

The time is here to outrun the Zombies!



Zombie Challenge Q & A

Q: When does this Challenge start and how long will it last?

A: The challenge is 6 weeks and will kickoff on Monday May 2nd. The challenge will run through Friday, June 10th.

Q: How many employees can be on a team?

A: It is a 5-member team event. Each team member will need to register with your team name at: <https://zombiestepchallenge.eventbrite.com>. If you need help finding team members, contact Margaret at x2510. We will do our best to help place employees on teams.

Q: After I sign-up with the City, how do I get logged on to the Zombie website?

A: You will receive an e-mail with instructions on how to sign up on the Zombie website. The Zombie website is accessible via your favorite web browser on a computer, tablet and smartphone.

Q: Why should I participate?

A: Because it will be fun! The Zombie challenge puts a fun new spin on old and boring pedometer programs. It is an interactive web-based game with a fun theme that will put a spring in your step. Plus you get to choose your character for the game. Who will you be?

Q: So you say it will be fun ... I still don't get the point of it all??

A: There is a story that unravels over the course of each week of the challenge as teams race from safehouse to safehouse. There are new goals, story-based objectives, and opportunities to score big bonuses each week to help your team stay competitive throughout the challenge. The challenge is to see if your team will make it out together. Or, will a team member fall behind and become a Zombie??

Q: How many steps do I have to walk each day?

A: Each team member should average around 5,000 steps per day to stay ahead of the Zombies. The more steps the team generates, the faster the team will move each day! The faster the team moves, the faster they will reach the safehouse each week!

Q: What if I do not have a Fit Bit or a tracker that the game recognizes?

A: No worries!! You can login to the challenge website and enter your steps manually.

Q: I like to do other exercises - not just walking. Will they count?

A: Yes!! You can also boost your chances of survival by adding extra workouts, healthy eating and Micro-Burst games! They will be converted to steps to keep you moving forward.

Q: How are the steps calculated for my team to stay ahead of the Zombies?

A: The steps from each team member are calculated as a total each day and multiplied by a survival modifier (heart health, diet health, extra workouts) to get the team average. The team will move at a daily average of all steps from the prior day's calculations. You will receive an e-mail if you are falling behind and in jeopardy of being caught by the Zombies.

Q: Can I see other teams and players on my Zombie dashboard?

A: Yes! You can see the other teams that are racing as well as the steps that other teams and players have. This will help you determine if you need to pick up your pace.

Q: What happens if the Zombies catch me - do I continue to play the game?

A: Yes you will continue to play! If you fall behind in steps and your heart health is too low and you are caught by the Zombies, you will become a member of the Zombie team. Your daily steps will then be calculated towards the Zombie team's steps and advance the Zombie team as they chase the other teams.

Q: If I get caught and become a Zombie, can I return back to my team as a human?

A: Yes... don't panic! You can still come back to life and return to your team! You will need 5 consecutive days of a healthy heart (logging steps, diet & exercise). After 5 consecutive days you will regain your human status and rejoin your team.

Q: Is this challenge a City-only event?

A: The City's Broker, Leavitt Group, is helping coordinate the challenge. To help meet the minimum number of participants, there will be teams from other organizations competing against the City's teams. Leavitt Group will have a team in the challenge. The goal is to beat the Broker's team. We can do it!!

Q: Will there be a prize for the winning team that "Beats the Broker"?

A: Leavitt Group will host a healthy catered lunch for the winning team! They will also provide prizes for the team who is first to reach the safehouse each week!

