

2025 CHALLENGE CALENDAR

View all the upcoming step challenges that Motion Connected offers in 2025. These challenges serve as excellent means to boost your motivation and promote healthier decision-making.

2025 CHALLENGE CALENDAR *at a glance...*

HOW IT WORKS

Two weeks before each challenge begins, a challenge invitation will be posted to the 'Challenges' page of your account, posted to the Message Board, and sent via email.

Join the challenge & check to make sure data is syncing to your account to participate.

(Points will be awarded to those who meet the goal when included in the scorecard – if applicable)



January 2025						
M	Tu	W	Th	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

February 2025						
M	Tu	W	Th	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

March 2025						
M	Tu	W	Th	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

April 2025						
M	Tu	W	Th	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

May 2025						
M	Tu	W	Th	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

June 2025						
M	Tu	W	Th	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

July 2025						
M	Tu	W	Th	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

August 2025						
M	Tu	W	Th	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

September 2025						
M	Tu	W	Th	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

October 2025						
M	Tu	W	Th	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

November 2025						
M	Tu	W	Th	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

December 2025						
M	Tu	W	Th	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

2025 CHALLENGE OVERVIEW

RESOLUTIONS IN MOTION



JAN 6 – JAN 19

Team Step Average

STEP INTO HEART HEALTH



FEB 10 – MAR 2

Individual Step Total

MOVE MORE MONTH



APR 1 – APR 30

Team Step Average

TRAVEL THROUGH TUSCANY



MAY 19 – JUN 15

Individual Step Total Outlast

BEAT YOUR BEST



JUL 7 – JUL 20

Individual Step Total

OUTDOOR ADVENTURE



AUG 4 – AUG 24

Individual Step Average

FALL STEP-OFF



OCT 6 – OCT 19

Team Step Average

OUTLAST THE COLD



NOV 3 – NOV 23

Individual Step Average Outlast

2025 CHALLENGE DESCRIPTIONS

RESOLUTIONS IN MOTION

Duration: 2 weeks
JAN 6 – JAN 19

With the start of a new year, many people set out to accomplish new goals. Which goal best aligns with yours in 2025? Select the goal as your team and have something to work towards as you also work to improve your fitness!

Teams:

- Spend more time with family
- Eat healthier
- Learn a new skill/hobby
- Get more organized
- Save more money

Your individual goal is to **average 5,750 steps per day.**



Team Step Average

STEP INTO HEART HEALTH

Duration: 3 weeks
FEB 10 – MAR 2

February is Heart Health month, so let's use this month to take steps towards a healthier heart.

Some cardiovascular benefits of regular walking include:

- Lower cholesterol
- Lower blood pressure
- Improve the health of your arteries
- Help prevent weight gain

Your individual goal is to **total 128,000 steps** by the end of the challenge.



Individual Step Total

MOVE MORE MONTH

Duration: 1 month
APR 1 – APR 30

Whether you're already active or looking to become more active, there are so many reasons to move more - better mood, better sleep, more energy, and a healthier heart are just the start!

Your organization will work together as a team and compete against other organizations to reach the highest average of daily steps. Be sure to select your company as your team!

Your individual goal is to **average 6,500 steps per day.**



Team Step Average

TRAVEL THROUGH TUSCANY

Duration: 4 weeks
MAY 19 – JUN 15

Join us on a scenic journey through the beautiful region of Tuscany, Italy.

Each week you'll "travel" from one charming town to another, experiencing the culture, history, and landmarks of Tuscany through weekly message board updates.

Meet the increasing step totals each week to remain in the challenge & complete week 4 to meet the goal:

Week 1: total 32,000 steps
Week 2: total 44,000 steps
Week 3: total 56,000 steps
Week 4: total 68,000 steps



Individual Step Total Outlast

2025 CHALLENGE DESCRIPTIONS

BEAT YOUR BEST

Duration: 2 weeks
JUL 7 – JUL 20

Repeating an action daily builds familiarity and skill, making it easier and more effortless over time. Start incorporating a daily walk and notice how it becomes simpler and more enjoyable over time.

During the challenge, aim to take more steps each day than the previous one. Your highest step count will stay on the Challenge Leaderboard until you surpass it.

Can you beat your best?

Your individual goal is to **total at least 10,000 steps one day** during these two weeks.



Individual Step Total

OUTDOOR ADVENTURE

Duration: 3 weeks
AUG 4 – AUG 24

Did you know that on August 4th, 2020, the Great American Outdoors Act was passed, providing funding to enhance national parks and public lands? Every year on this day, you can enjoy free admission to all national parks!

Celebrate by participating in this challenge, getting outside, and taking steps toward a healthier you.

Your individual goal is to **average 6,500 steps per day**.



Individual Step Average

FALL STEP-OFF

Duration: 2 weeks
OCT 6 – OCT 19

Join the ultimate showdown in our Summer vs. Fall Team Step Challenge! Pick your favorite season and team up to see who can rack up the most steps.

Will the sunny days of summer or the crisp, cool vibes of Fall inspire more movement? Lace up, rally your team, and let the seasonal step battle begin!

Teams:

- Hello Fall!
- Don't leave, Summer!

Your individual goal is to **average 7,100 steps per day**.



Team Step Average

OUTLAST THE COLD

Duration: 3 weeks
NOV 3 – NOV 23

We know its cold during these winter months, but don't let that stop you from reaching your goals!

While we tend to park closer, stay home more, and drink warm beverages to endure the cold. What adjustments can you make during this challenge to meet your weekly step goals?

Meet the **increasing step averages each week** to remain in the challenge & complete week 3 to complete the challenge:

Week 1: 6,000 average/day
Week 2: 7,000 average/day
Week 3: 8,000 average/day



Individual Step Average Outlast