

# Step It Up Challenge


All movement counts  
toward better health.



Challenge Dates: February 1 to February 28  
Goal: Track your steps for 21 days.

Move more, sit less! Challenge yourself to increase your steps each day throughout the month. We know life is busy, and it may be hard to get in those steps every day. But do what you can, because all movement counts toward better health! This February, track your steps for 21 days to improve your heart health and overall fitness while earning 50 points.

## GETTING STARTED

- Log in or register at [azblue.sharecare.com](https://azblue.sharecare.com).
- Find **Challenges** under the **Achieve**  icon.
- **Join** an “Active” or “Upcoming” challenge.
- **Track** your steps for 21 days within the Challenge.

## CHALLENGE DETAILS

- Deadline to track your steps is by 9 p.m. Arizona time on February 28.
- You can go back seven days in the steps tracker to add or edit your activity.
- Meeting the goal earns you 50 points.