



# STEP IT UP CHALLENGE

**JUNE 15TH THROUGH JUNE 21ST**



Track your steps for the week of **June 15th through June 21st** using your smartphone or device of your choice and earn Wellness points!



Earn 100 Wellness points by walking/running a total of 10 miles **June 15th through June 21st**.



Submit a printout/photo of your **TOTAL** counted steps/miles via email to [ceciliaallamas@co.imperial.ca.us](mailto:ceciliaallamas@co.imperial.ca.us) by **June 23, 2026**.



Once completed, enter points into your Wellness Point Tracker under **2026 Step It Up Challenge- June**.

## WELLNESS PROGRAM

Visit our HR Wellness page at: [hr.imperialcounty.org/wellness-program/](http://hr.imperialcounty.org/wellness-program/)