somewhat Active
10,000 – 12,500	Active
>12,500	Highly Active

**Developed by C Tudor-Locke and DR Bassett Jr (2004)*

Increasing your steps:

For most people, increasing your average daily steps each week by 500 per day is a reasonable goal. For example, if you are currently averaging about 5,000 steps a day, your goal for the first week would be 5,500 steps. For week two, your goal would be 6,000 steps each day and so on. Your ultimate goal over time would be to reach 10,000 steps a day (or more!). You may not be able to achieve 10K-A-Day within the 4-week challenge, but we encourage you to continue the progression! More information [HERE](#).

(*2,000 steps = 1 Mile, *10K/Day = 5 Miles)

COUNTING STEPS FOR OTHER ACTIVITIES

Don't forget: You can reach your step goals in other ways. With the following step conversion chart, you can calculate the number of steps equivalent to other activities you might take part in.

How to calculate steps from the [CONVERSION CHART](#):

Simply, multiply the numbers of steps indicated next to the activity by the number of minutes you spent on the activity. For example, stacking firewood equals 2,670 steps (89 steps x 30 minutes).

You can go online [HERE](#) or complete the following registration and pre-assessment

Get Moving Challenge Registration Form – Spring 2023

1. Name (first and last): _____
2. IDM (for employees and students): _____ (usually
firstname.lastname)
3. E-mail: _____ (This will be used to send
weekly messages and contact you if you are a prize winner)
4. Phone: _____
5. How did you hear about the Get Moving Challenge? (check ONE)
 - UND Electronically
 - Word of Mouth
 - Print
 - Social Media - Facebook
 - Event: Information at an event
 - Other: _____
6. If a colleague/classmate encouraged you to sign-up, enter their name below.

Name: _____
7. Are you participating as an individual or member of a team?
 - Individual (skip to question 9)
 - Team Member
8. You may register up to 6 people per team. **Each team member needs to register.**

Number of people on your team including yourself: 1 2 3 4 5 6

Team Name: _____

9. Weekly emails will be sent with updated team and individual results to keep you motivated. Please indicate yes or no about **sharing your name and step totals** to all Get Moving Challenge participants.

Yes, you can share my name and step totals with all of the Get Moving Challenge participants.

No, do not share my name and step totals with all of the Get Moving Challenge participants.

10. Based on this four week Get Moving challenge, what realistic goal do you hope to accomplish in this time frame? Aim for a SMART Goal: Specific, Measurable, Attainable, Realistic, and Timely. For example: Exercise 30 minutes per day for 5 or more days a week.

11. UND Employees: Physical wellness is ONE dimension of wellness. Please list another goal (if you choose) to keep yourself balanced with other dimensions to achieve overall wellness during this challenge? (For example: Incorporate social wellness by walking with a partner; Pick-up trash when walking to engage in environmental wellness).

Social: _____

Physical: _____

Intellectual: _____

Emotional: _____

Spiritual: _____

Environmental: _____

Occupational: _____

Pre-Assessment Form – Spring 2023 Get Moving Challenge

Data is confidential and will be shared in group format after the challenge. You can end the survey at any time. It is voluntary.

1. Gender:

- Woman
- Man
- Transgender Woman
- Transgender Man
- Non-binary/ non-conforming / gender diverse
- Two Spirit
- Prefer not to respond
- A gender identity not listed: _____

2. Age:

- 19 or younger
- 20-29
- 30-39
- 40-49
- 50-59
- 60-69
- 70+

3. UND Only: Status:

- Staff
- Faculty
- Student (Undergraduate/Graduate/Professional)
- UND Affiliate
- Non-UND participant (spouse/friend)
- NDUS employee

4. Do you engage in **moderate or vigorous cardiovascular physical activity**? This includes activity that makes your heart rate rise and you breathe harder.

- A person doing moderate-intensity activity can talk, but not sing during the activity. Examples include: brisk walking, biking, light water aerobics, etc.
- A person doing vigorous-intensity activity cannot say more than a few words without pausing for a breath. Examples include jogging, swimming laps, aerobic dancing, etc.

- Not regularly
- Less than 30 minutes a week
- 60 minutes a week
- 90 minutes a week (1.5 hours)
- 120 minutes a week (2 hours)
- 150 minutes a week (2.5 hours)
- 180 minutes a week (3 hours a week) or more

5. What is the recommendation for **physical activity per week** according to the Centers for Disease Control and Prevention's Physical Activity Guidelines for Americans (2018)?
- 30 - 90 minutes a week
 - 75 - 150 minutes a week (1 hour 15 minutes - 2.5 hours) of vigorous-intensity physical activity
 - 150 - 300 minutes a week (2.5 - 5 hours) of moderate-intensity physical activity
 - 180 minutes a week (3 hours a week)
 - Both B and C
6. On average, how many steps do you think you walk on **an average work/school day**?
- 0 - 2,500 steps
 - 2,501 - 5,000 steps
 - 5,001 – 7,500 steps
 - 7,501-10,001 steps
 - 10,001 or more steps
7. Do you hope to **change your physical activity levels** during the 4-week challenge?
- Increase levels
 - Maintain levels
 - Decrease levels
8. Do you engage in **muscle-strengthening exercise** weekly (examples include: yoga, sit-ups, push-ups, Pilates, lifting weights, etc.)?
- Not regularly
 - At least 1 time a week
 - At least 2 times a week
 - At least 3 times a week
 - 4 or more times a week
9. What is the recommendation for **muscle-strengthening** for all muscle groups (legs, hips, back, abdomen, chest, shoulder, and arms) according to the Centers for Disease Control and Prevention's Physical Activity Guidelines for Americans (2018)?
- 1 time a week
 - 2 times a week
 - 3 times a week
 - 4 or more times a week
 - I don't know
10. Which of the following Dimensions of Wellness do you currently participate in? (Check any that apply)?
- UND:
- | | |
|--|---|
| <input type="checkbox"/> Emotional | <input type="checkbox"/> Social |
| <input type="checkbox"/> Environmental | <input type="checkbox"/> Spiritual |
| <input type="checkbox"/> Intellectual | <input type="checkbox"/> All of the Dimensions of Wellness |
| <input type="checkbox"/> Occupational | <input type="checkbox"/> None of the Dimensions of Wellness |
| <input type="checkbox"/> Physical | |
11. How do you hope to **change your physical activity levels** during the 4-week challenge?

- Increase levels
- Maintain levels
- Decrease levels – if so, why? _____

12. Please rate the following statements, each starting with this phrase:
“Before participating in the Get Moving Challenge...”

	STRONGLY AGREE	AGREE	NEITHER AGREE NOR DISAGREE	DISAGREE	STRONGLY DISAGREE
...UND MAKES ME FEEL SUPPORTED IN MAKING HEALTHY CHOICES IN REGARD TO WELLNESS AND WELL-BEING.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
...UND ALLOWS ME TO PROVIDE SUPPORT TO OTHERS TO PROMOTE THEIR WELLNESS AND WELL-BEING.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
...UND HELPS ME DEVELOP THE ABILITY TO SET GOALS RELATED TO MY WELLNESS AND WELL-BEING.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
...UND HELPS ME MANAGE MY TIME EFFECTIVELY TO PRIORITIZE MY WELLNESS AND WELL-BEING.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please send the pre-assessment and registration to UND.workwell@und.edu

GET MOVING RECORDING LOGS

Spring 2023 Get Moving Challenge: WEEK 1 Steps

Name: _____

Email: _____

Stop #: _____

Convert and log all physical activity into steps below:

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Number of Steps							

Total Steps for the Week: _____

Please scan/email form to: UND.workwell@und.edu

Spring 2023 Get Moving Challenge: WEEK 2 Steps

Name: _____

Email: _____

Stop #: _____

Convert and log all physical activity into steps below:

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Number of Steps							

Total Steps for the Week: _____

Please scan/email form to: UND.workwell@und.edu

Spring 2023 Get Moving Challenge: WEEK 3 Steps

Name: _____
Email: _____
Stop #: _____

Convert and log all physical activity into steps below:

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Number of Steps							

Total Steps for the Week: _____

Please scan/email form to: UND.workwell@und.edu

Spring 2023 Get Moving Challenge: WEEK 4 Steps

Name: _____
Email: _____
Stop #: _____

Convert and log all physical activity into steps below:

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Number of Steps							

Total Steps for the Week: _____

Please scan/email form to: UND.workwell@und.edu

Post-Assessment Form – Spring 2023 Get Moving Challenge

Data is confidential and will be shared in group format after the challenge. You can end the survey at any time. It is voluntary.

1. Gender:

- Woman
- Man
- Transgender Woman
- Transgender Man
- Non-binary/ non-conforming / gender diverse
- Two Spirit
- Prefer not to respond
- A gender identity not listed: _____

1. Age:

- 19 or younger
- 20-29
- 30-39
- 40-49
- 50-59
- 60-69
- 70+

2. UND Only: Status:

- Staff
- Faculty
- Student (Undergraduate/Graduate/Professional)
- UND Affiliate
- Non-UND participant (spouse/friend)
- NDUS employee

3. Do you engage in **moderate or vigorous cardiovascular physical activity**? This includes activity that makes your heart rate rise and you breathe harder.

- A person doing moderate-intensity activity can talk, but not sing during the activity. Examples include: brisk walking, biking, light water aerobics, etc.
- A person doing vigorous-intensity activity cannot say more than a few words without pausing for a breath. Examples include jogging, swimming laps, aerobic dancing, etc.

- Not regularly
- Less than 30 minutes a week
- 60 minutes a week
- 90 minutes a week (1.5 hours)
- 120 minutes a week (2 hours)
- 150 minutes a week (2.5 hours)
- 180 minutes a week (3 hours a week) or more

4. What is the recommendation for **physical activity per week** according to the Centers for Disease Control and Prevention's Physical Activity Guidelines for Americans (2018)?

- 30 - 90 minutes a week
- 75 - 150 minutes a week (1 hour 15 minutes - 2.5 hours) of vigorous-intensity physical activity
- 150 - 300 minutes a week (2.5 - 5 hours) of moderate-intensity physical activity
- 180 minutes a week (3 hours a week)
- Both B and C

5. Since starting the challenge, how many steps do you **an average work/school day**?

- 0 - 2,500 steps
- 2,501 - 5,000 steps
- 5,001 – 7,500 steps
- 7,501-10,001 steps
- 10,001 or more steps
- I don't know

6. Did you **change your physical activity levels** during the 4-week challenge?

- Increase levels
- Maintain levels
- Decrease levels

7. Do you engage in **muscle-strengthening exercise** weekly (examples include: yoga, sit-ups, push-ups, Pilates, lifting weights, etc.)?

- Not regularly
- At least 1 time a week
- At least 2 times a week
- At least 3 times a week
- 4 or more times a week

8. What is the recommendation for **muscle-strengthening** for all muscle groups (legs, hips, back, abdomen, chest, shoulder, and arms) according to the Centers for Disease Control and Prevention's Physical Activity Guidelines for Americans (2018)?

- 1 time a week
- 2 times a week
- 3 times a week
- 4 or more times a week
- I don't know

6. Which of the following Dimensions of Wellness were enhanced for you during this challenge? (Check any that apply)

UND:

- | | |
|--|---|
| <input type="checkbox"/> Emotional | <input type="checkbox"/> Social |
| <input type="checkbox"/> Environmental | <input type="checkbox"/> Spiritual |
| <input type="checkbox"/> Intellectual | <input type="checkbox"/> All of the Dimensions of Wellness |
| <input type="checkbox"/> Occupational | <input type="checkbox"/> None of the Dimensions of Wellness |
| <input type="checkbox"/> Physical | |

7. How do you hope to **change your physical activity levels** during the 4-week challenge?

- Increase levels
- Maintain levels
- Decrease levels – if so, why? _____

8. Did you succeed at achieving the primary goal you set at registration?

- Yes
- No – if so, why? _____
- I can't remember my goal
- I didn't set a goal

9. Did you participate as an individual or on a team?

- Individual
- Team

10. What personal wellness/well-being changes were you able to make because of this challenge?

11. How satisfied are you with the communications during the Get Moving Challenge?

- Extremely satisfied
- Somewhat satisfied
- Neither satisfied nor dissatisfied
- Somewhat dissatisfied
- Extremely dissatisfied

12. In future challenges, how much communication would you prefer (compared to the Get Moving Challenge)?

- More
- The same
- Less

13. Overall, how would you rate your experience with the Get Moving Challenge?

- Extremely satisfied
- Somewhat satisfied
- Neither satisfied nor dissatisfied
- Somewhat dissatisfied
- Extremely dissatisfied

14. Please suggest ideas for improving this challenge:

15. Are there other challenges you would like to see in the future?

16. Please rate the following statements, each starting with this phrase:
“After participating in the Get Moving Challenge...”

	STRONGLY AGREE	AGREE	NEITHER AGREE NOR DISAGREE	DISAGREE	STRONGLY DISAGREE
...UND MADE ME FEEL SUPPORTED IN MAKING HEALTHY CHOICES IN REGARD TO WELLNESS AND WELL-BEING.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
...UND ALLOWED ME TO PROVIDE SUPPORT TO OTHERS TO PROMOTE THEIR WELLNESS AND WELL-BEING.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
...UND HELPED ME DEVELOP THE ABILITY TO SET GOALS RELATED TO MY WELLNESS AND WELL-BEING.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
...UND HELPED ME MANAGE MY TIME EFFECTIVELY TO PRIORITIZE MY WELLNESS AND WELL-BEING.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please send the post-assessment and registration to UND.workwell@und.edu