



**Choose your team, choose your challenge, and
GET MOVING!**

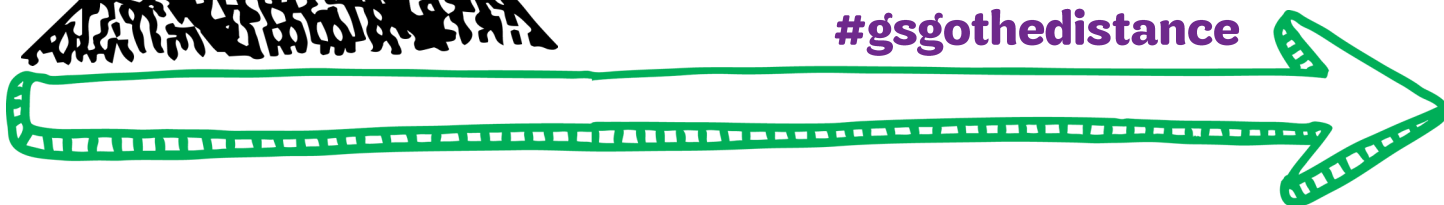
How Does It Work?

Create a team and choose one of the challenges on the next page. Work with your team to collectively reach your goal! Each challenge has a tracking sheet.

Share photos of your team completing the challenge on Facebook **October 1!**



Share your progress any time using
#gsgothedistance



FIND THE CHALLENGES ON THE NEXT PAGE

Who Can Be On Your Team?

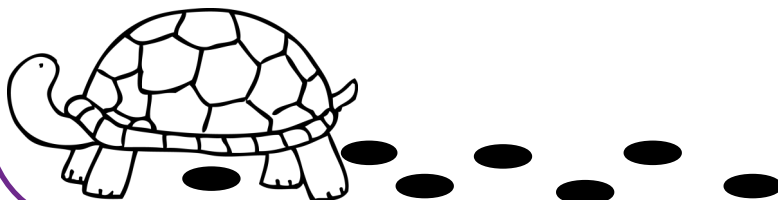
Anyone you want! Create a team with your family, your troop, or anyone else you'd like. You don't need to live in the same house as your teammates.

How Many People Per Team?

As many as you want!

How Should We Count Our Steps/Miles?

You can use a step/route tracker app on your mobile device, purchase a pedometer, track your route on the computer, or just take your best guess.





STEP CHALLENGES

100,000 STEPS
IN 1 WEEK

200,000 STEPS
IN 1 WEEK

500,000 STEPS
IN 1 WEEK

250,000 STEPS
IN 2 WEEKS

500,000 STEPS
IN 2 WEEKS

1,000,000 STEPS
IN 2 WEEKS

DISTANCE CHALLENGES

15 MILES
IN 1 WEEK

25 MILES
IN 1 WEEK

50 MILES
IN 1 WEEK

40 MILES
IN 2 WEEKS

75 MILES
IN 2 WEEKS

100 MILES
IN 2 WEEKS

Click the
distances to
access the
tracking
sheets.

Tip: Assign each teammate a color for the tracking sheet. That way you can track each person's progress along with the team's progress!



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