

10 TIPS

FOR THE TEAM CAPTAIN



1 Consider how to divide the teams. You can be one big team or divide yourselves into smaller ones. You must be at least 3 people in a team. You can divide teams according to e.g.: a) departments b) across departments c) themes - you chose for yourselves.



6 Take initiative to get more steps in with your participants. For example, you can do walk and talks, take a walk during a break or deliver a message personally instead of sending an email.



2 Plan competitions that can motivate the participants along the way to strengthen unity. Give away, for example, a prize for the best team photo or best idea to get steps on the account while you work.



7 Use the team chat to text your participants and encourage them to write back.



3 You can register your team and add extra participants until the first day of the campaign.



8 Invite colleagues for a joint walk during the campaign to strengthen team spirit.



4 Check out Tæl Skridt posters on www.taelskridt.dk/download, to become inspired.



9 Make sure your team has entered all steps Monday after the end of the campaign. The winners of Count Steps will be found by draw on Tuesdays at 12 noon.



5 Encourage your participants to enter their steps daily to automatically be in the draw for the title of entering steps most frequently and win Tæl Skridt prizes. 3 winners will be named each Thursday in both campaign weeks.



10 Download the team's and the participants' individual diplomas no later than Sunday – one week after the campaign ends. You can either print it or send it digitally to your participants.