

NASA Moves! 2024

FREQUENTLY ASKED QUESTIONS

General Challenge Information

- **What is the best browser to use for the CorporateFitness.app website?** CorporateFitness.app should be compatible with all browsers.
- **How do I learn about the challenge website?** Pre-challenge registration begins Wednesday, March 27 and ends on April 9. Participants can register, coordinate teams, and test out the site. Any step activity data entered during the registration and exploration period will not count toward the actual challenge results.
- **Do I need to create a new account if I participated last year?** No, you don't need to create a new account if you participated last year. You can simply log in using the same username and password from the previous year. If you forgot your password, you can use the "forgot password" option on the sign-in page to reset it.
- **Will I need to re-register if I go into the system between March 27 – April 9?** No. Your registration will already be in the system if you have created an account during that time, but any steps recorded during the pre-challenge period will not be counted as part of your challenge total.
- **What is the duration of the step challenge?** April 10 (midnight local time at the participant's physical location) through May 8 (midnight local time at the participant's physical location).

New Lifestyle Challenge

- **What is the Lifestyle Challenge?** The Lifestyle Challenge is an individualized step challenge designed to empower participants to define their own fitness goals and steadily progress each week. It offers a personalized approach where participants can set their own step targets based on their current fitness level and aspirations. Whether you're just starting your fitness journey or looking to maintain an active lifestyle, the Lifestyle Challenge provides a flexible and motivating platform to help you achieve your wellness goals.
- **Can I participate in both the team challenge and the Lifestyle Challenge simultaneously?** Yes! The Lifestyle Challenge and team challenge are separate, allowing you to participate in both. You only need to record your steps once, and they will count towards both challenges.

- **How do I set my personalized step goals in the new Lifestyle Challenge?** To set your personalized step goals in the Lifestyle Challenge, begin by selecting a realistic initial goal that aligns with your current fitness level. This can range anywhere from 1,000 to 100,000 steps per day (there is no minimum or maximum). After determining your starting goal, choose a weekly increase target to push yourself to do more each week. These additional steps will be automatically added to your step goal for the following week. Each day you reach your step goal you will earn a daily star.
- **What are the daily stars, and how do I earn them in the Lifestyle Challenge?** Daily stars are earned in the new Lifestyle Challenge by successfully achieving your daily step goal. Each day you meet your goal, you earn a star as a symbol for your consistency and dedication to your fitness journey.

Eligibility

- **Who is eligible to participate?** All NASA civil servants and NASA contractors. Family members and non-NASA-affiliated individuals are not eligible to participate.

Access, Physical Limitations / Restrictions, & Flexibilities

- **If I am in the middle of physical rehab, have limits with traditional physical activity, or am otherwise not mobile, can I participate in this challenge?** Yes. The challenge has been set up so that everyone can participate, regardless of mobility or strength. Utilizing the existing activities, try to identify one that is similar to yours on the Conversion List on the Agency [Health4Life](#) website and use that step conversion rate.
- **I am still teleworking. Can I still be a part of the challenge(s)?** Yes. You don't need to go to a fitness facility, wear special clothes, or even go outside. You can count steps at work, at home, while on business travel, and even on vacation. This challenge is meant to be flexible, easy, and adaptable to everyone. Try accessing Microsoft Teams to plan a virtual walk with your team or perhaps a walking meeting. Check-in before and/or after your walk to encourage everyone and connect on a work acceptable platform.

Recording / Logging Steps

- **What is the daily step limit?** Each participant can log up to 35,000 steps per day in the traditional / team challenge. If you go over the 35,000-step limit,

your extra steps can not be transferred to a team member. The Lifestyle Challenge has no limit.

- **Will the CorporateFitness.app website be able to detect whether someone's recorded steps are impossibly high and possibly in error?** Yes. CorporateFitness.app has mechanisms to validate whether steps are within reason. However, we expect everyone to be honest so that there are no delays with recording anyone's steps due to a perception of false numbers.
- **Can I total my steps and enter that large number as if they occurred on just one day?** No, you should tally and record your steps daily, as we are tracking progress throughout the challenge. Also, if you record an unusually high number of steps, the system will flag you and we may contact you for an explanation. *Please note there is a 35,000 step per day maximum cap for the traditional / team challenge.* We encourage you to be as active as possible and record all of your steps daily.
- **If I forget to log my steps, can I go in and input that information days later?** Yes, the CorporateFitness.app website allows users to enter steps retroactively for up to 7 days. At the conclusion of the challenge, you have until May 15 to record your steps for the final week of the challenge. It is always encouraged to enter activity daily vs. waiting to do so later in the challenge.
- **Are participants being issued fitness trackers / wearables for the challenge?** No.
- **Do I need a fitness tracker / wearable to participate?** No. The CorporateFitness.app platform has an updated step conversion tool, with calculation methods adjusted to align more consistently with the provided step conversion list, that allows easy conversion of many activities to steps. You can also add steps manually using your own step counter. If you do have a tracker/wearable that is supported by the platform, you can synchronize the device to the CorporateFitness.app portal, which allows effortless and automatic flow of your step data into your account. We encourage you to regularly check your app to ensure your device is connected and tracking your steps. If you have questions about connecting your device, visit the CorporateFitness FAQ / troubleshooting page: [Device Integrations - CorporateFitness.app Knowledge Base \(helpscoutdocs.com\)](https://helpscoutdocs.com).
- **What if I don't see my activity listed on the website?** A Conversion List is provided on the NASA [Health4Life](https://www.nasa.gov/health4life) webpage for activities not listed on the CorporateFitness.app website. Alternatively, you can contact the Fitness Center professional(s) at your Center and ask them for assistance in coming up with a conversion rate for your specific activity.

- **Will I be able to log my steps after the challenge has officially ended?** Yes, the system will allow entry for an additional 7 days until May 15, 2024. *Only data from the last 7 days of the challenge (May 2-8) can be entered.*

Apps and Syncing with Wearables

- **How many steps constitute 1 mile?** 1 mile is equal to approximately 2,100 average steps. Steps can vary based on a person's stride and pace.
- **On average, how many steps are taken during 10 minutes of walking? How about bicycling? How about swimming? How about weightlifting?** 1,200 steps for walking; additional conversions can be found on the Conversion List provided on the Agency [Health4Life](#) website.
- **If I use a pedometer to track my steps, do I wear it all day long and then record what it says at the end of the day?** Pedometers or similar smart phone apps are really helpful in counting your steps. Any and all steps count up to 35,000 for the team challenge. You can begin your day by wearing your pedometer until you go to bed at night – track every single step you take! If you have already reached the 35,000-step mark, because you already make it a point to be as active as possible, don't let this prevent you from adding just a little more activity to your routine.

Participation: Teams, Individuals, Separate Lifestyle Challenge

- **Do I need to be on a team to participate?** No. Participate as an individual or as part of a team. Teams can range in size from 2 to 20 participants and must all be from the same Center. Start a team and invite others, join a team, and even participate under an alias if you choose, with steps still counting toward team and Center totals.
- **Can teams have more than 20 members?** No.
- **Is it possible for me to remain anonymous so that no one can see my data?** Yes, you may remain anonymous as an individual. You can register using a different name than your own. However, if you choose to use a NASA email instead of a personal email, it may become apparent who you are by virtue of your e-mail ID.
- **If I am anonymous, will my steps still count towards my Center's total?** Yes. Your steps will be included if you register under a specific Center.

- **Can I be on a team but also remain anonymous?** No, if you decide to join a team, your name and step counts will be visible to the other members of that team.
- **How do I start a team myself?** If you create a team, add your Center abbreviation to the start of the title (example below). This will sort all of the Centers on the website alphabetically and make it easier for employees to find their desired team.

Example Team Name: KSC - Walk the Walk

- **What if our team members are located across multiple Centers?** In such cases, individuals from different Centers can collectively choose one primary Center and join a team together. For example, if there's one person from KSC, two from LaRC, and one from JSC, you can all opt for LaRC (or whichever Center you are predominantly based out of) and form a team together.
- **What if our Program / Directorate / Office wants to have a team but has more than 20 individuals?** Programs / Directorates / Offices can split into multiple teams of 20 with similar names denoting comradery. However, only teams of 20 can win a trophy.
- **How does the final leaderboard coincide with the actual challenge winners?** Both individuals and teams will show up on leaderboards *during* the challenge. Final award rankings will only be presented to teams of two or more participants. Teams must also list a team captain to be considered for challenge awards.

Awards

CATEGORY	AWARD	BASIS
1 st Place CENTER	Trophy	Total Steps (weighted)
2 nd Place CENTER	Award Plaque	Total Steps (weighted)
1 st Place TEAM	Trophy	Average Steps / Team Member
2 nd Place TEAM	Award Plaque	Average Steps / Team Member
Most Improved Participation	Award Plaque	Greatest Increase in Weighted Steps
Most Total Steps / Center	Award Plaque	Highest Overall Total Steps / Center
Most Creative Team Name	Award Plaque	Voted on by Participants
Lifestyle Challenge Participant	NASA Moves! Patch	Random selection

- **How are winners determined?** 1st Place Center and 2nd Place Center will be chosen by total weighted steps. 1st Place Team and 2nd Place Team (consisting of 2 members or more) will be ranked by average number of steps compared to number of team members.
- The Lifestyle Challenge prizes will be randomly awarded to 100 participants who join the challenge and earn at least 20 Stars by meeting their step goals.

- **When and how will the winners be announced?** The winners will be announced in several ways. A NASA Inc. message will be distributed. Winners will also be listed on the Agency [Health4Life](#) website. *The posting will not be immediate, as we validate and verify all data from individuals and teams.*

Questions? Please contact:

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