step UP! challenge

- walk anywhere
- track your steps
- win prizes!

MAY 22nd – JULY 2nd

CHALLENGE DETAILS

- track your steps with a pedometer, smartphone, Fitbit or other tracker
- sync your device to report steps automatically or manually enter them
- challenge yourself to improve by 2,000 steps each week
- reach a minimum of 250,000 steps in 6 weeks (or request an alternative)
- earn passport credit and be entered to win prizes for reaching goals!

REWARDS

<table>
<thead>
<tr>
<th>Passport to Health</th>
<th>all participating employees &amp; spouses (reach 250,000 total steps in 6 weeks)</th>
<th>Q2 Fitness Credit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weekly prize raffle</td>
<td>2 random winners each week (entered if increased by 2k steps vs prior wk)</td>
<td>$25 Dicks Sporting Goods</td>
</tr>
<tr>
<td>Weekly most improved</td>
<td>1 winner each week</td>
<td>$25 Dicks Sporting Goods</td>
</tr>
<tr>
<td>Grand prize raffle</td>
<td>3 random winners at end of challenge (1 entry for each wk with 2k step increase)</td>
<td>$50 Dicks Sporting Goods</td>
</tr>
<tr>
<td>Overall most improved</td>
<td>3 winners at end of challenge</td>
<td>$50 Dicks Sporting Goods</td>
</tr>
</tbody>
</table>

GET STARTED

STEP 1: order a fitness tracker by MAY 12 or sign up for a standard pedometer
(trackers online at passport.attentivehealth.com | pedometer signups on bulletin board)

STEP 2: join the challenge on Stridekick by MAY 22 (see instructions on back)
Join the challenge!

Attentive Health has partnered with Stridekick – the industry leader for fitness challenges integrating Fitbit, Garmin, Misfit, Apple Watch, and more! With Stridekick, you can even use your smartphone as your step counter, or manually enter the steps you track on an offline standard pedometer. Everyone wins!

Even better: our partnership with Stridekick means you can automatically get credit on the Passport to Health for activities you track in Stridekick. Join the challenge to get started!

**Step 1: CREATE AN ACCOUNT**

Go to Stridekick.com OR download the Stridekick app on your smartphone and create a free account. This will not only enable you to join our challenge, but you will also be able to create your own challenges -- with up to 10 friends, or on your own -- and also participate in open community challenges with other Stridekickers. (If you already have a Stridekick account, skip to Step 3.)

**Step 2: CONNECT YOUR DEVICE OR SELECT “MANUAL ENTRY”**

When creating your account, you will be asked what kind of device you have. Select your device and log into your device’s account to authorize the connection OR select “Manual Entry” if you are using a standard pedometer. Want to use your smartphone to track your steps? Select “Apple” to use an iPhone, or “Google Play” for Android.

**Step 3: JOIN THE CHALLENGE**

After you have created your account, go to attentivehealth.com/AcmeSK and click the blue "Join Challenge" button in the upper left corner. You will be asked to select your Company Name and enter your Attentive Health ID.

COMPANY: Acme Corrugated Box
ATTENTIVE HEALTH ID: begins with ACME (+ numbers). if you do not know your ID, contact us at: 877.269.9751 OR admin@attentivehealth.com

**Step 4: START STEPPING**

Enjoy the challenge! Technical support is available from our partners at Stridekick. Just click the blue smile icon in the bottom right corner of your screen. Of course, you can also contact us at Attentive Health: 877.269.9754 | admin@attentivehealth.com.