

Reach your PEAK 2025

HOW TO ENTER YOUR WEEKLY STEPS



ACCESS FORM

[Click this link](#) or scan the QR code to access the 2025 RYP Step Challenge form.

Select the option, “Enter Weekly Total Steps (each Monday by 5 pm)”

LOG YOUR PROGRESS

Tally up your total strides from Monday to Sunday.

Every step counts!



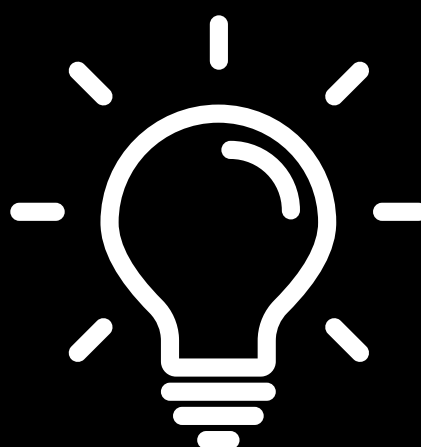
REVIEW ENTRY

Carefully review that the steps you’ve entered are correct and confirm your email address.



BONUS FUN!

Got a go-to walking song? A wellness hack? A favorite park to walk through? Share it to inspire others!



Learn more about Reach Your Peak (RYP) online at <https://www.mountsinai.org/about/wellness/reach-your-peak>

