



## THE BASICS

**Title:** Good Vibes

**Duration:** 6 weeks

**Tracking:** Log activity online

- **Challenge Theme:** The Good Vibes steps challenge is like a virtual vacation! This amazing trip takes travelers to 10 of the most beautiful beaches on the Hawaiian Islands AND encourages plenty of “chill” time to relax and connect with their inner vibe.
- **Challenge Goal:** Travelers log their daily step totals (up to a maximum of 15,000 steps per day) to travel along the challenge route. Up to 2,000 steps per day may be earned for completing one or more of the following activities:
  - **Screen-Free Break:** Take an intentional 30-minute screen break during a time when you might typically be engaged with a mobile device, television, or computer. (1,500 steps/break/day)
  - **Chill Out:** Enjoy 10-minutes of quiet solitude while you do nothing but chill. (500 steps/day).
- **Tracking Activity:** Participants log their daily steps manually on the desktop or mobile site. Daily steps may also be automatically uploaded by syncing a wearable fitness tracker to the challenge. A maximum of 15,000 steps may be awarded daily. Bonus activities are logged on the desktop or mobile site. The user is awarded 1,500 steps for each Screen-Free Break bonus recorded each day, and 500 steps for each Chill Out bonus recorded each day. Participants may view progress on the leaderboard. In the team version, the step total is an average of all members on the team.
- **Challenge Milestones:** As individuals/teams travel along the route, they will earn a milestone these specific locations.

CHALLENGE MILESTONES	STEP TOTAL
Waikiki Beach .....	0
Lanikai Beach.....	6,400
Sunset Beach.....	24,870
Makena Beach.....	79,549
Honaunau Bay .....	116,322
Ho’okipa Beach .....	170,694
Ka’anapali Beach.....	183,723
Hilo Bay .....	248,921
Punalu’u Beach.....	283,855
Poiipu Beach .....	418,894
Poipu Beach .....	425,250