



# How to withdraw from a challenge?

At the bottom of each challenge's homepage, there is a "Quit Challenge" button. Press it and confirm your choice to withdraw.

## When?


  
**April 1, 2024, midnight**  
Challenge start

  
**April 30, 2024, 11:55 p.m.**  
Challenge end

## Apps that can be used for accessing daily activity data

Results of the challenge are calculated from participant's daily steps data. You need to choose only one data source for daily steps in your connections page. Download our app if you want to synchronise data from Apple Health or Google Fit (Android).



If you have a smartwatch from these services, you can connect it and set the service as your step provider. 

**SUUNTO**

connect IQ  
powered by Garmin

**POLAR**

fitbit

**WITHINGS**

Apps that DO NOT provide data of daily activities: 

**UNDER ARMOUR**

DECATHLON  
**COACH**

**RUNTASTIC**

  
**HUAWEI Health**

**wahoo**

## About Challenge

Do You track your daily step count? The step challenge 10k is an exciting way to challenge yourself to walk more steps every day and enhance your physical well-being! Increase your physical activity level by going for walks or choosing to walk to work, and strive to achieve a daily goal of 10,000 steps. Engage in friendly competition with other participants and monitor your progress on the step challenge leaderboard for that extra motivation to move more!

What to do to participate in the step challenge?

1. Register on the [distantrace.com](https://distantrace.com) platform
2. Download the Distant Race app and link it to your user profile and select the physical activity data source.
3. Sign up for the step challenge 10k
4. Walk and aim to collect a minimum of 10,000 steps daily
5. Track your progress and view other participants' results on the Distantrace platform

Step up for your well-being!

**Quit Challenge**

Revision #1

Created 4 April 2024 11:34:25 by Agris

Updated 4 April 2024 11:41:18 by Agris