

Department Emails

Please use the email templates to help promote the 10K-A-Day Challenge. Feel free to edit and customize the content as needed.

Email #1 – Send Week of July 13, 2026

Subject Line: Join the 10K-A-Day Challenge



Dear Colleagues,

Get ready to move more, feel better, and explore the world with the *10K-A-Day* Challenge!

➤ **Register today:** sfhss.10kaday.com

Starting August 3, you'll embark on a virtual journey through some of the world's most dynamic cities while building healthy habits and earning points for staying active.

Whether you're walking, rolling, cycling, swimming, gardening, or staying active in another way, every move counts. Track your activity, earn points, and explore exciting virtual destinations along the way.

Join a Team

Teams help keep you motivated and can nearly double your success rate. Create or join a team, compete for a spot at the top of the leaderboard, and be sure to choose a creative team name that includes your 3-letter department code.

Win Prizes

Stay active and be rewarded! Participants can earn opportunities to win raffle prizes by registering, joining a team, logging activity, meeting challenge goals, and completing the end-of-program evaluation.

Track Your Way

No fitness tracker? No problem. Use the Step Converter to turn activity and exercise minutes into steps. Activities like cycling, swimming, wheelchair activity, gardening, fitness classes, and more can count toward your daily total.

Download the Mobile App

Track your activity on the go, view your progress, explore virtual destinations, and sync compatible fitness devices for automatic tracking.

- [Download from Google Play](#)
- [Download from Apple App Store](#)

Important Dates

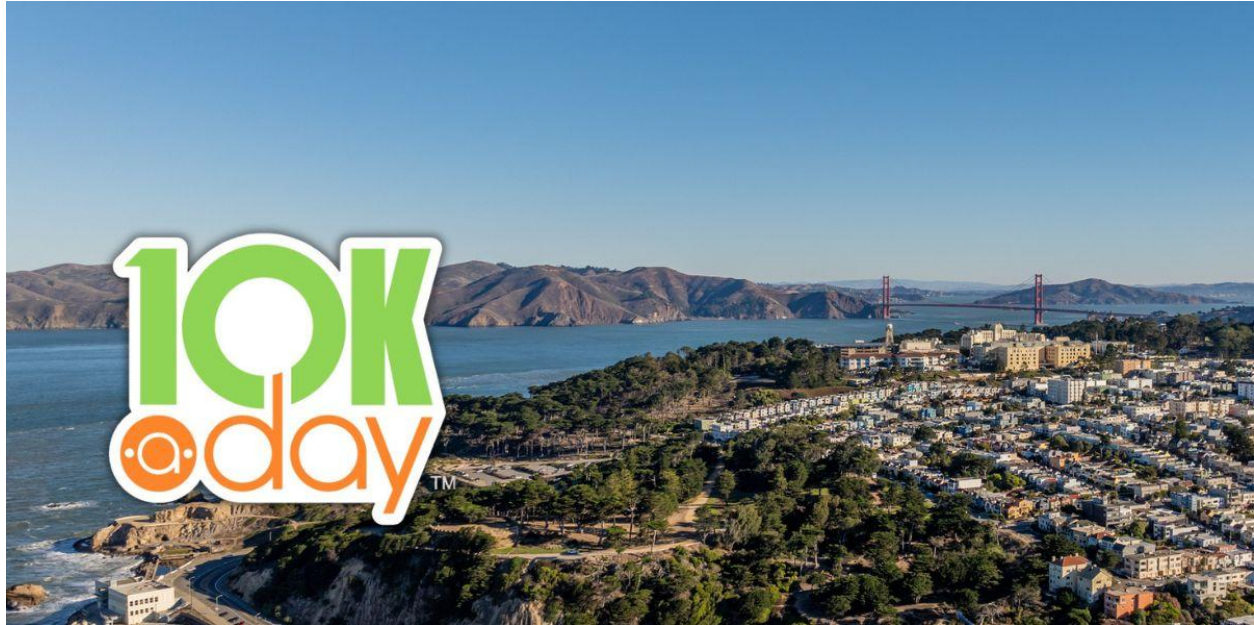
- Challenge Dates: August 3 - 30, 2026
- August 15: Registration deadline and team formation deadline
- September 6: Final day to backlog activity

Take the first step toward a healthier, more active you—we hope you'll join us for the journey!

Thank you,
[Champion Name(s)]

Email #2 – Send Week of August 3, 2026

Subject Line: 10K-A-Day Challenge Starts



Dear Colleagues,

The wait is over—the *10K-A-Day* Challenge officially begins this week!

It's time to start moving, earning points, and exploring exciting virtual destinations around the world. Whether you're walking, rolling, cycling, swimming, gardening, or staying active in another way, every move counts.

Haven't joined yet? There's still time to register: sfhss.10kaday.com

Getting Started Today!

- Record your activity beginning on August 3.
- Join or create a team by August 15 and include our 3-letter department code in your team name, **[Add an example for your department: PRT Runners or AIR Jet Setters]**
- Use the Step Converter to turn activity and exercise minutes into steps.
- Download the mobile app to track activity and view your progress on the go:
 - [Download from Google Play](#)
 - [Download from Apple App Store](#)

Win Prizes!

Stay active throughout the challenge to earn raffle entries. Registering, joining a team,

logging activities, meeting challenge goals, and completing the end-of-program evaluation can all help increase your chances of winning.

Challenge Dates

- Challenge Dates: August 3 - 30, 2026
- September 6: Final day to backlog activity

Looking for Ways to Stay Active?

Visit sfhss.org/events to explore upcoming well-being events, classes, and activities that can help you stay active during the challenge.

No matter where you're starting, the goal is to move a little more each day and have fun along the way.

Good luck and enjoy the journey!

[Champion Name(s)]