



WALK TO WIN 2.0

Guidelines



Congratulations on taking a step towards your fitness journey...

By participating in this challenge, you are taking an active step towards improving yours and your team's health and wellness. Healthy eating and physical activity has been known to reduce the risk for several chronic conditions including diabetes, heart diseases and hypertension. An active lifestyle has also been shown to help improve mood, sleep patterns and increase productivity.



Here's a Recap...

- Teams must have **10 members** including the Team leader
- Teams less than 10 or more than 10 members will not be considered
- A participant can **be part of only one team** for the entire Walk to Win challenge.
- Participants can not change teams during the challenge.
- If a team member opts out in the middle of the challenge, the team leader can nominate someone who is not part of any existing teams. You can write to aster.wellbeing@asterdmhealthcare.com with the details of the team member to be replaced and the new team member.
- Once a participant opts out, he/she will not be able to join another team during the challenge

WALK TO WIN 2.0

Tips to keep you going...

- Remember to stretch!
- Keep yourself hydrated
- Dress according to weather conditions
- Add variety by changing your routine
- Stay active at work
- Use your walking time to listen to your favorite music/podcasts.

Track your Steps!

At Aster, INTEGRITY is one of our core values, hence we expect each team to be honest and embrace high standards of conduct while updating the steps.

- Each team leader should form WhatsApp groups of participants for tracking number of steps daily where each team member can share proof of steps walked.
- Team members can track their steps through step tracking wearables or you can download apps like Pacer or StepsApp which should seamlessly capture your step count for both android and iOS platforms. Any fitness app is fine as long as steps are not manually added. Integrity is a value that every team captain is expected to uphold.
- **Team leaders will be receiving links to update the total step counts.** The team leader needs to update the total number of steps for the previous day by 12 noon the next day (i.e between 12 AM to 12 PM). The sharepoint link is: [Walk to Win 2.0 Data](#)
- Each team leader should edit the details of their respective team only. Editing/Deleting records of any other team will lead to immediate disqualification.
- The teams that make it to the finals will be asked to share screenshots of steps taken through the challenge.
- We will have over 200 teams contesting for the 1st, 2nd and 3rd spots **from 6th November to 5th December.** There will also be spot prizes which will be announced through out the challenge. So do keep checking your mails and the [Yammer page- Meet the moment.](#)
- Last but not the least, please don't forget to stay hydrated and take care of yourself and your team through out the challenge. This is a wellbeing initiative and we expect you to have loads of fun while staying healthy 😊

Steps To Update The Tracker


For Team Leaders Only










Step 1: Click on the link - [Walk to Win 2.0 Data](#) and search for your team name. You can also click on 'all Items' to filter by vertical


The screenshot shows a SharePoint list interface. At the top, there's a search bar and a navigation menu. The main content area displays a table with columns: Team Name, Captain Employee ID, Captain Name, Captain Email Address, and Vertical. Below the table, a view selection menu is open, showing options like List, Compact List, Gallery, and All Items. The 'All Items' option is highlighted with a yellow box. The table data is as follows:














Team Name	Captain Employee ID	Captain Name	Captain Email Address	Vertical
RCM	118801	Praveen Joseph	praveen.joseph@asterhospital.com	Aster India
Pheonix	128430	Jijo KJ	jijo.kj@asterhospital.com	Aster India
Walkembers	172564	Thamizharasan Mathiyazhagan	thamizharasan.m@asterlabs.in	Aster India
Aster Lab Avengers	208190	G S Sharath .	gs.sharath@asterlabs.in	Aster India
Aster Retail Night Walkers	141181	Gisha Paul	gisha.paul@asterclinics.com	Aster Retail
ToughGirlsUnited	179118	Jeena Jacob	jeena.jacob@asterdmhealthcare.com	CHQ, Ecare, EHS
Digital Health Sole Mates	207624	Ajay Kumawat	ajay.kumawat@asterdmhealthcare.com	Aster Digital Health

Step 2: To enter the step count, Click on your team name.

WT Walk To Win - 2023  Private group ☆ Not following 👤 2 members

+ New  Edit in grid view  Share  Export  Automate  Integrate  ... ☰ CHQ, Ecare, EHS   

Walk To Win - Master Data ☆ 

Team Name 	Captain Employ... 	Captain Name 	Captain Email A... 	Vertical 	Day1(06/11/23) 	Day2(07/11/23) 	Day3(08/11/23) 	Day4(09/11/23) 
CHQ Night Walkers	173571	Sharon Marie Estrada	sharon.estrada@asterdmhealthcare.com	CHQ, Ecare, EHS				
Walkaholics 2.0	127906	ANISH SURESH BABU	anish.ms@asterdmhealthcare.com	CHQ, Ecare, EHS				
Globe Trotters	107114	Vindhya Nair	vindhya.nair@asterdmhealthcare.com	CHQ, Ecare, EHS				
Untouchables	167885	Ann Mary George	annmary.george@ecaretpa.com	CHQ, Ecare, EHS				
Cost Crushers	178279	MINU GRACESON	minu.graceson@asterdmhealthcare.com	CHQ, Ecare, EHS				
E Care Warriors	141863	Jitto Mathew	jitto.mathew@ecaretpa.com	CHQ, Ecare, EHS				
 Aster Wellbeing	   191791	Lakshmi Panicker	lakshmi.panicker@asterdmhealthcare.com	CHQ, Ecare, EHS				

Step 3: Day wise steps to be updated for the previous day. (For example: for day 1 – 6th November, Team Leader will update total steps taken on before 12 noon on 7th November)
DO NOT EDIT THESE FIELDS: Team name, Team Leader Employee Number, Team Leader Name and Email id. It is auto-generated based on team registration. Editing of these fields may lead to disqualification.

The screenshot shows a SharePoint list titled "Walk To Win - 2023" with a table of team data. A form overlay is open for the "Aster Wellbeing" team, showing a list of days from Day1 to Day7, each with an "Enter value here" input field. The Day1 field is highlighted in yellow. A comments panel is also visible on the right side of the form.

Team Name	Captain Employee Number	Captain Name	Captain Email
CHQ Night Walkers	173571	Sharon Marie Estrada	sharon.estrada@dmhealthcare.com
Walkaholics 2.0	127906	ANISH SURESH BABU	anish.ms@dmhealthcare.com
Globe Trotters	107114	Vindhya Nair	vindhya.nair@dmhealthcare.com
Untouchables	167885	Ann Mary George	annmary.george@dmhealthcare.com
Cost Crushers	178279	MINU GRACESON	minu.graceson@dmhealthcare.com
E Care Warriors	141863	Jitto Mathew	jitto.mathew@dmhealthcare.com
Aster Wellbeing	191791	Lakshmi Panicker	lakshmi.panicker@dmhealthcare.com

Aster Wellbeing

- Day1(06/11/23)
Enter value here
- Day2(07/11/23)
Enter value here
- Day3(08/11/23)
Enter value here
- Day4(09/11/23)
Enter value here
- Day5(10/11/23)
Enter value here
- Day6(11/11/23)
Enter value here
- Day7(12/11/23)
Enter value here

Comments

@mention or comment

Be the first one to add a comment

Step 4: Click on 'Add Attachments' to add any screenshots/other details.

The screenshot shows a SharePoint list interface for 'Walk To Win - 2023'. The main area contains a table with the following data:

Team Name	Captain Employee ID	Captain Name	Captain Email
CHQ Night Walkers	173571	Sharon Marie Estrada	sharon.estrada@mhealthcare.com
Walkaholics 2.0	127906	ANISH SURESH BABU	anish.ms@dmhealthcare.com
Globe Trotters	107114	Vindhya Nair	vindhya.nair@dmhealthcare.com
Untouchables	167885	Ann Mary George	annmary.george@dmhealthcare.com
Cost Crushers	178279	MINU GRACESON	minu.graceson@mhealthcare.com
E Care Warriors	141863	Jitto Mathew	jitto.mathew@dmhealthcare.com
Aster Wellbeing	191791	Lakshmi Panicker	lakshmi.panicker@dmhealthcare.com

On the right side, there is a pane with the following elements:

- Buttons: Edit all, Copy link
- Form fields for data entry:
 - Day1(06/11/23): Enter value here
 - Day2(07/11/23): Enter value here
 - Day3(08/11/23): Enter value here
 - Day4(09/11/23): Enter value here
 - Day5(10/11/23): Enter value here
 - Day6(11/11/23): Enter value here
 - Day7(12/11/23): Enter value here
- Attachments section: A yellow box highlights the 'Attachments' header and the 'Add attachments' button.
- Comments section: A 'Comments' dropdown, a text input field with placeholder '@mention or comment', and a message 'Be the first one to add a comment' with a speech bubble icon.

That's all Folks!

For any queries or concerns contact us on
aster.wellbeing@asterdmhealthcare.com

Good Luck and Happy Walking!