



Midpoint Celebration Suggestions

- ✦ Hold a potluck where participants can share fun and healthy recipes (form included)
- ✦ Hold a get-together to discuss successes, challenges, and share ideas to keep each other motivated
- ✦ Host a midpoint walk for participants
- ✦ Host a speaker who could talk about buying the right shoes, stretching, nutrition, etc. to keep up motivation
- ✦ Present prizes for participants with the most steps, the highest improvement over baseline, the most entries logged, the most enthusiastic, the most 'excuses', etc.