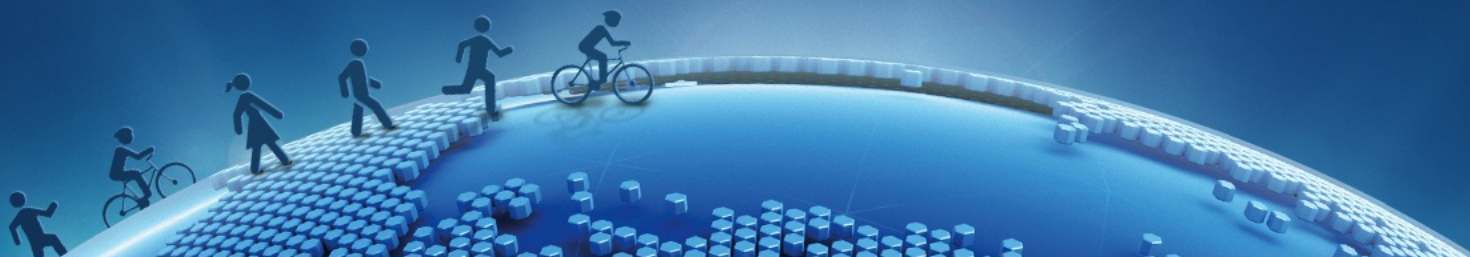


GCC 2013

PROGRESS REPORT

Iridia Medical

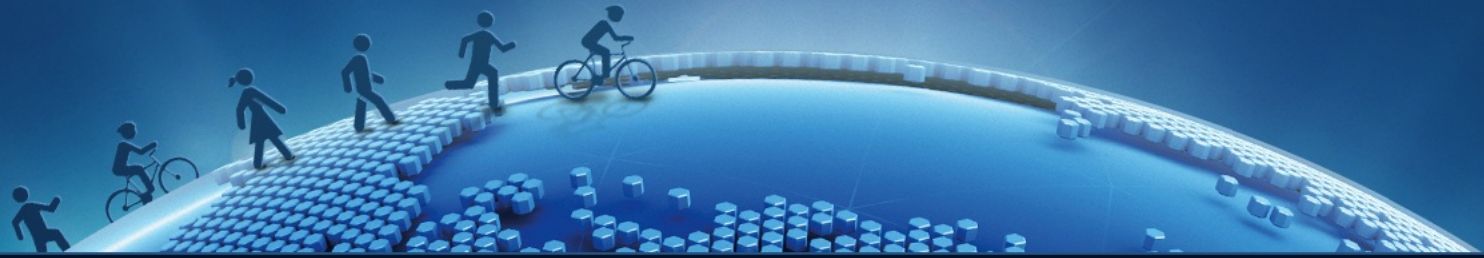
(includes steps entered up to 19 June)





Walk Steps	7,986,094
Bike Steps	571,437
Swim Steps	55,854
Total Combined Steps	8,683,599
Total Distance	3,453 miles

This equates to walking around the world 0.14 times.





Employees Participating	21
Daily Step Average	15,049
Average Distance Per Day	5.98 miles
Average Energy Burnt Per Day	607 calories
Total Energy Burnt	350,123 calories

In total, your employees have burnt off the following:



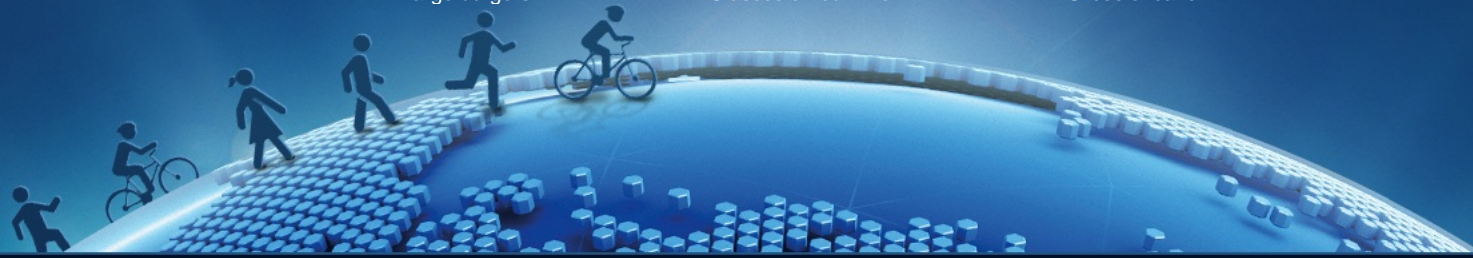
729
Large burgers



2,158
Glasses of red wine



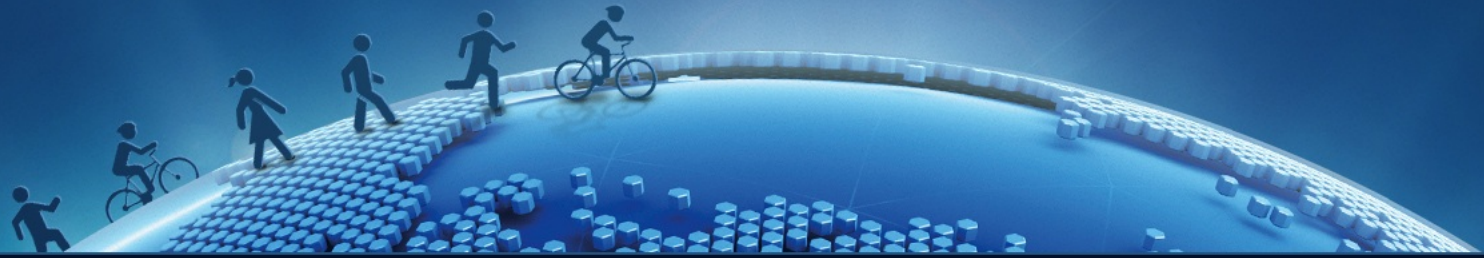
1,396
Slices of cake





Rank	Top Teams	Distance Travelled (miles)
1	Blue Steel	1,474
2	The Red Striding Hoods	1,056
3	Gold Karats	924

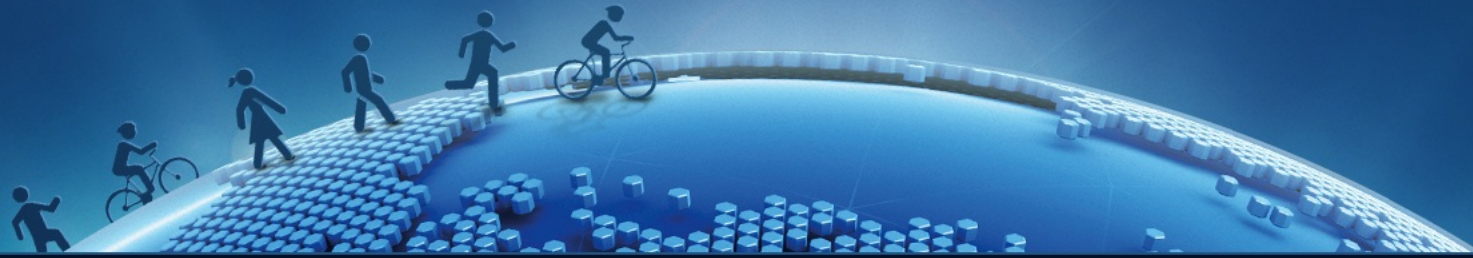
Distance travelled is cumulative since the beginning of the event.





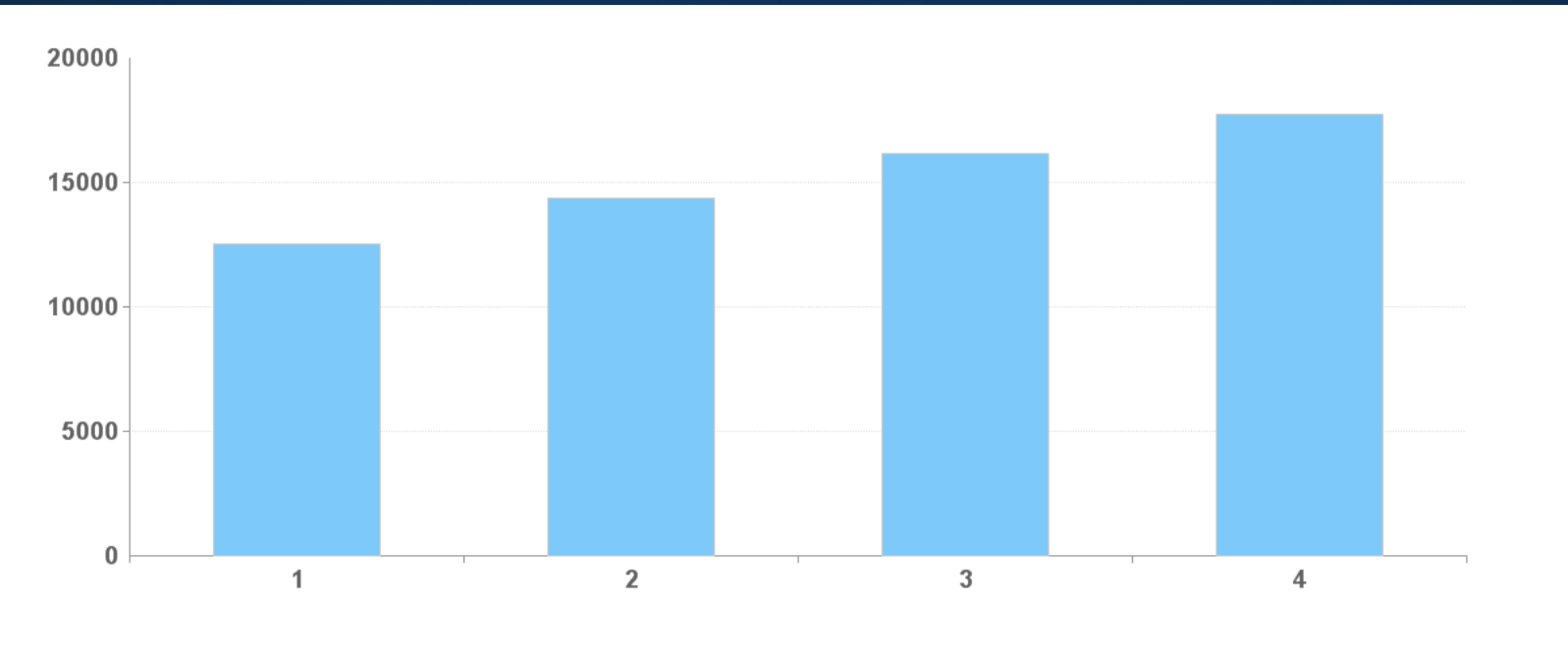
Rank	Top Participants	Team Name	Distance Travelled (miles)
1	Allan Holmes	Blue Steel	319
2	Nick Chan	Blue Steel	274
3	Michael Galasso	Blue Steel	266
4	Diana Paraan	Blue Steel	192
5	Gwen Donaldson	Blue Steel	189
6	SuperSloth Hamilton	The Red Striding Hoods	168
7	Vern Biccum	The Red Striding Hoods	166
8	Melissa Palinkas	Gold Karats	164
9	Tom Puddicombe	Gold Karats	158
10	Steve Widdows	The Red Striding Hoods	155

Distance travelled is cumulative since the beginning of the event.

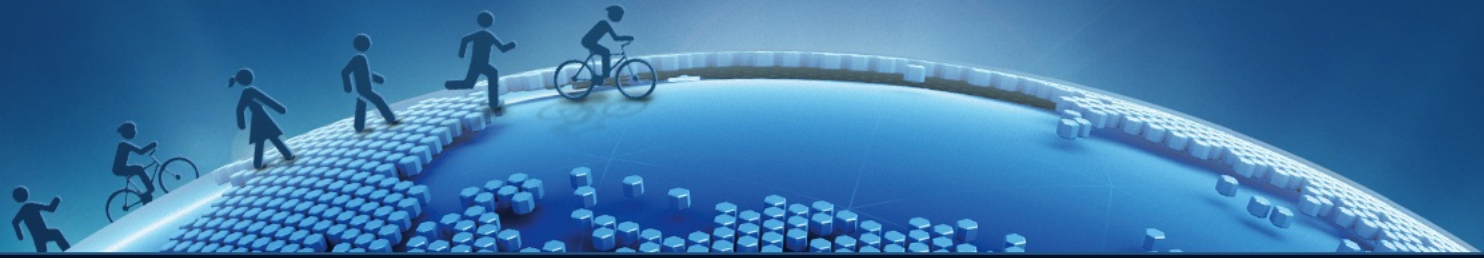




Overall Daily Step Average: 15,049 steps per person per day

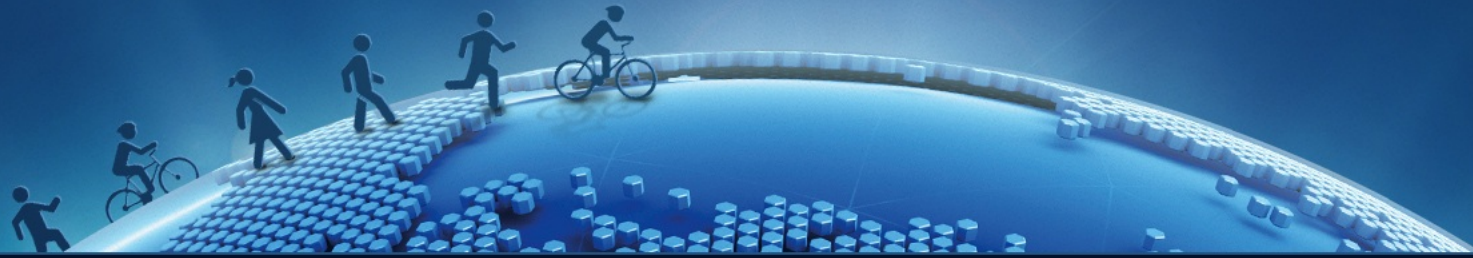


The chart shows how your average step count has changed over the course of the event.





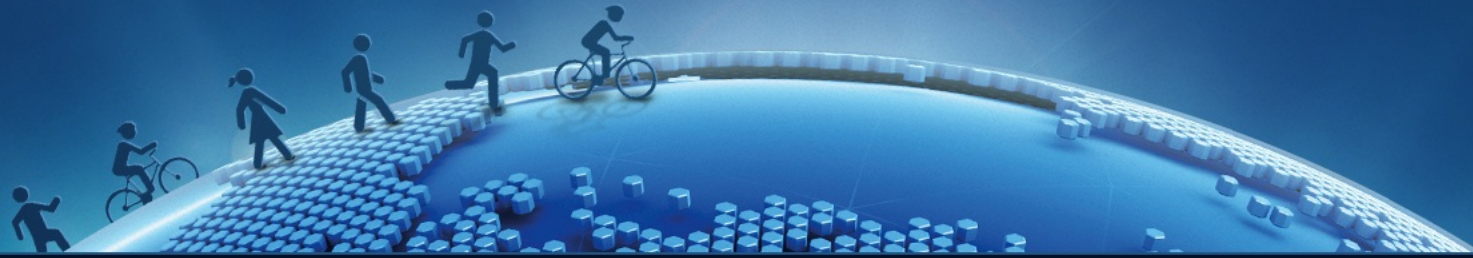
Step Range	Activity Level	% of Participants
Under 5,000	Inactive	0%
5,000 - 7,499	Somewhat Active	0%
7,500 - 9,999	Moderately Active	9.5%
10,000 - 12,499	Active	23.8%
12,500+	Highly Active	66.7%





Rank	Most Improved Teams	% Improved
1	The Red Striding Hoods	10 %
2	Blue Steel	2 %
3	Gold Karats	-1 %

The most improved is based on week 4 performance versus a team's average performance for the event to date





Rank	Most Improved Participants	Team Name	% Improved
1	Derek	The Red Striding Hoods	37 %
2	SuperSloth	The Red Striding Hoods	36 %
3	Nick	Blue Steel	35 %
4	Ruby	The Red Striding Hoods	26 %
5	Lynda	Gold Karats	23 %
6	Travis	Gold Karats	21 %
7	Beverly	The Red Striding Hoods	18 %
8	GK	Gold Karats	13 %
9	Lexi	Gold Karats	12 %
10	Melissa	Gold Karats	12 %

The most improved is based on week 4 performance versus a participant's average performance for the event to date

