

Mystery Fitness Challenge FAQs



The Mystery Fitness Challenge is a step/activity team challenge that takes you through London, England as you search for clues to solve a crime! This is a 6-week team challenge.

What is the crime? A piece of sporting equipment has been stolen at a London sporting event and without it one of the players cannot continue. Can you figure out what was stolen and the name of the event before the end of the challenge? To explore Sherlock Holmes' hometown of London England for clues, track your fitness and you'll move around on the map, discovering clues along the crime trail.



What is the Challenge Goal?

The goal of this challenge is to take more steps each day to improve your overall wellbeing. This challenge encourages you to track your activity and increase to about 7,000 – 10,000 steps per day. To successfully complete the challenge, you must log 200,000 steps by the end of the challenge .

As you walk around London, you will reach 6 Milestones, each giving you a clue to the crime.

Milestone 1 – 34,000 steps

Milestone 2 – 68,000 steps

Milestone 3 – 102,000 steps

Milestone 4 – 136,000 steps

Milestone 5 – 170,000 steps

Milestone 6 – 200,000 steps

When does the challenge start?

Sign up from **10/7/2019** through **11/17/2019**. This is considered a rolling challenge which means you are able to sign up at any point during the registration period. The challenge will begin when you sign up.

What's in it for me?

The Mystery Fitness Challenge will help you increase your physical activity level. You will feel better, move more freely, and stress less! You will also earn 50 wellness dollars toward your 2019/2020 scorecard.

How do I sign up for the challenge?

To sign up, log in to your personal wellness account at **epcwellness.org** using the username and password you created during your initial sign up. Once you log in, you will see the challenge on your homepage. To activate the challenge, click the **"Join"** button. This is a team challenge. Once you click this, you will be registered for the challenge!

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You have the option to leave the challenge at any point during the challenge. If you do this, you will not receive credit for completion of the challenge. This can be done by scrolling to the bottom of the challenge page and clicking on **“I no longer want to participate in this challenge.”**

How can I track my challenge progress?

The interactive map allows you to see others in the challenge who are 5 positions in front of and behind you. The leaderboard shows participants’ step total, distance total, and number of completed milestones. By clicking **“View More”** at the bottom of the leaderboard, the top participants report will show up.

How do I change my name?

The name showing up on the leaderboard is the nickname that you chose while registering your account. To change your nickname, click on the avatar in the upper right corner. Choose **“update profile.”** Above the avatar is the nickname field.

When will I receive my incentive?

Once you have met the challenge goal of 200,000 steps, points will be awarded to your portal account.

Device FAQ’s

What if I don’t wear a fitness tracker?

If you do not wear a fitness tracker, you can use the Count Activities Chart, or manual step counter on the portal to calculate your daily steps based on the activities you complete.

How do I connect my device?

Follow the instructions on your portal at epcwellness.org.

A few helpful tips!

- Make sure your bluetooth is turned on.
- While your device may be synced to the portal, make sure you are syncing your device to the app on your phone or tablet. This is often a setting that you must select. If set to manual syncing, you must open the app in order for it to sync.
 - Syncing may take 24 hours.

