**Frequently Asked Questions**

**I am already registered on the 10,000 Steps website, do I need to re-register?**

If you have previously registered with 10,000 Steps, you don’t need to re-register. If you would like to update your email address, contact the 10,000 Steps team by visiting [www.10000steps.org.au/contact/](http://www.10000steps.org.au/contact/). Take note of your password when registering as you will need it to log in once you have verified your email address. Once your team has been added, you can view the challenge by clicking on ‘view tournaments’ on your dashboard.

**What is the role of the team captain?**

The role of the team captain is to encourage and motivate team members to log their steps (steps should be logged by 5pm Monday each week to keep the leader board up to date) and encourage the team to get moving! Team members will be able to view the leader board in their dashboard on the 10,000 Steps website**.** The leader board will also go out to all participants weekly via newsletter.

**What if I don’t have a pedometer?**

If you don’t have a pedometer, we encourage you to use a Fitbit, Garmin or similar step tracking device. Many smart phones also have step trackers on them, or you can download a pedometer app.

**How do I log my steps?**

Steps can be logged by entering them on the 10,000 Steps website: [www.10000steps.org.au](http://www.10000steps.org.au). You will need your email address and password to login. You can also log steps using the free 10,000 Steps app for [iPhones](https://apps.apple.com/au/app/10-000-steps/id1230221426) and [android](https://play.google.com/store/apps/details?id=au.org.steps10000.app) available from the relevant app store. If you have a Fitbit or Garmin, the 10,000 Steps website now allows you to sync your device to the site.

**How do I record other activities that I participate in that are not measured in steps?**

Enter other physical activity in the ‘Extra Activities’ field. Enter your extra ‘moderate’ and ‘vigorous’ activity in minutes. It is not necessary for you to fill both sections if it is not applicable. The total steps from your extra activities will be automatically calculated and show in your ‘Daily Total’.

**Other information**

We will send weekly emails to participants with ideas on how to get active, a weekly leader board and other information to keep participants motivated.

If you need help with the website or have any questions please do not hesitate to contact us:

P: 1800 242 696

E: [health.promotion@lchs.com.au](mailto:health.promotion@lchs.com.au)

W: [lchs.com.au/ten-thousand-steps](https://www.lchs.com.au/ten-thousand-steps)