



GLENCOE IN MOTION

GET UP IN GLENCOEGET UP AND GO! WALKING CHALLENGE INFORMATION

Choose how to track:

Apps:

- Walking
 - [Map My Walk](#)
 - [Walkmeter Walking & Hiking GPS by Abvio](#)
 - [Argus by Azumio](#)
 - [Fitbit App MobileTracker \(No Fitbit Required\)](#)
 - [EndomondoCharity Miles](#)
 - [MotionX GPS](#)
 - [Virtual Walk](#)
- Pedometer
 - Best Overall: [Pacer Pedometer & Step Tracker](#)
 - Best Budget: [Accupedo Pedometer](#)
 - Best for Community Support: [Fitbit](#)
 - Best for Weight Loss: [MyFitnessPal](#)
 - Best for Tracking Routes: [MapMyWalk](#)
 - Best for Heart Health: [Google Fit](#)
 - Best for Simplicity and Ease-of-Use: [StepsApp](#)
 - Best for Built-In Sensor Tracking: [ActivityTracker](#)
- Wearables
 - Garmin
 - Fitbit
 - Apple Watch
 - Other
- Track by minutes walked and convert (see conversion chart on website or newsletter)

Report your weekly steps:

You will receive a weekly e-newsletter with reporting requirements and other fun walking tidbits. You have the following options for reporting:

- Report points via the [google form](#)
- Report points via email to [gmail account](#)
- Report weekly points in-person at City Center

Reporting Schedule:

- Week One
 - May 1 to May 6, 2023
 - Report steps by May 10, 2023
- Week Two
 - May 7 to May 13, 2023
 - Report steps by May 17, 2023
- Week Three
 - May 14 to 20, 2023
 - Report steps by May 24, 2023
- Week Four
 - May 21 to 27, 2023
 - Report steps May 31, 2023

Supported by funds from





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Tools you can use:

- [Glencoe in Motion website](#)
- Challenge information - on website
- Tracking form - on website
- [Reporting via Google form](#)
- Conversion chart - on website
- E-newsletter materials - watch your email inbox!
- [Email us](#) if you have questions
- Watch our [Facebook page](#) for other tidbits of information too!

Prizes you may be eligible for:

Random Door Prizes

- Grand Prize drawing for each category
- Other door prizes

Category Top Walker Prize Winners:

 Top person in each category will win.

- Youth - 17 and younger
- Beginner - 100 to 168,000 steps
- Advanced - 168,001 steps and higher

Supported by:

- City of Glencoe
- Glencoe Regional Health
- Glencoe Regional Health Foundation
- McLeod County Health and Human Services
- Meeker-McLeod-Sibley Community Health Services