

FALL WELLNESS CHALLENGE

September 1–30, 2026



TODAY'S ROUTE

A quick roadmap for getting everyone ready to walk.

01 Lace Up! Warm Welcome

02 Why This Challenge Matters

03 Overview & Key Details

04 Guidelines, Expectations & Winning

05 Team Motivation

06 Tech Support

07 Lace Up! Closing + Q&A





LACE UP!

WARM WELCOME

**STEP
GUESS**

How many steps do you
think you take on an
average day?

WHY THIS CHALLENGE MATTERS

Connection. Consistency. Caring for ourselves while we care for others.

SEP 1–30 One month to build momentum

PACER Simple tracking in one place

WALKING Accessible, flexible and inclusive

3 OPTIONS Choose the challenge that fits

Small daily habits create lasting change.



CHOOSE YOUR CHALLENGE

One participant. One challenge. One clear goal.

10K TEAM

10,000

steps / day

6K TEAM

6,000

steps / day

10K INDIVIDUAL

10,000

steps / day

Select “Individual Challengers” in
Pacer

TEAM REQUIREMENTS

3+ participants

∞ teams per agency

1 challenge / person

ALL WIC staff qualify

For teams, every member must meet the qualification requirement.



MARK YOUR CALENDAR

Important dates

AUG 24–28

Sign-ups open

SEP 1–30

Challenge runs

THROUGH OCT 4

Reports available

BY OCT 12

Winners announced

How to qualify

80%

MONTHLY
PARTICIPATION

Meet your daily step goal on at
least

25 DAYS

To qualify for the random drawing:

- Meet the daily step minimum for your challenge (6K or 10K)
- Track movement in Pacer
- Participate in only one challenge
- **For teams:** every team member must meet the 25-day requirement

Consistency is key — every day counts.

THE PRIZES

Random drawings among
qualified participants



10K TEAM

2 drawings

\$150 EACH

Plus ONE Participation Drawings \$75

6K TEAM

2 drawings

\$150 EACH

Plus ONE Participation Drawing \$75

INDIVIDUAL

2 drawings

\$50 EACH

Plus ONE Participation Drawing \$25

Participation Drawings: Everyone is included in the participation drawing as long as they participate in the challenge!

KEEP IT GOING!

Team strategy & motivation

CAPTAINS

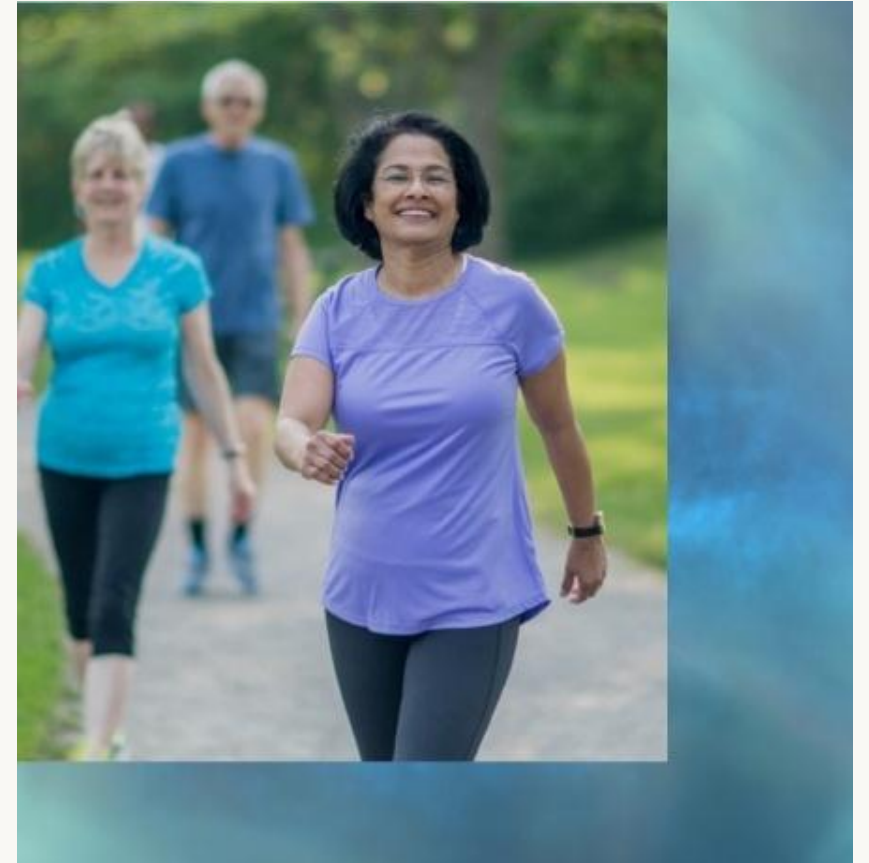
What's one strategy your team can use to support each other?

INDIVIDUALS

What's your strategy for meeting your daily limit?

IDEAS

Lunchtime walks • Walking meetings • Group check-ins
Friendly competitions • Celebrate milestones





Reminders & Pacer Support

- Follow the Pacer guide for your challenge
- Use the correct QR code — there are three
- Select the correct team, especially “Individual Challengers”
- Use a valid email address and include your agency name
- Watch for CWA notifications in the app

WEARABLE SYNCING

support@mypacer.com

PARTICIPATION / STEP ISSUES

hhealy@calwic.org

Technology hiccups happen — reach out early.

LACE UP!

**September is
about momentum.**

We get to move together.

We get to support each other.

Small daily actions add up.

Commit in chat: “I’M IN!”

SING



Q&A

THANK YOU

Questions? Please unmute or add them in the chat.

Follow-up materials

Slides, Pacer guides and QR codes will be shared with captains and posted on the CWA website.

hhealy@calwic.org

