

Want to achieve your New Year's resolutions before the holidays?

Participate in a 2-week **WALKING CHALLENGE** program through the Stanford GSB Behavioral Lab which helps you walk 100,000 steps!

Monday, November 29th 2016

On the first day, you will come to the Behavioral Lab, fill out a short survey, and receive a pedometer.

Monday, November 29th - Sunday, December 11th

You will receive a daily message reminding you to track your steps over the duration of the program.

As a reward for helping us pilot this program, you will receive a \$10 gift filling out the first study and \$20 when you complete the program and return the pedometer.

In order to participate, you must be a Stanford affiliate over the age of 18.

To sign up, go to tinyurl.com/gf9wvna or e-mail stgslab@stanford.edu

