

From mountain to sea

Step/Activity Challenge 2026

Monday 20th April – Sunday 31st May 2026 (6 Weeks)

Registration Pack – Please Read Carefully

Introduction:

Welcome to the 2026 Step/Activity Challenge for Aberdeenshire Council & NHS employees. Contained within this pack is all the information you will need to get registered and the details of the rules of the challenge.

Over the past six years, even during the covid pandemic, the challenge has grown in popularity. As with previous year's, the challenge will be an 'Activity Challenge' that will allow for all types of activity, whether that be indoors or outdoors.

Activities can include almost anything; the aim of the challenge is to help you increase your activity levels and daily step count.

Individuals and/or teams of up to 5 people will be allowed to enter. Individuals who enter will compete in the individual section, and teams of 2, 3, 4 or 5 will be placed in sections with teams of the same size. This will ensure each section remains competitive.

The link to register your individual or team entry can be found at the end. Please take the time to read through the registration in full, it will only take a few minutes.

Dates:

Registration is now open – please read through this pack to find the application link.

CLOSING DATE for applications – **Sunday 19th April 2026 @ 10pm.**

The application link shall not be accessible after this date & time. If you experience any problems registering, please contact Mitchell Robertson.

Challenge Start Date – Count your steps from **Monday 20th April 2026.**



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Challenge End date – Count your final steps on **Sunday 31st May** up until midnight.

Score Submissions – You/the team captain must submit your individual or teams score count on a weekly basis. All scores should be in, each week, no later than midday of the following Thursday. See table for clarification:

<u>Week of Challenge:</u>	<u>Start of Challenge:</u>	<u>End of Weekly Challenge:</u>	<u>Date results must be submitted by:</u>
1	Monday 20 th April 2026	Sunday 26 th April 2026	Thursday 30 th April 2026
2	Monday 27 th April 2026	Sunday 3 rd May 2026	Thursday 7 th May 2026
3	Monday 4 th May 2026	Sunday 10 th May 2026	Thursday 14 th May 2026
4	Monday 11 th May 2026	Sunday 17 th May 2026	Thursday 21 st May 2026
5	Monday 18 th May 2026	Sunday 24 th May 2026	Thursday 28 th May 2026
6	Monday 25 th May 2026	Sunday 31 st May 2026	FINAL SCORES MUST BE SUBMITTED NO LATER THAN THURSDAY 4TH JUNE 2026.

Final Score Submission – Thursday 4th June 2026 with the final result tables realised on Friday 5th June 2026.

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General Rules:

Individual entries will be accepted as will teams of 2 – 5 people. Teams that enter must select a team captain. It is the team captain's responsibility to register the team, collate the team's total weekly score count, submit their team's weekly score count via team's page & forward on the weekly newsletter that will display the weekly league tables to their teams.

Activity Challenge:

Provided is an extensive list of activities that can be completed with how many steps that activity approximately uses per minute, per 15 minutes, per 30 minutes or per hour.

THIS IS NOT AN EXCLUSIVE LIST OF ACTIVITIES, ITS JUST AN EXAMPLE OF SOME ACTIVITIES. YOU ARE FREE TO PARTICPATE IN ANY ACTIVITY YOU WISH.

Any other activity you do, you will need to count your steps, whether that's by a pedometer device, a phone or a watch. If you do not have a device, then please use the chart as a point of reference.

Submitting Scores:

Similar too previous years and to avoid unnecessary volumes of emails, a team's page called 'Step/Activity Challenge 2026' will be created. Team captains will be invited to the page this will allow individual/team captains to access the results spreadsheets and submit their counts from Monday 27th April 2026 onwards.

Within this page a spreadsheet will be created for each group of entries i.e. individual, 2, 3, 4 and 5 and this will be saved within 'files', and it will be called step counts.

Each week, the team captain should update their team's total weekly score count, before closing the file afterwards.

PLEASE TAKE CARE WHEN UPDATING SCORES AND ENSURE THE CORRECT TAB WITHIN THE SPREADSHEET IS SELECTED AND THE CORRECT TEAM IS UPDATED!

I will use this team's page to distribute the weekly newsletter and league tables.

If for some unknown reasons, someone cannot access the team's page, we can communicate via email.

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Leagues Tables:

Once scores are inputted, the league tables shall be populated to reflect those with the most steps at the top down to those with the least at the bottom.

Teams can move up or down leagues depending on their performance and volume of entries.

Register Your Team:

Team Names:

Take particular care when registering your team's name. It is not uncommon for teams to select the same name or very similar names and last year particularly there were multiple entries sharing the same name. If this happens again this year, the name will be given to the first registered team and those registering afterwards will be asked to either change their name or their name will change to the desired name with a number behind it.

Try and come up with a unique name or something memorable that helps identify you easier and reduce the likelihood of making a mistake.

Team captains can register their teams by following the link located at the end of this document.

Link to register:

[Step/Activity Challenge 2026 – Fill in form](#)

Pedometers:

We have a small number of pedometers that can be distributed. I would advise where possible, that you use your own pedometer device (activity tracker, smart phone app, or standard pedometer).

However, if you don't have one of these devices and require a pedometer then please email me privately and we can try and get this arrange.

The pedometers will be distributed on a first come first served basis.

If you don't have a device and can't get a pedometer but wish to take part in the challenge, then please use the chart at the end of this information guide as your reference point.

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Appendix

Step Equivalents by Minutes of Activity				
(Number of minutes multiplied by steps in 1 min = Score)				
Activity	1 min	15 mins	30 mins	60 mins
Circuit training/HIIT Class (Online Class)	242	3630	7260	14520
Cycling (Indoors & Outdoors) Moderate	242	3630	7260	14520
Cycling (Indoor & Outdoors) Intense	364	5460	10920	21840
Cycling under 10 mph	121	1815	3630	7260
Gardening Work	121	1815	3630	7260
Housework	91	1365	2730	5460
Indoor Dance Class (Jazzercise/Zumba)	182	2730	5460	10920
Martial Arts	303	4545	9090	18180
Punch Bag	182	2730	5460	10920
Paddle Boarding	122	1830	3660	7320
Rowing Machine Moderate	212	3180	6360	12720
Rowing Machine Intensive	258	3870	7740	15480
Skipping	120	600	3600	7200
Step Aerobics	273	4095	8190	16380
Swimming front crawl 25metres per min	130	1956	3900	7800
Swimming backstroke 1.6mph	111	1665	3330	6660
Swimming backstroke 3.2 mph	196	2940	5880	11760
Swimming breaststroke 1.6mph	89	1335	2670	5340
Swimming breaststroke 3.2mph	178	2670	5340	10680
Swimming trading water	98	1470	2940	5880
Treadmill, Walk	152	2280	4560	9120
Treadmill Jog Moderate	242	3630	7260	14520
Treadmill Running Intensive	409	6135	12270	24540
Walking Up & Down Stairs (Continuously)	50	750	1500	3000
WII Sports 30 Minutes Play	50	750	1500	3000
Weightlifting	182	2730	5460	10920
Yoga Class	76	1140	2280	4560