

# PRE-CONFERENCE WELLBEING CHALLENGE

HOW IT WORKS:



Make your commitment to move daily (On your own or with others)



Choose activities you enjoy or that fit in with your lifestyle.



Join the challenge on **STRAVA**, or log daily activity via the **FORM LINK**



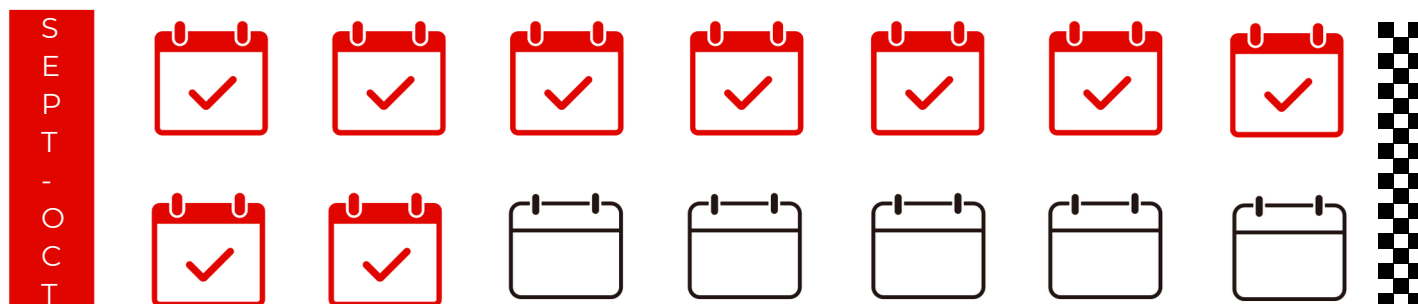
You can attach images to your log (ie. Smart watch screenshots or scenic routes walked etc)



Log/submit your entry each day for a chance to win our 'most consistent' prize entry.

NOTE: STEPS ON SHIFT ARE NOT INCLUDED, LOG MUST BE INTENTIONAL MOVEMENT/ACTIVITY OF YOUR CHOOSING

## REPEAT DAILY THROUGHOUT THE CHALLENGE



\*\*Log each day until Conference. If you do skip a day, don't worry life gets busy, just log again on the next opportunity to participate.

JOIN US IN BLACKPOOL FOR THE FINAL IN-PERSON MOVEMENT ACTIVITY: 7AM DAY 1 @ BLACKPOOL NORTH PIER

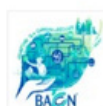
## HOW TO MAKE A LOG:

Logging is simple with 2 flexible options for you to log choose from:

### OPTION 1: JOIN IN ON **STRAVA LINK**



Just join the strava club space and activities logged on strava will automatically contribute to daily logs



**BACCNConf2025 activity challenge**  
Reading, England, United Kingdom

### OPTION 2: LOG USING A FORM LINK



Scan the QR or use the following link to access the form and make your daily log:

**FORM LINK**

FEELING SOCIAL? SHARE ACTIVITY PICTURES USING: #BACCNConf2025 #RiseAndMobilise