



# STEP UP TO END POLIO

In commemoration of  
**WORLD POLIO DAY**  
**OCTOBER 24**



In 8 weeks, achieve one or both of the following:

**1 Steps Challenge**

Complete 250,000 or 500,000 steps

**2 Weight Loss Challenge**

Lose 3kg, 6kg or 8kg

**Make a DONATION or PLEDGE**

Every child in the world deserves to be vaccinated against polio. Help us by contributing generously to The Rotary Foundation's PolioPlus Fund.

Organised by the Rotary District 3310 PolioPlus subcommittee

Webpage: <http://www.rotarydistrict3310.org.my/stepupendpolio>

Contact email: [stepuptoendpolio@gmail.com](mailto:stepuptoendpolio@gmail.com)

#stepupendpolio #stepup #endpolio  
#endpoliobrunei #endpoliomalaysia #endpoliosingapore

**REGISTER NOW**



## 8 Week Challenge

Start 29 August 2020

End 23 October 2020

### 29 August 2020 - Official Virtual Flag Off on Zoom

Zoom room opens 29 August 2020 09:00 AM

Flag Off Ceremony 09:30 – 10:00 AM

1<sup>st</sup> Reading & Diary Submission: Saturday 29/08/2020 10:00AM – 12:00PM

2<sup>nd</sup> to 7<sup>th</sup> Weekly Reading & Diary Submission: Every Saturday 06:30AM – 10:00AM

Final Reading & Diary Submission: Friday 23/10/2020 06:30AM – 10:00AM

## Rules and Regulations

1. You may register for multiple challenge categories. All participants must be at least 18 years of age. **Registration closing date is 23 August 2020.**
2. You will receive a **Participant ID** within 3 working days.
3. After receiving your Participant ID, kindly **donate USD 35.00 or more to The Rotary Foundation's PolioPlus fund for each challenge category in advance by 24 August 2020** prior to your challenge start date.
4. Please **email your donation acknowledgement** received from The Rotary Foundation to **stepupendpolio@gmail.com by 24 August 2020.**
5. Detailed participation procedures will be sent to you **from 25 August 2020.** All participants need to have a WhatsApp account.

## Donation to PolioPlus Fund

### (Steps / Weight Loss Challenge Participants)

Please sign in to My Rotary for donation or contact your Club President or Club Foundation Chair for assistance for your donation.



### Health Advisory

You are strongly encouraged to exercise discretion when embarking on higher intensity physical activities.

Please ensure you are in good fitness condition before attempting any challenge. If you have an existing heart condition or any other illness and/or injury, please consult a doctor prior to your participation.

## Indemnity and Permission

All participants agree to release the organisers of Step Up to End Polio from any and all claims for damages or injuries sustained while participating in this event or any related activity, and give permission for organisers to use any photograph, video, film, audio or any recording device and likeness for any and all purposes.



## **I want to Donate or Pledge to Donate to PolioPlus Fund**

Register your Donation and Pledges to the PolioPlus Fund through the same Registration Link on the Step Up to End Polio webpage.

### **REGISTER YOUR DONATION & PLEDGES HERE**

A copy of the registration form will be sent to your email.

If you would like to make an outright donation to The PolioPlus Fund, kindly do it through your My Rotary sign in, or seek the assistance of your Club President or Club Foundation Chair. This is to ensure yourself and the club receives the foundation recognition.

If you would like to pledge to support one or more Steps Challenge / Weight Loss Challenge participants, kindly indicate Kindly indicate amount pledged against each participant's name clearly on the registration form. Thank you.

At any point in time, you can Edit the Google form received in your email by clicking on Edit response. For example, you can top up your donations or increase pledges for more participants.

### **Donation Pledges are to be fulfilled by 31 October 2020.**

Kindly forward a copy of the donation acknowledgement received from The Rotary Foundation to [stepupendpolio@gmail.com](mailto:stepupendpolio@gmail.com) by 31 October 2020. Thank you for your generous support!

## Tracking Procedures for Steps Challenge Participants

1. All Steps Challenge participants will be included into a special event whatsapp group.
2. You can use any Fitness Step Tracker and/or app that you are currently using to capture your step readings.
3. If your Fitness Step Tracker can track and show step readings in one week, then you just need to post your steps taken on these dates:

Week	Day & Date	Submission Time	Steps Reading
0 Start	Saturday 29/08/2020	10:00AM – 12:00PM	Video
1	Saturday 05/09/2020	06:30AM – 10:00AM	Photo
2	Saturday 12/09/2020	06:30AM – 10:00AM	Photo
3	Saturday 19/09/2020	06:30AM – 10:00AM	Photo
4	Saturday 26/09/2020	06:30AM – 10:00AM	Photo
5	Saturday 03/10/2020	06:30AM – 10:00AM	Photo
6	Saturday 10/10/2020	06:30AM – 10:00AM	Photo
7	Saturday 17/10/2020	06:30AM – 10:00AM	Photo
8 End	Friday 23/10/2020	06:30AM – 10:00AM	Video

4. If your Fitness Step Tracker can track and show step readings day by day basis, then you will need to post photos of your steps taken daily.
5. **Submit your weekly diary**  
Submit your weekly diary *together* with your weight reading:

**Step Up to End Polio  
Steps Challenge Diary**

Participant No.

Name:

Category: 250,000 or 500,000 steps

29/08/2020 start:

05/09/2020:

12/09/2020:

19/09/2020:

26/09/2020:

03/10/2020:

10/10/2020:

17/10/2020:

23/10/2020 end:

6. Organisers will track these against your Participant ID.

## Tracking Procedures for Weight Loss Challenge Participants

1. All Weight Loss Challenge participants will be included into a special event whatsapp group.
2. You can use any digital scale or body monitor to capture your weight readings clearly.
3. You are required to post your weight readings in kilograms (kg) once a week during the 8-week challenge as follows:

Week	Day & Date	Submission Time	Weight Reading
0 Start	Saturday 29/08/2020	10:00AM – 12:00PM	Video
1	Saturday 05/09/2020	06:30AM – 10:00AM	Photo
2	Saturday 12/09/2020	06:30AM – 10:00AM	Photo
3	Saturday 19/09/2020	06:30AM – 10:00AM	Photo
4	Saturday 26/09/2020	06:30AM – 10:00AM	Photo
5	Saturday 03/10/2020	06:30AM – 10:00AM	Photo
6	Saturday 10/10/2020	06:30AM – 10:00AM	Photo
7	Saturday 17/10/2020	06:30AM – 10:00AM	Photo
8 End	Friday 23/10/2020	06:30AM – 10:00AM	Video

a. **1<sup>st</sup> Weight Reading Saturday 29/8/2020 (Video)**

10:00 AM – 12:00 PM

After the Official Flag Off Ceremony on Zoom, submit a video of your weight reading on scale: showing clearly your face, then tilt camera down to show your feet on the scale plus a clear view zoom in to the weight reading.

You can take your weight reading early morning, but kindly submit after the flag off.

b. **2<sup>nd</sup> to 7<sup>th</sup> Weight Readings on Saturdays from 5/9/2020 to 17/10/2020, take a photo of your weight reading on the scale with your feet on it.**

06:00 – 10:00 AM

c. **Final Weight Reading on Friday 23/10/2020 (Video)**

06:00 – 10:00 AM

Submit a video of your weight reading on the scale: showing clearly your face, then tilt camera down to show your feet on the scale plus a clear view zoom in to the weight reading.



4. **Submit your weekly diary**

Submit your weekly diary *together* with your weight reading:

**Step Up to End Polio  
Weight Loss Challenge**

Participant No.

Name:

Category: 3 / 6 / 8 kg

Weight in kg

29/08/2020 start:

05/09/2020:

12/09/2020:

19/09/2020:

26/09/2020:

03/10/2020:

10/10/2020:

17/10/2020:

23/10/2020 end:

5. Organisers will track the readings against your Participant ID.