



STEP IT UP CHALLENGE

AUGUST 10TH THROUGH AUGUST 16TH



Track your steps for the week of **August 10th through August 16th** using your smartphone or device of your choice and earn Wellness points!



Earn 100 Wellness points by walking/running a total of 10 miles **August 10th through August 16th.**



Submit a printout/photo of your TOTAL counted steps/miles via email to ceciliaallamas@co.imperial.ca.us by **August 18, 2026.**

WELLNESS PROGRAM

Visit our HR Wellness page at: hr.imperialcounty.org/wellness-program/



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