

The University of Queensland – 10,000 Steps Activity Challenge



Frequently Asked Questions:

How do I register a team?

Every team consists of 7 participants, including a team captain. **Each participant must register online at www.10000steps.org.au** and verify their account. Once your whole team has registered, email uqwellness@uq.edu.au with your team name and team emails. We will then add you to the tournament. Don't worry if you can't get a full team, we'll sort it out for you.

I didn't receive a verification email, what should I do?

Try logging in via the 10,000 Steps website and resending the verification email. This process may need to be repeated, but generally we have found that the emails do come through after a couple of days. It may be worth signing up with your personal email as well.

How do I add my team members to the tournament if I am a team captain?

Once your members have registered their accounts online, the team captain can add the other team members to the tournament. Simply log in and follow the below instructions.



www.10000steps.org.au

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How can I record my steps?

The UQ Wellness Division has a limited number of pedometers available, but there are many fantastic applications available on smartphones that are highly accurate and more reliable. These may be worth considering to download.

Recommended pedometer apps for smartphone devices	
	<p>The Health App (Available on Apple Devices)</p> <p>This application is perfect for owners of apple devices, as it comes pre-installed into the phone interface. This will keep track of your steps throughout the day without using GPS data</p>
	<p>Pedometer++ (Available on Apple Devices)</p> <p>Also available on apple devices, this application can be downloaded directly from the App store</p>
	<p>Samsung Health (Available on Samsung Devices)</p> <p>Available as a pre-installed application on Samsung devices, Samsung Health also uses your phones in-built motion sensor to count your steps.</p>
	<p>Step Counter (Available on Android and Samsung Devices)</p> <p>Available for download from the Google Playstore. Does not use GPS data or any battery-draining method to count your steps</p>
	<p>Google Fit (Available on Android, Google and Samsung Devices)</p> <p>This application is also available for download from the Google Playstore</p>

There are many other applications available if you would prefer to use another

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How do I log my steps once the tournament begins?

You will have to log your steps into the 10,000 Steps website or mobile application. The app will not automatically update your steps, so be sure to record your steps at the end of each day

Can I register as an individual if I am not part of a team?

Absolutely. Just email UQ Wellness at uqwellness@uq.edu.au and we will place you in a team that has a spare spot.

Can we have a team of more than 7?

We would prefer it if team sizes were kept to the size of 7 for the fairness of the competition. It wouldn't be fair if a team of 8 was recording an extra 10,000 steps every day. For that reason, we ask that you keep team sizes to the recommended size of 7, and perhaps encourage extra participants to form a separate team.

Who do I ask for a pedometer?

Email us at uqwellness@uq.edu.au to reserve yourself a pedometer. We don't have a huge amount – hence why we recommend the pedometer apps.

Where can I view the tournament leaderboard?

Through the 10,000 Steps website. Click on dashboard, and then click on 'View Tournaments'. From here, you will be able to see the current standings.

Who can take part?

We are targeting both UQ Staff and Students for this activity challenge. Teams can be comprised of both.

I have a team of less than 7, what can I do?

We are able to put participants without a team into your free spots, or you are able to add 'Virtual team members' to make up the numbers. This can all be done on the 10,000 Steps website via the dashboard.

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