

# FAQ: "Into the Unknown: A Step Adventure"

## 1. What is "Into the Unknown: A Step Adventure"?

"Into the Unknown: A Step Adventure" is a 4-week step challenge that takes you on a virtual journey through the Black Forest. Your steps unlock new chapters of the story, and you'll face weekly challenges that tie into the narrative.

## 2. How do I get started?

Start by setting your weekly step goal and completing the first challenge. You can access Chapter 1 and set your goals via the link provided in your email or by visiting [www.bettermelmc.com](http://www.bettermelmc.com).

## 3. How do I track my steps?

Use the tracker provided in your email to log your daily and weekly steps. You can also convert other physical activities to steps using the rate of 10 minutes of activity = 1,000 steps.

## 4. What activities can I convert to steps?

You can convert a variety of physical activities into steps, including but not limited to:

- Cycling: 10 minutes = 1,000 steps
- Weightlifting: 10 minutes = 1,000 steps
- Yoga or Stretching: 10 minutes = 1,000 steps
- Housework (e.g., cleaning, gardening): 10 minutes = 1,000 steps
- Sports (e.g., tennis, basketball): 10 minutes = 1,000 steps

This is a general guideline, but the key is to stay active and keep moving!

## 5. What are Lifelines, and how do they work?

You have three Lifelines that can be used throughout the program. A Lifeline allows you to bypass both the weekly step goal and the challenge for that week, letting you continue the story without penalty. Unused Lifelines can be entered into a special raffle at the end of the program.

## 6. What happens if I don't meet my step goal or complete the weekly challenge?

If you don't meet your step goal or complete the weekly challenge, and you don't use a Lifeline, you will not receive the next part of the story, and your progress in the adventure will stop. To continue, you must complete the challenge or use a Lifeline.

## 7. How do the weekly surveys work?

Each week, you'll receive a survey via email to report your total steps, confirm whether you met your goal, and indicate if you used a Lifeline. Completing the survey is necessary to track your progress and enter the weekly raffles.

## 8. What are the raffles and rewards?

There are weekly raffles for participants who progress through the story by meeting their goals or using Lifelines. At the end of the program, there will be a final raffle, with extra chances for those who saved Lifelines.

## 9. Can I adjust my step goal during the program?

Yes, you can adjust your step goal at any time during the program to better suit your activity level and schedule.

## 10. Do I have to participate in all challenges?

While participating in all challenges is encouraged, you can use a Lifeline if you can't or don't want to complete a particular week's challenge.

## 11. When will I receive emails?

You will receive an email every Monday with the new chapter of the story, your weekly challenge, and a survey link to report your progress. Be sure to check your inbox regularly so you don't miss any updates.