



Mile-Per-Day Challenge

Focus Area: Physical Activity

Objective: The goal is to move at least one mile per day. An activities list will be provided with alternatives to walking/running.

Length of Challenge: One month

Materials Needed: Mile-Per-Day Challenge [Tracking Sheet](#)

Directions: Choose from the provided [list of different aerobic activities](#) each day and complete the minimum minutes to equal one mile. Aim to complete one mile per day. Use the tracking sheet provided to record your miles.

Regional/Satellite Offices & AWS Employees: This challenge can be hosted across regional/satellite office and/or with AWS employees.

Getting Started:

1. Decide what dates your "Mile-Per-Day Challenge" will run.
2. Establish a sign-up period (for example, one week) before the challenge start date.
3. Determine how participants will let you know they participated.
4. Announce the challenge to employees! (This can be done via email, e-newsletter, department intranet and/or fliers.)
5. At the close of the sign-up period (if you established one), contact all participants to share the following:
 - A welcome, congrats and/or thank you for participating in the challenge.
 - Dates of when the challenge will begin and end.
 - Instructions on how to participate in the "Mile-Per-Day Challenge".
6. Print or attach via email the "Mile-Per-Day Tracking Sheet" and distribute to all participants.
7. As the challenge comes close to an end, send out wrap-up email to participants.



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