

Great American Adventure at Brown University

Frequently Asked Questions

1.) How many steps are required to reach the final destination?

Your team needs to achieve a total of 980,000 steps.

2.) I am used to being a team of one, can I participate alone or do I need to be part of a team?

You are welcome to register as a team of one, but for most walkers the challenge goal becomes more achievable, and more fun, as you add coworkers. For example, if you are a team of one, you will need to average 35,000 steps a day to successfully complete the challenge. On a team of four, you would only need 8,750 steps per day. And, if your team has the maximum of 5 participants, your daily average needed becomes 7,000 steps. See chart below:

Team Size	1	2	3	4	5	Total Team Steps Needed to Reach Destination
Daily Steps	35,000	17,500	11,667	8,750	7,000	980,000

3.) I'd like to use this opportunity to meet other walkers/runners at Brown. Can I peruse open teams on the portal?

Yes, as team captains create teams, they have the option of making their team public, which makes the team visible to all and anyone can join!

4.) I already know which coworkers I would like on my team, what steps should I take to ensure that we all end up on a team together?

If a team is trying to fill itself with specific members, it should be kept private until the team is filled. Once a team is public, anyone may join, and it may not be the colleagues the team captain intended.

5.) I forgot to join the challenge and it's already started! Is it too late for me to join?

NO! You may join the challenge at any time. However, the Challenge end date is April 28, regardless of when you begin participating.

6.) What happens when my team reaches the final destination?

The challenge keeps going! The portal continues to present you and your teammates with online trophies and kudos, to help you stay motivated. The leaderboard tracks over the challenge goal, so all teams are encouraged to keep going. At the end, the team who officially had the highest amount of steps gets highlighted on the leaderboard.

7.) I completed the challenge and I don't see my credit on the Rewards page. How do I get my credit?

Credit for reaching the final destination will load on your portal page by Friday, May 3.

8.) My device does not seem to be syncing correctly. What do I do?

Contact Virgin Pulse Customer Support:

Phone: 888-671-9395

Web: support.virginpulse.com

Live Chat: member.virginpulse.com

9.) Can I manually enter my steps or activities in a challenge?

You can manually enter activities such as walking, running, biking, etc. You will see Add an Activity button in the top-right part of the Challenge page. You can also navigate to the Tracking menu > Stats page > click on the Log Steps button and manually enter a desired number of steps.