FAQ’s

Q: Am I supposed to submit my tracking sheet each week?
A: No. The tracking sheets aren’t due until after the challenge is over. After the challenge ends, you must email your tracking form to healthmatters@dhr.idaho.gov and complete the challenge evaluation survey that will be emailed out on Monday, July 2. The tracking sheet must be submitted and the evaluation must be completed by Monday, July 9 to be eligible for prizes. If you printed the tracking sheet it will need to be scanned and emailed. Contact Health Matters if you need assistance emailing your tracking sheet.

Q: What do we write in the box when we complete a 10-Minute (or Less) Task?
A: If you are using the printable tracking sheet you write an “x” or a check mark next to each task you complete and then add up your completed tasks at the bottom. If you are using the Excel version you type an “X” next to each task you complete and it will tally the total for you.

Q: What is an “ABE” under Move More tasks?
A: ABE stands for Activity Bursts Everywhere. Complete a 3-8 minute activity burst from the ABE website’s video library. All of the tasks are explained in the 10-Minute (or Less) Task Key.

Q: What is a “Tabata” under Move More tasks?
A: A “Tabata” is an interval training method that consists of eight rounds of 20 seconds of an exercise of choice followed by 10 seconds of rest, for a total of four minutes. Try a Tabata with a movement you feel confident doing and work your way up to more challenging movements. All of the tasks are explained in the 10-Minute (or Less) Task Key.

Q: The 10-Minute Challenge goes until July 1, but the Challenge Guidelines say “Prizes will be announced in the weekly email on June 25.” How can you announce prizes before the challenge is over?
A: “Prizes will be announced in the weekly email on June 25,” means that we will announce what the actual prizes will be (not who won them). We will identify what the first and second place winners will receive. We will also explain what the participation prize will be.

For all of the challenge rules and specifics, review the 10-Minute Challenge Guidelines on the Health Matters website.

Questions?
Email Health Matters or call 208-854-3066.