

# Step Up Against Violence Steps Challenge

Powered by Impact504 + bEHR Health

**Challenge Dates:** October 20–24, 2025

**Goal:** Walk or run **25,000 total steps** (5,000 per day)

**Platform:** dacadoo app powered by bEHR Health

**Access Code:** **IMPACT504**

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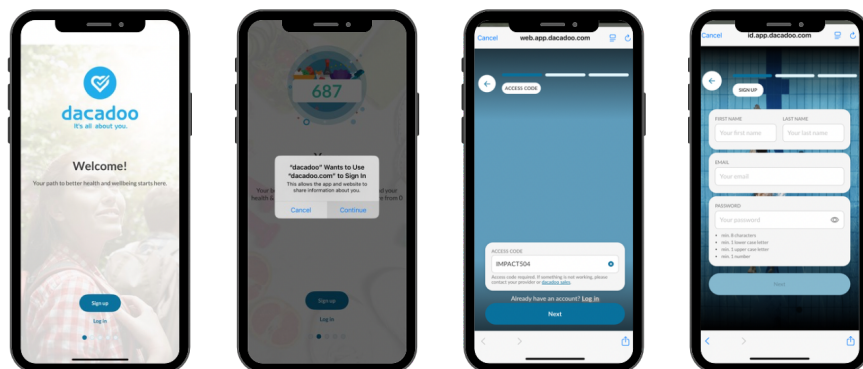
## ◆ Step-by-Step Guide to Join

### 1 Download the App

- Visit the [App Store](#) or [Google Play Store](#).
- Search **dacadoo** and download the app.

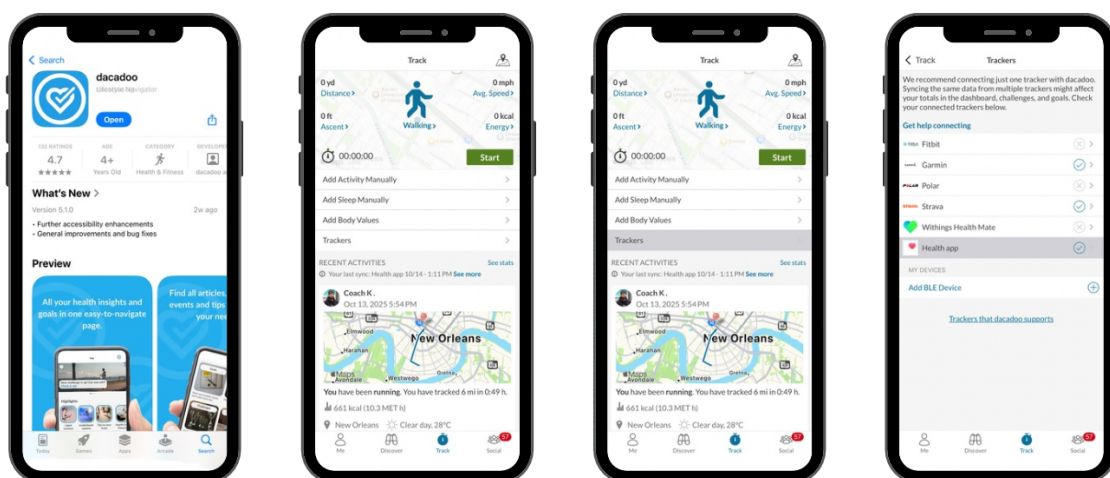
### 2 Create Your Account

- Open the app and select “**Sign Up.**”
- Enter the access code **IMPACT504** when prompted.
- Complete your profile setup.



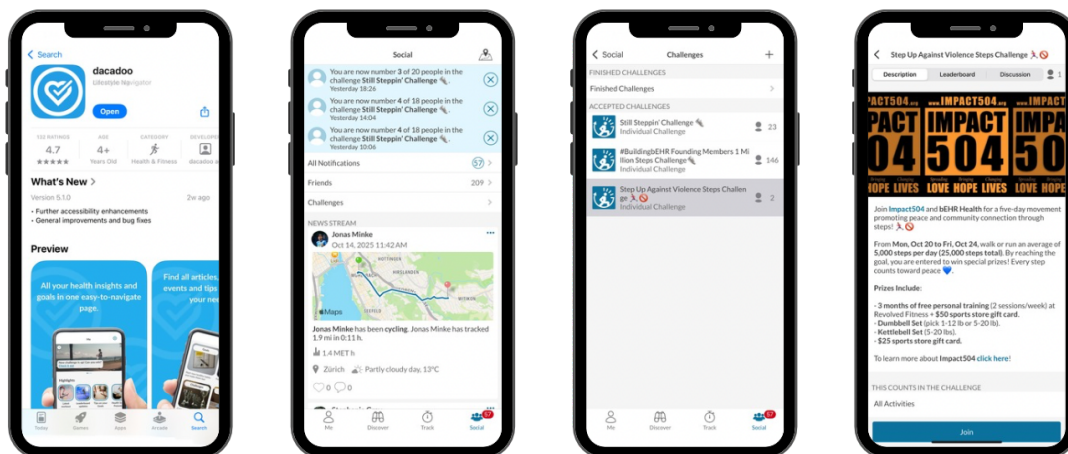
### 3 Connect Your Tracker

- Tap the **“Track”** icon at the bottom of the screen.
- Select **“Trackers”**
- Choose your device:
  - **Apple Health (iPhone)**
  - **Fitbit**
  - **Google Fit (Android)**
  - **Samsung Health**
- **ALLOW ALL** permissions so your steps sync automatically.



### 4 Find the Challenge

- Tap the **“Social”** icon at the bottom of the screen.
- Select **“Challenges.”**
- Swipe or scroll until you see **“Step Up Against Violence Steps Challenge”**  .
- Scroll down and Tap **“Join.”**



## 5 Take Your Health Score Assessment (Required for Prizes)

- Tap **Health Score** on the home screen.
- Complete your 3-minute assessment to unlock personalized wellness insights.
- Your **beHR Health Score (0–1000)** reflects your real-time health and lifestyle progress.

## 6 Start Stepping!

- The challenge starts **Monday, October 20** and ends **Friday, October 24**.
- Walk or run **5,000 steps per day** to reach the total goal of **25,000 steps**.
- Every step counts toward peace. ❤️



## Prizes Include

- 3 months of **free personal training** (2 sessions/week) at Revolved Fitness + **\$50 sports store gift card**
- **Dumbbell Set** (1–12 lb or 5–20 lb)
- **Kettlebell Set** (5–20 lb)
- **\$25 sports store gift card**

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## **Need Help?**

If you need assistance connecting your tracker or joining the challenge, contact:

 [info@behrhealth.com](mailto:info@behrhealth.com) or DM us on Instagram [@behrhealth](https://www.instagram.com/behrhealth)