

## Heart & Sole Walking Challenge: Program Instructions

Welcome to the **Heart & Sole Walking Challenge**! This guide is your roadmap to launching a successful, inclusive, and competitive walking program at your property. This is a company-wide event where your community competes against others for the **Grand Prize Trophy**.

---

### Key Dates & Deadlines

- **May 1:** Deadline to distribute the "AHEPA's Heart & Sole Walking Challenge" flyer to all residents.
  - **May 4 (Monday):** Official Kickoff! First day of tracking.
  - **May 11:** First Monday for residents to turn in their previous week's steps. Staff distributes a tracking sheet for residents upon turn-in.
  - **October 4:** Last day for tracking. Residents will turn in their final tracking sheet to the Property Manager on **Monday, October 5**. Staff will report total miles to **Regional Director by Friday, October 12<sup>th</sup>**.
- 

### Weekly Tracking & Reporting

The challenge operates on a **Monday–Sunday** tracking week.

- **Turn-In:** Every Monday morning, residents turn in their step counts for the previous week to the Property Manager or Service Coordinator. Staff will give the resident a tracking sheet for the new week.
- **Tallying:** During your weekly PM/SC team meetings, tally the total steps for each resident and participating staff member.
- **Converting Steps to Miles:** During team meetings, you will convert steps into miles. 2,000 steps = 1 mile.
- **Staff Participation:** SC's, PM's and Maintenance are encouraged to track your steps! Your totals count toward the property's grand total.
- **Employee Challenge: An Internal Competition:**
  - SC's walk to Atlanta – 550 miles
  - PM's walk to Washington DC – 550 miles

- Corporate Team walks to Washington DC – 550 miles
- 

## **Visual Progress & The 100-Mile Goal**

Your goal is to reach a destination **100 miles** from your property.

- **Pick a Destination:** Choose a landmark, city, or park exactly 100 miles away.
  - **Visual Displays:** Create a progress map in a common area. Use:
    - **Map Tracking:** A physical map with a line showing progress.
    - **Mileage Charts:** A "thermometer" style chart showing total steps converted to miles.
    - **Destination Markers:** Photos of the "towns" you pass along the way.
  - **Keep Going:** If your property hits 100 miles before October, pick a **new** destination and keep adding to your total!
- 

## **Social Engagement**

### **1. Monthly Programs**

You must host one 30-minute program per month based on the **A.H.E.P.A.** themes (Action, Heart, Exercise, Progress, Achievement). Refer to your **Monthly Program Guide** for fun, non-clinical activity ideas.

### **2. Honor System Wall**

Create a dedicated space in the community room where residents and staff can post:

- **Why they walk** (e.g., "For my grandkids" or "To feel stronger").
- **Personal goals.**
- **Motivational messages** for their neighbors.

### **3. Service Coordinator "Walk & Talks"**

To lead by example, you are authorized to participate in **20-minute group walks** with residents throughout the week (up to **one hour total per week**). This is a great time to assist residents with smartphone tracking apps or provide encouragement.

---

## **The Competition**

Remind residents frequently: **This is a company-wide challenge.**

- The property that reaches 100 miles first—or has the highest total mileage by **October 4th**—wins the **Grand Prize Trophy** and a property-wide party.
  - Keep your total "Weekly Step Count" updated on your visual display so residents can see how close you are to victory!
- 

### **Coordinator Checklist:**

- Flyer distributed by May 1st.
- Sign-up sheet and tracking sheets ready in office.
- Monday, May 4<sup>th</sup> – Kick off/ Monday, May 11<sup>th</sup> first week tracking due.
- 100-mile destination selected and map displayed.
- Pedometers and stationary bike prepared for use.
- Honor System Wall cleared and ready for notes.