



GATHER YOUR COLLEAGUES AND JOIN!

# WE'RE COUNTING STEPS!

**WE COUNT STEPS FOUR TIMES A YEAR!**

## Count along in 2026

Four times a year, we focus on counting steps and strengthening the sense of community among colleagues.

→ 19 January – 1 February 2026

→ 20 April – 3 May 2026

→ 31 August – 13 September 2026

→ 9 November – 22 November 2026

Tæl Skridt is all about bringing more movement, social connection, and fun competition into everyday life.

## Dust off your shoes and join ...

Compete with and against your colleagues – and against thousands of step counters across Denmark for great prizes!

Use your phone, your activity watch, or a pedometer, which can be purchased at the pharmacy or at [www.taelskridt.dk](http://www.taelskridt.dk), to keep track of your steps.

All your steps count! For every 10,000 steps you walk, you earn 1 ticket for your team.



→ Sign up  
your team

## Your steps make the difference – for you and your team

All your steps count! For every 10,000 steps you walk, you earn 1 ticket for your team.

All teams that have earned min. 1 lot participates in the draw for the 1st prize of 25.000 DKK, 2nd prize of 10.000 DKK and 3rd prize of 5.000 DKK.