

Stepping out in Missions!

Steps Challenge 2025

August 4 - 31, 2025

TERMS & CONDITIONS

REGISTRATION - Each team is required to complete a registration form. All teams will have a **maximum** of five members and a minimum of 3 persons. Groups with less than the maximum members will receive no concessions. THE CHALLENGE IS OPEN TO HARVEST MEMBERS, friends and family.

DURATION - August 4 - 31, 2024

- **Week 1** : Aug 04 - 10
- **Week 2** : Aug 11 - 17
- **Week 3** : Aug 18 - 24
- **Week 4** : Aug 25 - 31

The Steps Challenge this year will take a different form. This year teams can enter the challenge at Beginners, Intermediate or Advanced level.

- Beginners – 5,000 steps per day target
- Intermediate – 10,000 steps per day target
- Advanced - The best/highest scores for 5 days for each participant will be recorded each week for the challenge. The Team and individual with the highest scores at the end of the challenge will win a prize.

Submit team entry forms by Sunday August 3rd at 6:00pm. Please note that the challenge begins on Monday August 4th – 12:01am.

While the steps are important the REAL challenge this year is a Mission Challenge! Let's take Jesus to our communities. We want to take the GOSPEL to as many persons as we can.

Here are some suggestions for the teams :

- Team shirts with a message e.g. a bible verse, text, encouragement, Jesus etc, promise of God, how one can be saved. Be creative! The shirts can be designed as conversation starters etc. ...
- Teams prepare and hand out tracts and other material
- Evangelism Project which takes the message to a specific group of people
 - e.g. visit to a Senior homes, dance group, school, camps, family, crop over event, WhatsApp group
 - Create videos and share
 - Evangelism in the community around the church in different ways - Health Day, Free Boutique for the Community, back to school drive.

- Brain storm in your teams and come up with creative ways to share the Gospel with our communities.

Teams should take pictures and videos of shirts, and other events to share with the church.

RULES OF ENTRY

Submit team entry forms by Sunday August 3rd at 6:00pm. Please note that the challenge begins on Monday August 4th – 12:01am.

Each team should select a leader. Team members are responsible for reporting their step activities to their Team leader by midday each Monday. Deadline for submission of step scores, 6:00pm :

- Monday Aug 11
- Monday Aug 18
- Monday Aug 25
- Monday Sep 1

Absolutely no late entries will be accepted. Results to be provided each Tuesday.

- Evidence of steps should be provided – could be report from app or picture of app/device with steps counts recorded for each day. Verbal reports will NOT be accepted.
- Each participant must record their OWN steps and not share the tracker with persons outside the challenge. Participants should ensure that the device used to track steps is in proper working order and does not record steps when the participants is not walking e.g. when driving.
- We reserve the right to examine/approve devices being used.

REGISTRATION FORM

TEAM NAME: _____

TEAM LEADER _____

DISCLAIMER: As a participant in this competition, I acknowledge that exercise can involve risk of personal injury especially if I am not in good physical health.

Please keep in mind that you are especially at risk if you:

- Have a family history of heart disease
- Smoke
- Have high blood pressure
- Are diabetic, obese or sedentary
- Are a male 45 or older, or a female 55 or older

TEAM MEMBERS

	Name	Signature	Contact number
1			
2			
3			
4			
5			