



10K Steps 2023 – Building Healthy Habits How to Earn Incentives



You can earn incentives while actively participating in the program. Incentives will be awarded twice with a chance to win raffle items at the end. The program starts April 10, 2023 and ends on June 4, 2023.

Incentives are earned based on averaging 5,000 steps/day for Weeks 1-4 and then will be based on increasing your average steps in Weeks 5-8.

Create a team for more accountability! However, incentives are earned on an individual basis.

Criteria to earn incentives:	
Weeks 1-4 (4/10 – 5/7)	You must average 5,000 steps/day which will equal a total of 140,000 steps in the first 4 weeks.
Weeks 5-8 (5/8 – 6/4)	Step up Your Game! Increase your daily average steps by at least 1 step!*

*Your average steps per day from Weeks 1-4 will be calculated and provided to you. You can also view your steps and charts on your online profile. It's very important that all of your steps are entered/integrated in the system in order for your calculations to be accurate!



Registration link: <https://townofmarana.walkertracker.com/login>
Visit the Employee Portal for more info: <https://www.maranaaz.gov/employee-portal-wellness>

Please contact Nikki x1925 in HR with any questions!