



Diocese of Monterey Walking Challenge 2020

The Walking Challenge runs **May 1, 2020 through May 31, 2020** for all eligible **employees** who have registered and activated a Fitbit device. If you received a Fitbit or shoes from the Diocese of Monterey, you are required to participate.

Join the **Reta Trust Walking Challenge** by visiting <https://www.fitbit.com/care/go/841071> and sign up under the **Diocese of Monterey**.

Starting May 1, 2020, you will begin to use your Fitbit to **log your steps**. To encourage participation, we will **conduct drawings** at the end of the challenge. Based on participation, there will be **40-60 \$100-\$150 Amazon gift cards available for raffle prize winners**. Prizes will be sent via U.S. mail in June to purchase fitness and/or health related items!

You can earn raffle entries by working towards the following goals:

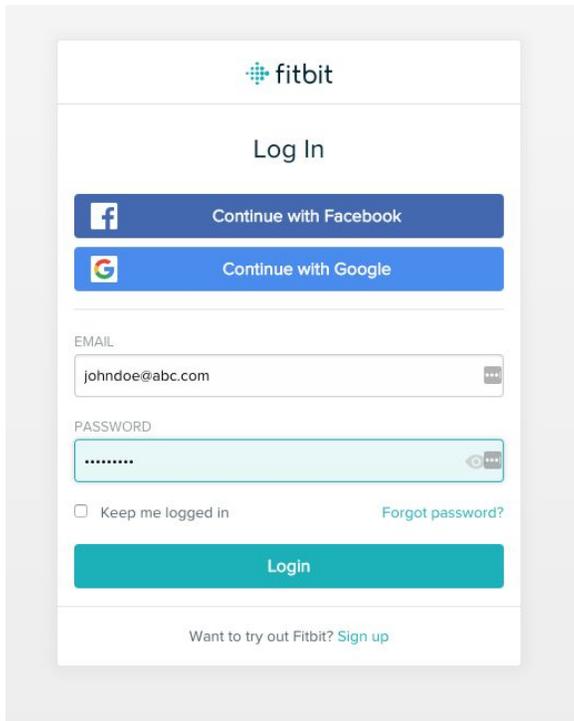
- 108,500 total steps (average 3,500 steps a day) = 2 raffle entry
- 186,000 total steps (average 6,000 steps a day) = 3 raffle entries
- 310,000 total steps (average 10,000 steps a day) = 4 raffle entries
- 465,000 total steps (average 15,000 steps a day) = 5 raffle entries

Important Reminders

- Keep your Fitbit on at all times, and don't forget to sync it weekly.
- Activity must be updated to Fitbit by midnight pacific 5/31/2020.
- Fitbit Customer Service Phone Number: 1-877-623-4997.
- If you have any questions, please contact walkingchallenge@dioceseofmonterey.org.

Join Your Company's Fitbit Program Online

1. Visit the following link: <https://www.fitbit.com/care/go/841071>
2. Login to your Fitbit account if you aren't already logged in on the Fitbit site



The screenshot shows the Fitbit login interface. At the top is the Fitbit logo. Below it is the text "Log In". There are two social login buttons: "Continue with Facebook" and "Continue with Google". Below these are input fields for "EMAIL" (containing "johndoe@abc.com") and "PASSWORD" (masked with dots). There is a checkbox for "Keep me logged in" and a link for "Forgot password?". A large teal "Login" button is at the bottom. At the very bottom, there is a link: "Want to try out Fitbit? Sign up".

3. Click "Get Started"



Welcome to The Reta Trust Walking Challenge

Join now and get started on your journey to a healthier lifestyle.



GET STARTED

NOT NOW

4. Review and agree to the Terms and Conditions.

Terms & Conditions

Congratulations on taking a big step forward in your health and fitness journey!

Before we get started, Fitbit needs your permission to share the following information with your program administrator(s), which may be your employer, your insurance or healthcare provider, or your population health or wellness provider. The data will be used to deliver features to help you on your wellness journey.

Personal data

Information about you from your Fitbit account, including your email, avatar or photo, last sync date, steps, distance, floors, active minutes, calories burned, and time asleep.

Aggregate data

Data that does not identify you personally and is combined with other participant data in your program, including age, sex, steps, distance, floors, active minutes, and sleep.

To encourage healthy competition, others in your program will be able to view your name, group ranking and avatar or photo, your daily steps, distance, and active minutes, and a link to your Fitbit.com public profile.

You can change your mind at any time by choosing "Leave" in your account settings under Fitbit Health Solutions.

By clicking "Agree" you permit Fitbit to share this data. Once shared, your program administrator's data and privacy policies will apply.

AGREE

DISAGREE

5. Enter your Name & Email Address, then select your Trustor group.

Getting to Know You

Please confirm the information below is correct and provide the additional information requested.

John

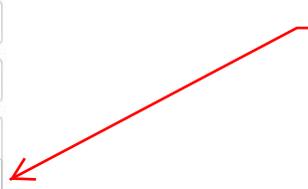
Doe

johndoe@abc.com

Select Trustor Groups

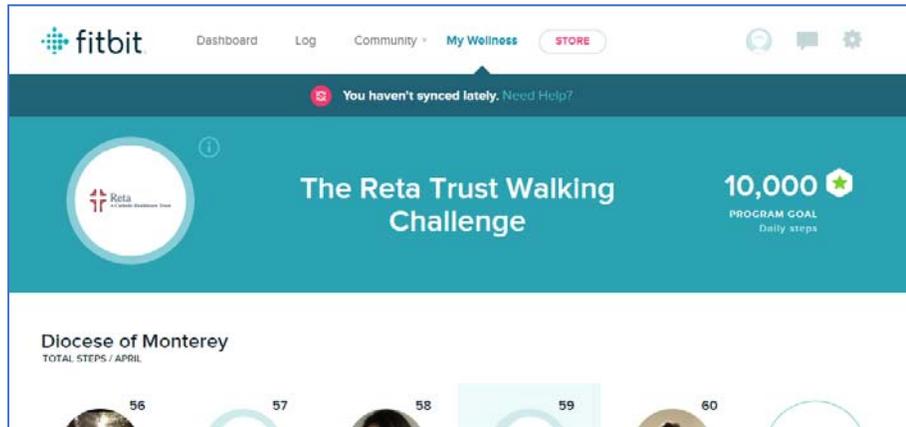
- Abbey of St. Louis School
- Archdiocese of Portland
- Archdiocese of San Fran
- Bishop Garcia Diego High
- Carmelite Sisters
- Catholic Charities Maine
- Catholic Charities of OC
- Catholic Charities of SCC

Diocese of Monterey



6. You're in!

7. You will then find our group on your dashboard. Under "My Wellness" you will see "The RETA Trust Walking Challenge" and the Diocese of Monterey Group.



Scroll down to "Group Daily Rankings" to see the Diocese of Monterey standings. Click on the team name to see our Leaderboard.

Group Daily Rankings AVG STEPS TODAY 7 DAYS APRIL

1. Carmelite Sisters	11,542	5. Home On The Range	10,677	9. Diocese of Boise	9,896
2. Marianist Province	11,522	6. Diocese of Cheyenne	10,338	10. Reta Trust Mgmt Team	9,870
3. Diocese of Victoria	11,331	7. Diocese of Santa Rosa	9,965	11. Archdiocese of San Fran	9,752
4. Diocese of Belleville	10,784	8. Abbey of St. Louis School	9,919	24. Diocese of Monterey	8,352

[ALL TEAMS](#)

The screenshot shows the 'Diocese of Monterey' group page on the Fitbit dashboard. It features a 'Leaderboard' section with 'STEPS' and 'TEAM PLACE' metrics. The group average is 8,352 steps, and the team is in 24th place. The program goal is 10,000 steps. Below the group metrics, individual member rankings are shown, including BJ Woods (124,980 total steps) and Gary Kreeger (108,938 total steps).