



THE BASICS

Title: Play Ball!

Duration: 6 weeks

Tracking: Log activity from computer or mobile device

- Challenge Goal:** Play Ball! encourages teams/individuals to be active throughout the day aiming to take 9,000 steps each day. Bonus steps are awarded for stretching and performing random acts of kindness. They also help boost daily step totals. The participant will travel along the challenge route visiting ten historic ballparks and receiving a milestone at each park. Each milestone will include a Superstar Scramble opportunity whereby the user will unscramble the name of an infamous baseball great. At the end of the challenge, the user will submit the ten names to solve the Superstar Scramble.
- Tracking Activity and Checking Progress:** Participants track their steps online on the desktop site or via a mobile device. Participants may view progress on the leaderboard. Participants should aim to average 9,000 steps daily to complete the challenge in six weeks. Participants may complete the seventh inning stretch and homerun hero activities to earn up to 1,000 bonus steps daily. To complete the challenge, participants/teams must record 380,000 total steps. In the team version, the step total is an average of all members on the team.
- Challenge Milestones:** As individuals/teams travel along the challenge route, they will visit ten (10) historic ballparks and earn a milestone at each. The milestones for this challenge will be awarded at these step totals.

Milestone	Step Total
AT&T Park	10
Coors Field	49,276
Dodger Stadium	93,274
Busch Stadium	176,848
Oriole Park at Camden Yards	214,867
Wrigley Field	248,659
PNC Park	270,092
Target Field	309,733
Fenway Park	368,888
Yankee Stadium	380,000

Super Star Scramble:

With each milestone reached in this challenge, users receive a word scramble. At the end of the challenge participants will have the opportunity to submit all 10 word scrambles.