

QUICK FACTS

- An online global challenge to collectively walk One Billion Steps – to the Moon and back
- Create a free account on MoveSpring by signing up via a dedicated [Challenge Link](#)
- Register as part of a team – with a minimum of 2 and maximum of 5 people per team
- There is no limit on the number of teams that can enrol
- You are required to create your own team or join an existing team
- If you do not have a team to join or are unable to find an extra person to join you - we will team you up with other teams or you can join our Global WTGF team (send email to fitforlife@wtgf.org)
- Teams can be made up but not limited to transplant recipients, medical professionals, living donors and donor families, extended relations, friends colleagues and neighbours
- Sync your existing fitness device or manually upload your steps
- There is no age limit and no experience is needed
- Remember to follow us on Facebook and Instagram for updates and information

GENERAL RULES & BEST PRACTISES

- Entry is on a Team basis only
- The MoveSpring mobile app and website will display how your team compares to all the other teams based on step averages encouraging 'healthy' competition
- Remember! The overall goal is to get active, adopt a healthier way of living and to raise awareness
- Manually recording steps must be done on a honesty basis
- Registration will be open for the duration of the Challenge 5th October – 13th December
- When making use of the Chat Features on MoveSpring, please keep conversations appropriate otherwise they will be removed
- Grace Rules always apply: Once a WTGF weekly mini challenge or fun activity date has lapsed, a **1 day grace** period is allowed to manually add your remaining steps
- Once the Billion Steps Challenge has closed on the 13th December 2020 – a **3 day grace** period is allowed to manually add your remaining steps before totals are finalised

CONTACT INFORMATION:

- For assistance and support using the Movespring platform – please email help@movespring.com or send a message to the Support Centre (Monday – Friday 9am – 5pm CST)
- MoveSpring also have a helpful [Tips & Tools](#) section available on the website
- For general enquires about the Billion Steps Challenge – please email fitforlife@wtgf.org

HAPPY STEPPING!