

**Step Count
Challenge**
Walking Scotland

FUNDED BY **2026
SUMMER
OF SPORT**

Welcome pack





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About us



Walking Scotland

Your national walking and wheeling charity

We are a charity that helps make walking and wheeling a part of everyday life. We promote the benefits of walking and wheeling on our physical, social and mental health. Our programmes connect communities and inspire positive behaviour change. We also improve places and spaces to walk and wheel.

We're an advocate for making walking and wheeling inclusive. We work with partners and local communities to reduce barriers. This ensures everyone has the chance to walk or wheel everywhere they go. By focusing on walking and wheeling, we're helping to solve some of Scotland's biggest challenges, from health inequalities to the climate-nature emergency.

We use both terms walking and wheeling as it's more inclusive. Both words represent the action of moving at a pedestrian's pace, whether or not someone is unaided or using any kind of wheeled mobility aid.

Summer of Sport Step Count Challenge

In a summer packed with sport, from the Football World Cup and the Women's Scottish Open to the Commonwealth Games, we want to get Scotland walking and wheeling.

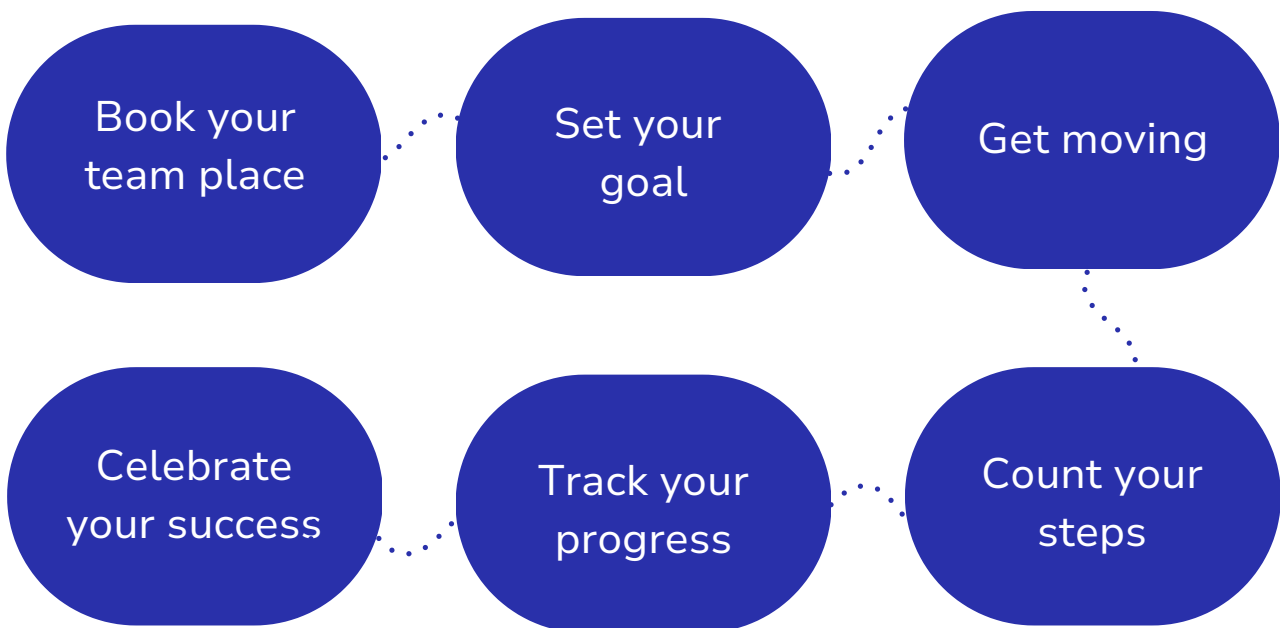
Introducing the Summer of Sport Step Count Challenge! Running from **Monday 6 July** until **Sunday 2 August 2026**, this free, special edition is all about tapping into the summer buzz and feeling part of something big happening right across the country.

Maybe big sporting moments aren't your thing, but you're still looking for a feel-good way to move more and feel involved. Either way, this challenge is for you!

A big thanks to Summer of Sport who are supporting the Summer of Sport Step Count Challenge so we're able to offer it for free. Let's step into summer together!

How the challenge works

Getting involved in the Summer of Sport Step Count Challenge is simple:



Book your team place

Gather a team. Teams can be made up of up to 5 people. If there's more than 5 of you, you can set up more teams and create some friendly competition.

Then decide who'll be team captain. Pick your most motivational teammate to help keep you all inspired, or simply draw straws.

Set your goal

Your daily target is automatically set at 7,000 steps, in line with recent health research findings. You can adjust this at any time to a number that works for you.

Get moving

Whether you're walking or wheeling, it's time to get moving! We'll be here to help you keep active, connected and having fun, every step of the way.

Count those steps

There's lots of different tools available for counting steps. Got a Fitbit, Garmin, Strava or Google Fit account? Sync it for seamless step count updating. You can also manually add steps if you're using a pedometer or another device or app.

Track your progress

See how you're getting on with your personal dashboard. Here you can view all your activity, see your CO₂ savings and check out where your team is on the leaderboard.

The dashboard will also show you any badges you've earned. There are badges for different achievements like step milestones, your best week and your best day.

Celebrate your success

Once you make it to the end of the challenge, it's time to celebrate your achievements! We'll reveal the final leaderboard by email.

You'll also be asked to nominate someone for the Spirit of Step Count Challenge Award. It should be someone who has really embodied the spirit of the challenge.



Getting ready checklist

You've signed up and booked your team place. Now what? Here's a few things you can do to get ready:

Review your profile

- ☒ check your personal details are right
- ☒ upload your profile picture
- ☒ set your daily step goal
- ☒ link your activity tracker
- ☒ select your vehicle type to calculate your CO₂ savings.

Share your Step Count Challenge news

Check out the “resources” section of your account for your “taking part” social media badges, email banners and a Promotional pack to help you spread the word.

Sign up to our newsletter

We're in this together, so we'll be in touch throughout the challenge with updates and encouragement.

Don't forget to [sign up to the Walking Scotland newsletter](#) to continue hearing from us about all things walking and wheeling!

What to expect

Look out for your challenge emails. We'll send a couple a week to inspire you to get moving and keep you feeling motivated, on track and connected. We'll remind you to log your steps, give live leaderboard snapshots and share good walking and wheeling news.

We'll also tell you about mini competitions, giving you the chance to get your hands on your very own Walking Scotland merchandise, so you can rack up those steps in style. And at the end of the challenge, we'll ask you to put someone forward for the Spirit of Step Count award, someone who's taken part with real enthusiasm.

Once the challenge is over, we'll give you ideas to help you carry on walking and wheeling. We'll also let you know what's next and how you can stay involved with Walking Scotland and be part of a growing movement committed to creating a walking and wheeling nation.

Tips, tools and inspiration

The perfect team name

Coming up with a team name can be a lot of fun! Not sure where to start? Get inspired by some team names from past challenges.

Play around with well known phrases and sayings:

- Worst Pace Scenario
- Going, Going...Scone
- The Holy Walkamolies

Add in some alliteration:

- Sole Sisters
- Walking Wonders
- Dizzy Dashers

Use some clever rhymes:

- We Donder Doon Yonder
- Witness the Fitness
- The Walkie Talkies

Go completely random:

- Team Badger
- Scrambled Legs and Achin'
- What you walking about?

Or, make some musical references:

- Slow Patrol
- Red Hot Chilli Steppers
- Led Steppin'.

Keeping your team motivated

A team captain's role is about more than just assembling a team. They're part cheerleader and part accountability partner, energising their team and motivating everyone to keep going and hit their goals.

Here are our top tips for being a great team captain.

Make a statement

Get off on the right foot with a great team name and profile picture. These will appear in the leaderboard and will tell everyone else taking part who you are and what you stand for.

You might be out to achieve a certain goal, or maybe you're just in it for some fun and team bonding. Whatever the reason, get creative and intrigue the competition!

Keep in touch

This is one of the most important things you can do for your team. Find ways to share positive stories, photos from walks and personal achievements amongst your team.

Use the Step Count Challenge team chat when you're logged in to your account. You could also create a WhatsApp group or use a messaging platform like Slack or Teams to stay connected, set team goals and send reminders.

Have fun

Walking and wheeling can be functional, like going to work or the shops, or recreational, like walking around the park with friends. There's lots of ways to keep things interesting.

You could reverse your usual route. It's amazing how different things can look and feel. Or make time fly by chatting with family or friends as you walk.

Don't forget to take part in our mini competitions to be in with a chance to win some Walking Scotland merchandise.

Be supportive

Your team will have good weeks and not-so-good weeks. A little bit of support from their captain can make all the difference.

Review the goals you set yourselves when you started out and adjust them to get back on track. Focus more on small, individual achievements and less on the leaderboard.

And remember, you're a team. Everyone's pace is different and we all have setbacks. Remind your team that you're in it together. Organise a team walk to get everyone feeling connected.

Celebrate success

If a team mate reaches a personal target, or your team smashes a collective goal, celebrate it! Even something as simple as a message acknowledging the achievement can spur everyone on.

You could mark the end of the challenge with a special get-together and write up your Step Count Challenge experience for Walking Scotland's walking_stories.



Moving more during the day

We get it. Life is busy and sometimes it feels impossible to squeeze any more into your day.

There are some quick and easy things you can do to move more and boost your step count, tried and tested by past Step Count Challenge participants:

- walk on the spot, or dance while the kettle's boiling
- set smartwatch, phone or diary alarms to remind you to get up and move for 5 minutes every hour. You don't have to go far, even a quick walk around the house or garden will let you stretch your legs
- pace backwards and forward while you're on the phone (bonus points for popping on some headphones and going for a walk and talk)
- take the stairs instead of the lift
- if you're working from home, try a "false commute", a short walk before and after work to clear your head
- at work, go the long way around the office or building when doing a task, meeting a colleague or going for a drink or to the toilet
- go for an after dinner walk or wheel. It'll support digestion and might even help you sleep better
- get off the bus or train a stop or two early and walk the rest of the way.

Getting from A to B the active way

Swapping a car journey for a walk or wheel is one of the simplest ways you can increase your step count, discover new places and it's much less stressful than sitting in traffic.

It also helps you to be kind to the environment and help reduce air pollution in your local community.

Wondering how to get started? Read on.

Start small

If you're not sure how far or how fast you can walk or wheel, begin by swapping a short car journey. Try walking to work instead of driving, or walking to the nearest shop next time you're out of milk.

After you've done this a few times, you'll have a good idea of how long the journey takes, and you'll be able to use this information to help plan longer trips.

Plan your route

If you're looking for the best route to take you to your destination safely, a bit of research always helps. There are a lot of online planning tools available.

Dress for the weather

In Scotland, dressing for the weather often means taking an umbrella or waterproof with you everywhere you go... just in case! Comfy, water-resistant shoes are also a good idea.

Generally, the wind and rain aren't as bad as they look or sound. Taking that first step out the door when the weather isn't good can be hard, but it's also over in an instant.

Take the chance to explore

Is there somewhere not too far from your route that looks like it could be worth exploring? Stopping to admire a view or taking a detour through a park is a great way of adding some extra enjoyment to your walk.

If you've got time, you could even choose different routes to and from your destination to discover more about the local area.



Frequently asked questions

Who can take part?

The Summer of Sport Step Count Challenge is for everyone. Families, friends and communities, colleges and universities, clubs, organisations and workplaces.

Participants should be 16 years of age or older.

How much does it cost and how do I pay?

Thanks to Summer of Sport funding, the Summer of Sport Step Count Challenge is free!

How much should I walk or wheel?

We want everyone to enjoy the challenge. Please follow the [physical activity guidelines](#) for your age, and if you have health concerns, speak to a healthcare professional.

And remember, a little is better than none at all. A short walk or wheel can make a big difference!

Where should I walk or wheel?

If you're looking for new ideas about where to walk, we've got you covered. Take a look at our [website](#) for some ideas!

How do I register 1 team?

Sign up or log in. Click **+register** and **get my free team**. Enter 1 for the number of teams you'd like to book. Complete the form and click **confirm my booking**.

Go to the **teams** tab and click **edit your team**. Type or paste the first teammate's email address and click **invite team member**. Repeat for all teammates.

Your teammates will then be sent an email asking to them to sign up or log in to join your team.

How do I register more than 1 team?

Sign up or log in. Click **+register** and **get my free teams**. Enter the number of teams you'd like to book. Complete the form and click **confirm my booking**.

Go to the **manage teams** tab and click **invite team captains**. Type or paste the team captain email addresses, separated by a comma. Select **send email invite to team captains** and click **save captains**.

Your team captains will then be sent an email asking to them to sign up or log in to create their team.

Can I change my team name?

Your team captain can change your team name by logging in to their account, going to the **team** tab at the top and clicking **edit your team**.

In the **team name** section of the page, there's a box where they can enter the preferred team name. Then click the **save team name** button.

How do I set my daily step goal?

On week one of the challenge, your daily step goal will be set at 7,000 (we've set this in line with recent health research findings).

You can change this by logging in to your account, going to the **profile** tab near the top, and scrolling to the **how active are you?** section of the page. Here you'll see a box with your current daily step goal. Just type over this with your new daily step goal and click the **save my profile** button.

You can also adjust your daily step goal in the **dashboard** tab. Scroll to the **challenge weekly steps** section of the page and you'll see **daily goal** on the left. Click the **change goal** button, enter your new daily step goal and click the **save** button.

How do I record my steps?

You can record your steps using a pedometer or activity wristband tracker, smartwatch or smart phone app.

You'll find free step counter apps in your app store. Often they come pre-downloaded on your phone.

You'll need to carry your device with you at all times to make sure you count every step.

How do I add activity?

To manually add activity, [log in](#) to your account, go to the **dashboard** tab along the top and see the **add activity** section of the page. Select the date, choose your activity, select the unit type (steps, kilometres or miles) and enter your count.

You can check a box to let us know if this was instead of taking the car, and this will go towards your CO₂ savings total. Then click the **add activity** button to upload your activity.

You can also sync step data from Fitbit, Garmin, Strava and Google Fit. To link with one of these, [log in](#) to your Step Count Challenge account, go to the **profile** tab at the top and scroll to the **tracker linking** section of the page. Click the **connect** button to the right of the app you want to link and follow the instructions.

Data from your app will be automatically synced with your Step Count Challenge account around the following times each day: 7am, 10am, 12 noon, 4pm, 6pm, 9pm and 11pm.

If your synced step count looks wrong, [log in](#) to your account, go to the **activity** tab at the top and select **review** next to the relevant day in your activity table. From here you can view and refresh the synced data.

If this doesn't work, try syncing from your device's app instead.

How do I add wheelchair activity?

Wheelchair users can set their default activity to either manual or electric wheelchair.

Log in to your account and go to the **profile** tab along the top. In the **your details** section, you'll see the question **are you a wheelchair user?**. Here you can use the drop down options to select your type of wheelchair. Then scroll down and click the **save my profile** button.

Next time you add activity, it will default to your selection, allowing you to enter your wheelchair activity in metres, kilometres or miles. It will then convert these to steps.

How do I delete activity?

If you've entered the wrong step count and want to delete it, log in to your account and go to the **activity** tab at the top.

Underneath the graph, there's a section called **activity records for this challenge**, with a table listing all of your activity. To delete the unwanted data, click the **X** button at the end of the relevant row.

How do I grow a virtual forest?

The **forest** tab allows you to grow a virtual forest based on estimated carbon savings. It's a fun way to visualise the environmental benefits of walking and wheeling.

To use this function, log in to your account and go to the **profile** tab. In the **your details** section, you'll see **my forest (CO₂ savings)**. Use the drop-down arrow to select your car type (or the closest to your car type). Then click **save my profile**.

Once you've done this, all you need to do is let us know how many of your steps were in place of taking the car. Go to the **activity** tab. In the table of all your activity, you can use the slider to indicate how much was instead of driving.

Then, just keep an eye on your **forest** page as your carbon savings add up to see what trees you've collected.

How do I view the leaderboard?

To view the leaderboard, log in and go to the **leaderboard** tab. This will show you the live team rankings.

If you've joined the challenge with your workplace, you can filter the leaderboard to see only teams from your workplace by clicking the **my workplace** button at the top right of the leaderboard. To toggle back to the full leaderboard, just click the **show all** button.

How do I reset my password?

Go to the log in page. Just below the **log in** button, you'll see **forgot your password?**. Click this. When prompted, enter your email address and click the **send reset** button.

You'll then receive an email with instructions on how to reset your password. If you can't see the email in your inbox, check your junk folder.

Need more help?

Got a question that isn't answered here? Email us for support.



Next steps

Step Count Challenge

Loved every minute of the Summer of Sport Step Count Challenge? You're in luck! We run 2 national challenges a year (one in spring and another in autumn), keeping you walking all year round.

We also offer bespoke Step Count Challenges, allowing you to run your very own challenge whenever you like.

Visit our [website](#) to find out more.

Join a Health Walk

Health Walks are supportive, welcoming short group walks. Led by trained walk leaders along risk assessed routes, they are suitable for all walking paces and abilities and are free to attend.

[Join your nearest Health Walk.](#)

Interested in starting a new Health Walk in your community?

Our Walking Network supports and trains individuals, groups and organisations to provide short, free, accessible Health Walks. These walks help people across Scotland to be physically active, get outside and connect with their community.

It's free to join the Walking Network and there is a wide range of member benefits and support to get started. You can find out more on our [website](#).

Interested in supporting your local Health Walk?

Get in touch with your local Health Walk provider to see if they need more volunteer Walk Leaders, or if there are any other ways you can help. Spreading the word is a good start!

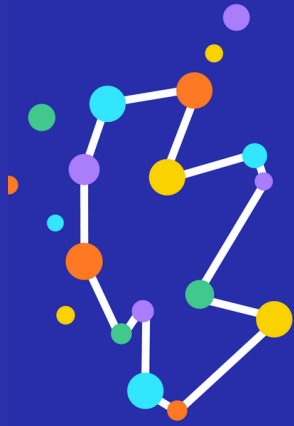
Walk at Work Award

The Walk at Work Award is our free accreditation scheme helping Scottish organisations of all sectors and sizes create a workplace walking culture.

We provide guidance and advice to get employees walking more during the workday. From lunchtime wanders and switched-up commutes to fun challenges and workplace walking routes.

[Contact us](#) to register your interest.





Walking Scotland

Your national walking and wheeling charity

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