



Program Results



Overall Stats

Logging: **July 29 - August 25, 2024**

Registered participants: **2671**

Evaluations submitted: **889**

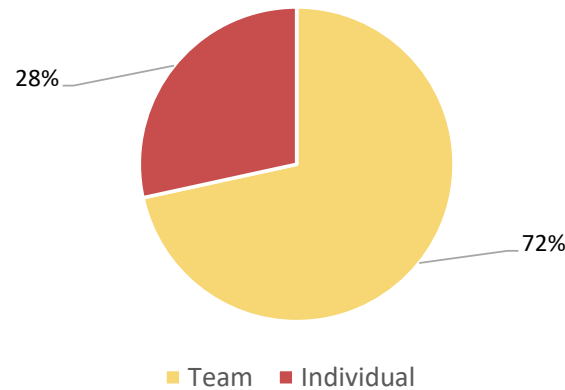
Evaluation submission percentage: **33%**

Participants on a team: **1912**

Participants with 1 or more Friends: **643**

Mobile app downloads: **1337**

Team/Individual Participation



Medals Earned



11,456



10,879



30,264

Total Steps



604,768,140

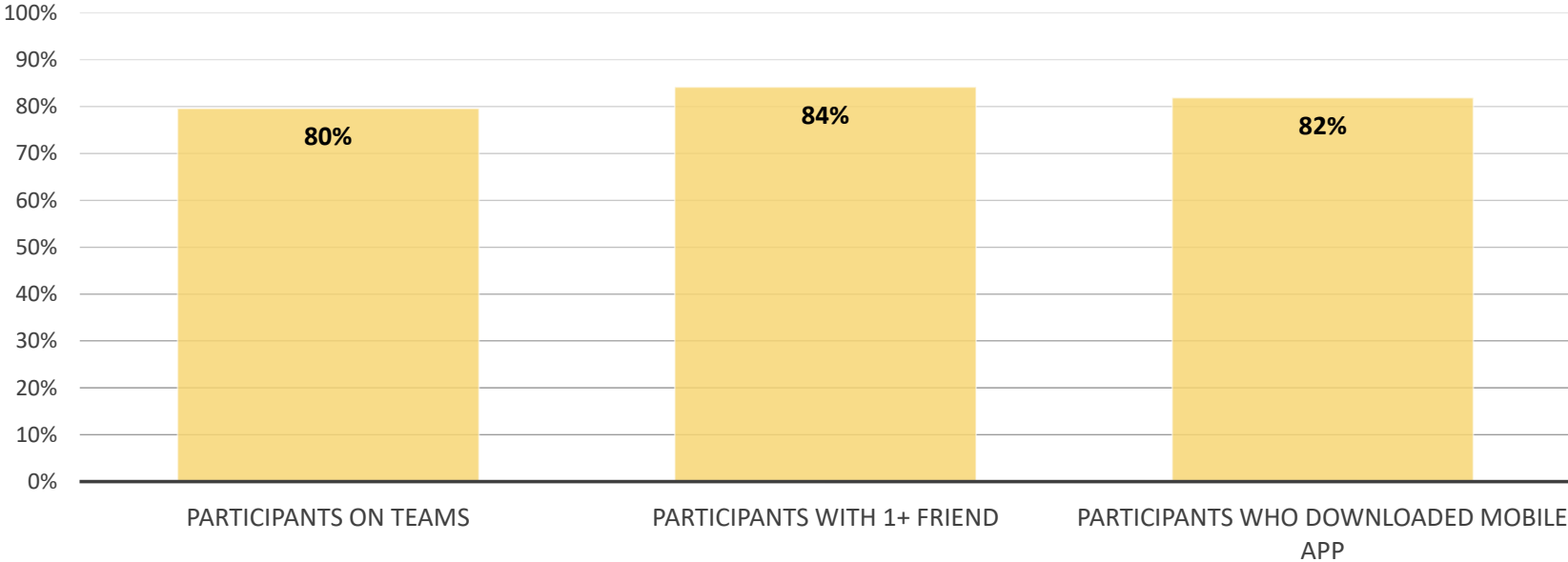
Program Goal and Achievement Rates

Goal is to earn 60 points by recording physical activity.

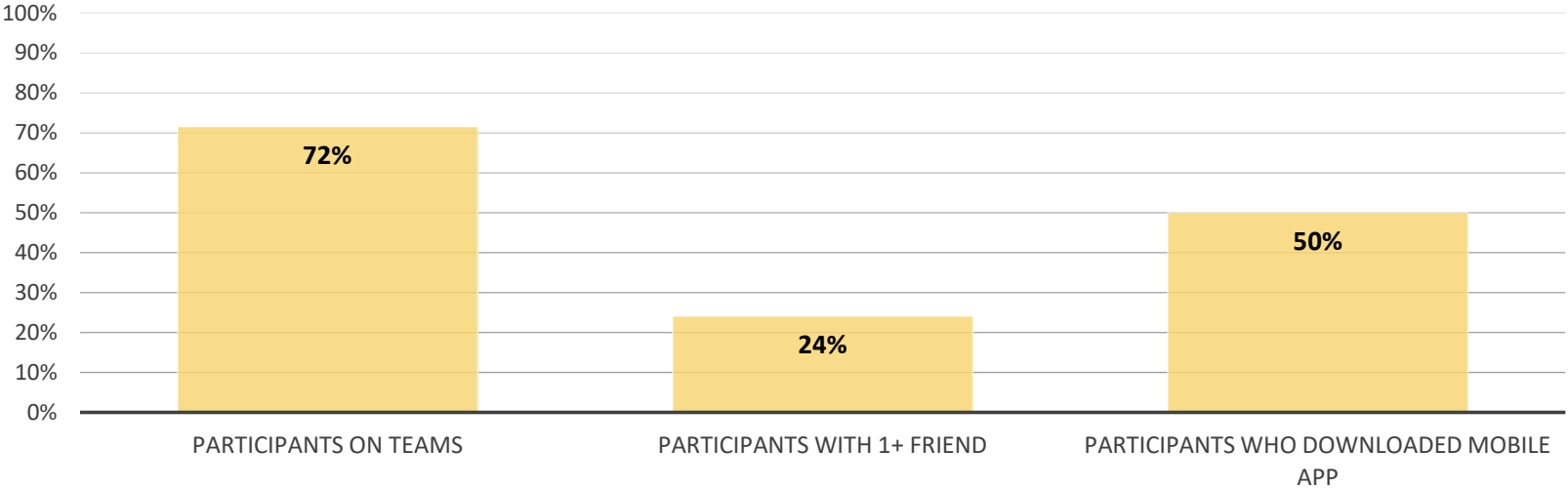
Achievement rates show the percentage of participants who met the program goal. The group with the most success meeting the goal is participants with at least 1 Friend.

Achievement Rates

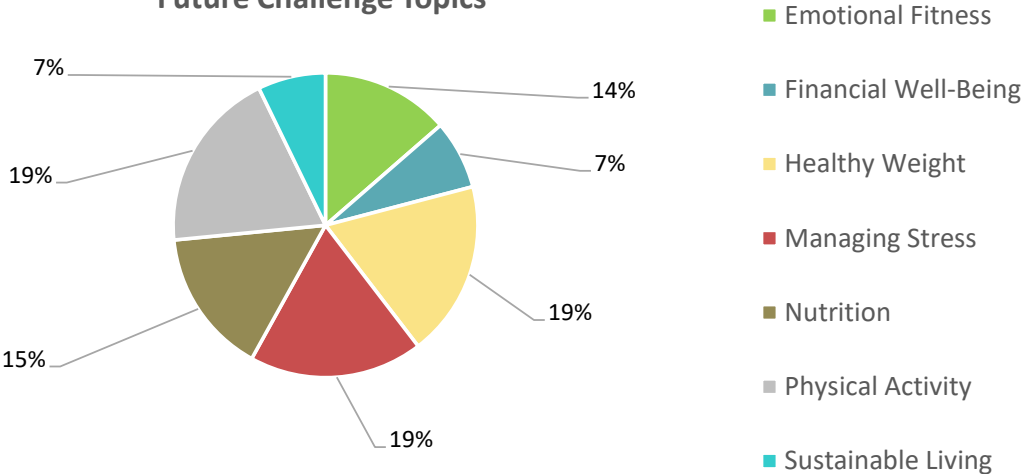
Overall achievement rate - 72%



Feature Utilization



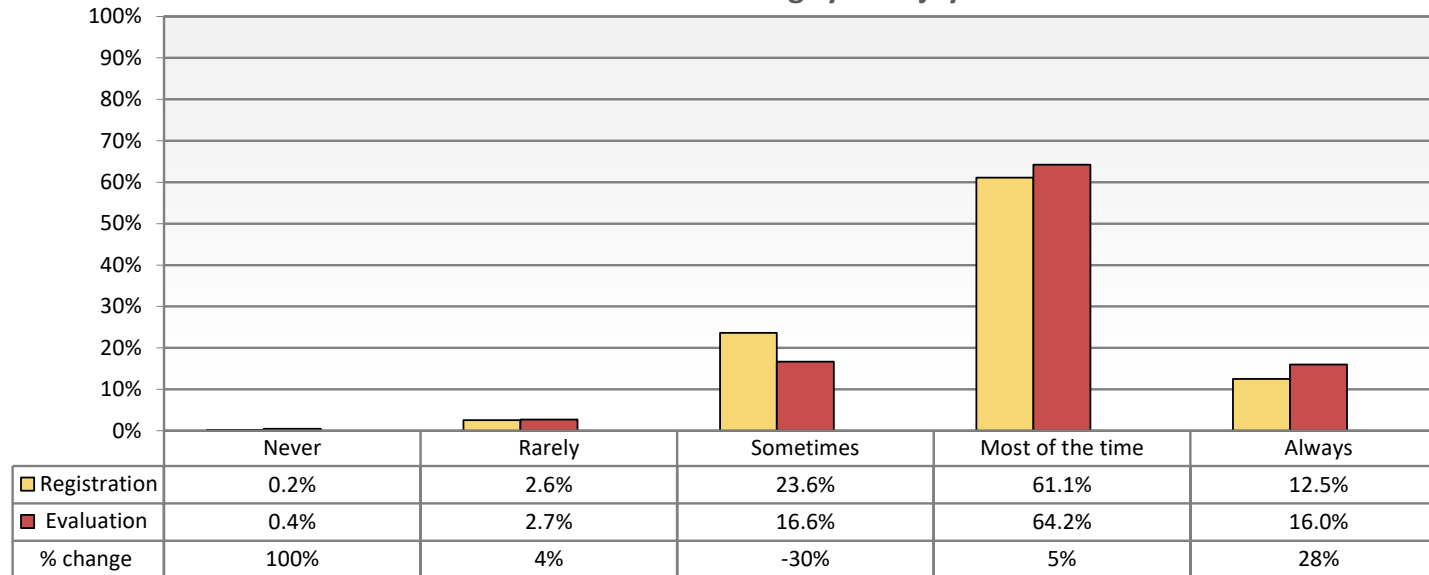
Future Challenge Topics



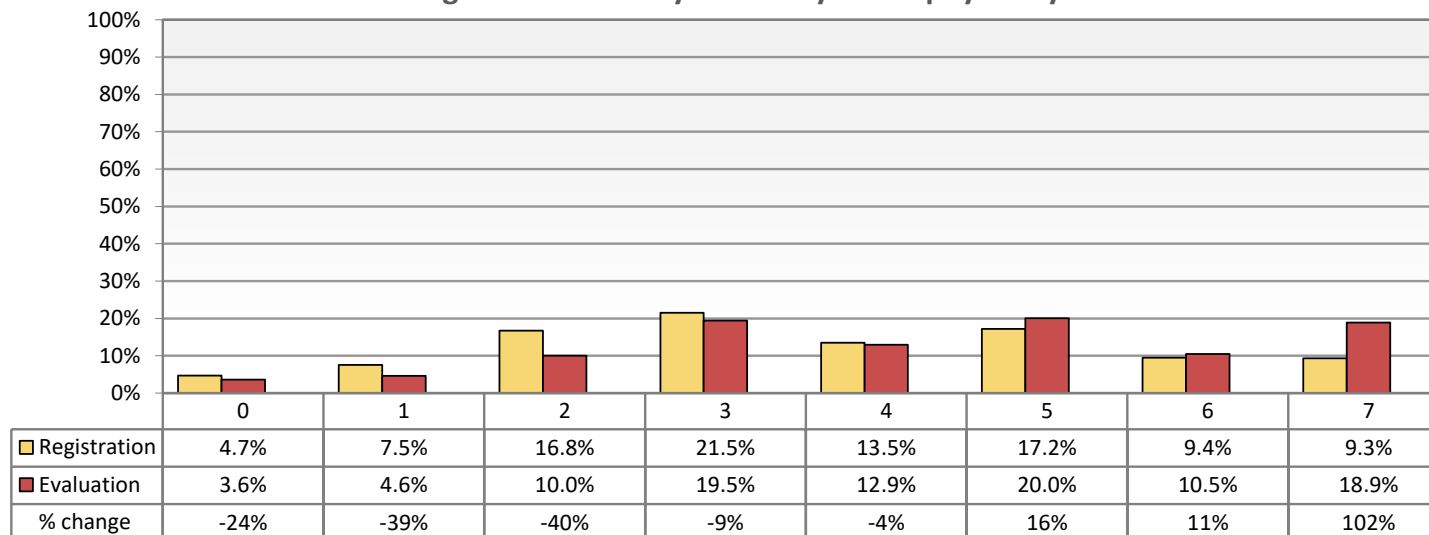
Check out [HES Challenges at a Glance](#) for your next challenge ideas!

The following data is based on participants who completed the *Go Gold* End of Program evaluation.

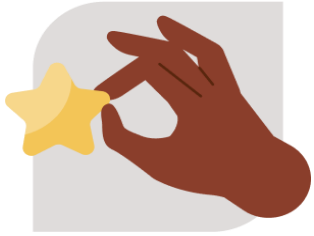
In the last month, how often did you have enough energy to do the things you enjoy?



Average number of days a week you are physically active:



What participants liked most:



"The psychological motivation to log activity, daily; the recipe suggestions; inspiring comments from other participants."

"That it connects to my Apple Watch and I didn't have to manually enter in my steps daily. Saved time."

"Loved the summer challenge and the shorter length, enjoyed the Olympic theme and trivia."

"This program provided me the willpower to get up every single morning to get my steps in!"

"I appreciated the group dynamic. Having people to support you is important."

"Ease of entering steps."

"It kept more going and feeling better. The past Olympic's questions were fun."

"The variety of topics for all aspects of fitness - I learned about new apps from the Wall conversations to challenge my mind that I had never heard of before and am eager to try."

"It was fun to connect with other people around the school."

Success Stories:



"I started going to the gym again and taking my three sons with me. I have also meal-planned and been very conscious about sleep habits. This is a great program to keep my mind focused on my health." *Rebecca Rushing*

"I was able to walk 10,000 steps for EVERY SINGLE DAY of this challenge. No excuses. It feels amazing." *Brooke Canzoneri*

"I was more dedicated to log as many steps as possible to get the "gold," even on my "off" days. This contributed to me being more aware of what and how much I'm eating, getting to sleep on time, and most importantly, meeting my weight loss goals. I lost 10 lbs while on the program, and I'm inspired now to keep going through the cooler part of the year, since I did so well in the hottest part of the year." *Dianne Mogilevsky Carty*

"I ended up losing 11 pounds during this challenge! Granted I did not have a weight loss goal planned for *Go Gold*, but I definitely am happy for this achievement." *Participant*

"This *Go Gold* program got me moving again. Now I am committed to walking/jogging every day!" *Mary Hammett*

"Im down 8 pounds since the beginning of the the challenge." *Crystal Bradley*

"I wanted to try for at least 10,000 steps every day of this campaign. In the past I always let myself have some "cheat" days. So far I've been able to maintain it which feels like I accomplished what I set out to do!" *Robin Hattori*