

# 2022 Greek Walk-a-thon Competition

## Kansas State University

### Manhattan, Kansas (October 3 – October 28)

Fraternity and Sorority Students will participate in a 4-week long physical activity competition during the month of October. This competition is being sponsored by the Physical Activity Intervention Research (PAIR) Lab in the Kinesiology Department as part of Exercise Is Medicine (EIM) month.

Each participating member will be responsible for the following information:

- Tracking daily steps utilizing a personal device (smart phone, smart watch, etc.)
- Enter weekly steps on an online survey (provided by the PAIR lab)
- Maintain active contact on your house GroupMe group (created by the PAIR lab)
- Maintain confidentiality of weekly steps from other participating Greek houses

Weekly steps will be combined and averaged for each Fraternity/Sorority house at the end of each week. Each Greek House needs an **EIM Champion** to serve as the main contact person to encourage members to sign up and track their activity each week. By signing this form, I agree to be the EIM Champion for my Greek House and ensure the promotion and adherence to the competition requirements among participating members.

#### EIM Champion Contact Information

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Greek House: \_\_\_\_\_

X \_\_\_\_\_

Signature

Date

Please return this signed form to the PAIR Lab at [@pairlab@gmail.com](mailto:@pairlab@gmail.com) before the end of the day on Wednesday, September 28, 2022. Please contact the PAIR Lab at [@pairlab@gmail.com](mailto:@pairlab@gmail.com) with any questions/concerns. We look forward to your Greek House participation for the Greek Walk-a-Thon Competition!