Join the 2018 Auckland Walk Challenge

The Auckland Walk Challenge is a fun, free challenge to encourage you, your family, friends, colleagues and community to experience the joys and benefits of walking more.

Recent studies show that it only takes most people 30 minutes of brisk walking a day to lower BMI and waist size. Walking also improves your mood and mental health, enables creative thought, and lowers your stress levels. Neighbourhoods with more people walking are safer, cleaner, quieter and provide more opportunities to connect with others. You may get rained on (but not as often as you think!) but nothing that the right gear can’t help you with.

Better fitness, lower stress, safer and healthier communities - and all for free!

So don’t delay. Sign up to the Challenge now.

Taking part

Why take part?

• A fun activity for your workplace, friends or family, or community groups
• A friendly competition between teams
• A boost to health and fitness goals
• Prize incentives including pedometers, morning teas, movie vouchers and Fitbits
• It will bring a smile to your face and make the world a better place
• All this and it's completely FREE.

How to take part

Follow these six steps:

1. **Register** on this website [here](#). You need to register again even if you took part last year.
2. **Invite** your colleagues, friends and family to take part too. Teams can be between two and six people.
3. **Record** your daily steps (or time walking) on this site during the competition (1-31 March 2018).
4. **View** your team’s progress on the virtual map visiting sites around Auckland. To complete the circuit your goal is to walk 7000 steps per day average per team over the month of March.
5. **Track** your individual goals too.
6. **Reward** yourself and your friends by getting fitter and winning prizes!

Who can take part?

• The challenge is open to all Auckland residents.

Prizes

What prizes are on offer?

There are heaps of prizes and incentives on offer including:

• Walking Challenge packs for the first 70 teams to register
• Golf umbrella for the first 50 workplace teams to register
• Supermarket vouchers
7 Blunt umbrellas
$200 footwear voucher
Morning tea platters and cakes
Skytower Orbit restaurant voucher for the winning team ($80 per person)
3 Fitbit Blaze

How do I win a prize?
If you're competitive that's great, and there will be prizes for teams that walk the furthest each week. However, not everyone can do this and we are keen to reward people of all abilities. So we will also have a host of other prizes for people who interact with the website, provide feedback or who meet their goal of increasing their walking for transport throughout the Challenge.

Who is eligible for a prize?
- You need to be an Auckland resident.
- You need to be part of a team of between 2 and 6 people.
- The Auckland Walk Challenge panel needs to believe that the step/distance/photo/comment postings are genuine to reward individuals or teams with prizes.
- Teams are eligible for only one of the weekly achievement prizes. Where teams have achieved the most steps for more than one week, the Auckland Walk Challenge panel reserves the right to reward the prize to the next team in line.
- Auckland Transport employees are ineligible for prizes.

How do I know if I've won a prize?
We'll be in touch to let you know if you win a prize.

The logistics
How it works

• Teams of between two and six people compete against each other during the month of March.
• Each team member needs to register on the Auckland Walk Challenge website (auckland.walkertracker.com) individually. You can join an existing team or start a new team. You’ll be asked a few quick questions about yourself and why you want to take part. We encourage you to set a personal goal to reduce car use through walking for transport. Once you have registered you will need to remember your login and password so that you can log your walks on the website each day.
• You can use a step counter such as an activity tracker or pedometer to monitor your daily steps, or alternatively add up all the time you have spent walking.
• During the March Challenge you can track your team’s progress (against other teams) on the online map of Auckland.
• Keep up with the Pacer (your team needs to average 7000 steps a day) to complete the virtual circuit around Auckland by the end of March.
• You can also choose to set your own individual goals and track your own metrics on the website as well.
• To encourage your team-mates you can send group messages or post photos online. We encourage you to find ways to interact and keep your team motivated.
• You can also download the Walker Tracker app and record your steps through the app. Most activity trackers can sync with the app so that your activity is automatically uploaded.
• We will send a survey after the Challenge finishes to see how you got on and collect your thoughts on how it could be improved for next time.

Teams
• Teams must be between two and six people. Teams can vary in size but compete fairly against each other because the team’s average steps are used to calculate the distance moved around the map of Auckland. You will complete the virtual circuit around Auckland if your team averages 7000 steps a day or more.
• The best approach is to ensure that all the people you invite onto your team have similar ambitions and abilities. That way no one feels that others aren’t pulling their weight.
• We know it can be frustrating to see your team’s average pace drop when other members of the team aren’t walking as far as you are, or aren’t logging steps at all. Have a chat to them. Encourage them to log any walking activity they are doing. Maybe get them to join you on lunchtime walks, or help them work out a way to include walking at part of their journey to work.
• You can’t remove members from your team, though participants can remove themselves from a team. If you remove yourself from a team, the steps you walked (or didn’t walk) while a member of that team stay with that team.
• Changing teams part way through the Auckland Walk Challenge is discouraged.

Entering step data
• You can record your steps either manually or using a fitness tracker or smartphone.
• The step data shows up in the Your Stats tab (My Activity on the app), but only the step data logged for March gets counted towards the Auckland Walk Challenge.
• The easiest way to track your steps is with a wearable fitness tracker or smartphone app. The Walker Tracker software works with trackers such as Fitbit, Misfit, Jawbone, Garmin, Striiv, Apple Watch and others. On your phone use Google Fit (android only), Apple Health (iOS only), My
Fitness Pal, Argus, Fitbit, Nokia / Withings and Microsoft Health.

• To set up your fitness tracker: login to Walker Tracker, click on your username (box at top right within “The Auckland Walk Challenge” banner), go to the “Devices” tab, choose your device and follow the setup instructions. You can also go to ‘Manage Devices’ on the app.

• Depending on how frequently your device shares its data, it may take up to 24hr for step data to find its way to the Walker Tracker site. Sorry, Strava cannot be used with Walker Tracker.

• If you’re not using a fitness tracker, you can add the number of steps you’ve walked manually. Go to the Your Stats tab and click on the green ADD AN ENTRY button. You can then add the number of steps you walked (say from a pedometer), both for today and for any day since you joined the Challenge (up to a maximum of two weeks). A similar method is used for adding step data on the app in the ‘Activity Log’ tab.

• You can also calculate the number of steps you’ve walked. On the Your Stats tab, click on the small, blue “Convert an activity” link. The drop-down box allows you to add: the distance you have walked; or the time you have walked at either a Stroll, Average or Brisk pace. Select the type of walking from the drop-down box, enter the distance or time then hit “Calculate”. The number of converted steps appears in a light green box. If you think this is correct, hit the blue “Record Activity” button, then the green “Update Activity” button.

• If you need to edit previously entered manual data, go to the Your Stats tab, scroll down to the day in question under the “Recent Step Entries” heading, then click “Edit”. Either edit the number of steps you walked directly in the box, or select “Convert an activity” and delete the grey activity you previously entered (using the small “X” button). You can then convert another activity.
• Step data which comes from an activity tracker or is entered directly into the step count box shows up on the daily steps graph as “Steps”. Steps which have been entered using the “Convert an activity” function show ups as “Activities”.

• If you are using a fitness tracker or phone app to count your steps you won’t be able to add steps manually, however you can still Convert an Activity. For example, if you used your activity tracker for part of the day but also did some walking without your Fitbit or phone, you can click the small, blue “Convert an activity” then add either distance or time walked as above.

• If you wish, you can export your walking data as an Excel spreadsheet by clicking on your username (box at top right within “The Auckland Walk Challenge” banner), clicking on the Account tab then clicking on “Download Step Data for {username}”

• We know some of you find it a bit awkward navigating around the Walker Tracker website and entering your step data. Rest assured we are continually working with the Walker Tracker development team to make the website and apps as user-friendly as we can.

Fairness, cheating and other gripes

• Yes, there are prizes for getting your team to the finish line first, but the Auckland Walk Challenge is more about your personal goals. What do you want to achieve?

• Unfortunately we can’t stop people being a little generous in their estimation of how far they’ve walked that day, or sitting at their desk swinging their fitness tracker to imitate walking. We largely have to trust that people are doing the steps then say they are doing. They might complete the route faster but they won’t get fitter, lose weight or get that buzz out of knowing they’ve achieved their goals honestly.
• We know it is harder for a large team to compete with a team of just two dedicated walkers, so this year we’ve reduced the maximum number of team members from 8 to 6.
• People have asked why we don’t add people’s step count together rather than averaging them. That would only work if we had a set number of people in each team, otherwise larger teams would be at big advantage.
• Some people would like an individual challenge. It is something we are considering.

Questions

Got more questions?

If you have a technical issue contact support@walkertracker.com or review our Frequently Asked Questions page.

For other questions or feedback email Paul at AucklandWalkChallenge2018@gmail.com.