



Join us for...

2026 Step Up Cup Challenge

Get ready to step!

Even though the Gillian Reny Step Up for Stepping Strong Center for Trauma Innovation is taking a hiatus from the Step Up for Stepping Strong Challenge this year, we will continue to hold our **2026 Step Up Cup Challenge**.

Registration begins May 22nd and the challenge will run **June 1- June 30** on Personify Health.



Registration | [Register here!](#)

- Begins: May 22, 2026
- Ends: May 31, 2026
 (although, you can register and join a team after the challenge starts)

Challenge Dates

- Begins: June 1, 2026
- Ends: June 30, 2026
- Last day to record steps earned between the challenge dates: July 2, 2026
 (remember, syncing only goes back 2 weeks, so make sure your step count is updated in Personify Health)

Take Steps to Help Your Store Location Win The Cup!

This is a friendly competition amongst all our store locations. Participants will represent their store. **At the end of the challenge, the store with the most average number of steps per participant will be awarded the Milton Companies Step Up Cup 2026.** To keep the competition fair, the total number of average steps per participants will be used to determine the store winner.



In addition, the highest steppers at each store location will be awarded **100 Total Reward Points** at the end of the challenge!

Important Information

- Track your steps
 - You do not need to have a special tracking device to track steps. Steps can be manually entered into the platform. Feel free to use your regular tracking tools (pedometer, apple health, other phone apps, devices, etc).
 - If you are not a walker/runner, any activity you choose to participate in can be converted into steps for this competition.
- Record your steps
 - All step data must be synced or manually uploaded to the challenge no later than July 2nd.
 - Remember, if syncing a device, the history will only go back 2 weeks so be sure to sync regularly!
- Everyone who joins can earn Personify Health points to increase their **Quarter 2 Personify** points balance which will convert to **Total Rewards Points** at the end of the quarter! You will:
 - ❖ Receive **100 Personify points** just for joining the challenge on Personify Health
 - ❖ Post a chat comment at least once a week for all weeks of the challenge and receive **50 Personify points**
 - ❖ Track your activity at least once a week for all weeks of the challenge and earn **100 Personify points**
 - ❖ Compete for an additional **150 Personify points** and bragging rights at the conclusion of the challenge for:
 - ❖ Top three (3) individuals with the highest number of steps
 - ❖ Top three (3) teams with the highest number of steps
 - ❖ Teams can consist of 2-5 participants
- Although your individual steps will count toward determining the 2026 Step Up Cup location winner, you can create or join a Team to vie for additional Personify quarterly points. Join any open group - you do not need to "know" the other participants to join an open team. Team total: 5 members.
- Changing teams
 - You can change teams up until the challenge start date (June 1). After the challenge has started, teams will be locked.