

## 2023 UC MOVES CHALLENGE FAQs

- **What is the *Summertime Challenge*?**
  - A physical activity app based program with an all-things-summer theme transports you back to the vitality of childhood with the season's fond memory-inducing images.
- **How Does it Work?**
  - You'll record progress by collecting 20 fireflies – 1 each day, when you log 6000+ steps during the 4 week program. You can use an app or tracking device, enter manually, or add exercise minutes that convert automatically.
- **What is the goal?**
  - Earn 1 firefly/day, 5+ days a week by tracking steps:
    - 6000-7999 steps = yellow firefly (3 points)
    - 8000-9999 steps = orange firefly (4 points)
    - 10,000+ steps = green firefly (5 points).
- **How do the activity trackers/apps sync to my *Summertime* account**
  - Once you register and connect a device or app to your *Summertime* account, it's simple. Just put your device on in the morning, then each time you sync it with your computer or app and log in, you will see your steps add up.
- **If my activity isn't accurately measured with a tracker – like cycling – how do I count steps?**
  - Just use the Step Converter in the Log drawer. Enter the activity and minutes, then *Summertime* does the conversion for you.
- **How do I get credit for my everyday movement if I'm not using a tracking device?**
  - If you've recorded your dedicated exercise minutes, but want your movement throughout the day to count, just manually add 2000-4000 steps for incidental movement, based on how active you were:
    - 2000 steps: stayed mostly at my workstation except for occasional breaks
    - 3000 steps: moved a moderate amount, getting away from my workstation for short walks several times
    - 4000 steps: moved a lot, with frequent short walks.
- **How does team participation work?**
  - You have until (date TBD) to form a team of (4+) members. The team competition will end (date TBD), so be sure to complete logging by (date TBD), to have your activity count toward your team's score.
  - In this friendly throwdown, teams challenge each other to see who can top the leaderboard. Although you can participate on your own, being on a team may be the most fun part of *Summertime*. Scores are based on the team's average firefly points (6000-7999 steps = 3; 8000-9999 steps = 4; and 10,000+ steps = 5), plus Thrive Thursday challenges (1 bonus point/team member each week). Each person's individual contribution affects the team score, so gather a group who will encourage and support each other along the way.
- **Why do I want to be on a team for *Summertime*?**
  - In addition to fun and camaraderie, joining with others striving for similar goals keeps you accountable — and doubles your chances of success. So start or join

a team with members close by, across the hall, or around the world. The most important thing is to recruit those who are motivated to be active and healthy.

- **What are Thrive Thursday challenges?**
  - If you're on an official team, you'll find an additional activity in your Thursday morning email and on the Team page to complete before midnight CT for a bonus point toward your team score.
- **If I have a disability, can I still participate in *Summertime*?**
  - Yes; *Summertime*'s self-paced, flexible design fits people of all abilities. If walking isn't possible, be as active as you can in whatever ways you enjoy. If you're unsure which activities are best, check with your healthcare provider. [The National Center on Health, Physical Activity, and Disability](#) offers specific ideas.
  - In *Summertime*, you can get credit for activities that don't track steps by using the Step Converter in the Log drawer. If your activity isn't listed, estimate your steps based on the closest in intensity (light, moderate, vigorous). An odometer can gauge distance in a wheelchair; 5 miles of pushing generally equals 10,000 steps (2000 steps/mile).
- **Is there a mobile app?**
  - Log activity, view recipes, visit memories and track your team — right from the palm of your hand. The *Summertime* mobile app automatically syncs with your online account... just log in using the same email and password.