

'STEPS TO BE ACTIVE 2.0' Registration Form

Challenge to begin 1 October – 20 December (Continuous open enrollment)

Name: _____ Date: _____

Please complete the following:

Resident: Yes _____ No _____

- If yes - Address: _____

DOD Employee: Yes _____ No _____

- If yes - name of Directorate: _____

Contractor: Yes _____ No _____

- Name of Organization: _____

Team: Yes _____ No _____

- If yes – team name and # of participants: _____

All Active Behavior Welcome!!!

Meet your community and earn some extra steps! All Weekly STEPS Groups will meet at 0930 at Bell Gym!

Mondays/Wednesdays: Walk the Post for STEPS

Tuesdays/Thursdays: Outdoor rides for STEPS

Send in a screenshot of your weekly steps from the app each Monday
to Dawn Armstrong at dawn.m.armstrong25.naf@mail.mil

Not sure how to convert your active behavior into steps? Conversion charts are available!

ANY APP WILL BE ACCEPTABLE THAT TRACKS STEPS DAILY AND WEEKLY

Monthly Announcement Dates

- **28 October:** Who has the most STEPS?
- **25 November:** Which organization collectively has the most STEPS?
- **6 January:** End Results!!!!

Weekly updates will be posted on White Sands Homes, Bell Gym and Wellness FB Pages
and monthly updates will be provided at CIE!

Want to earn extra steps? Officially enroll in WSMR Wellness and/or participate in any FMWR event from
October 1st – December 20th and receive an **EXTRA 1,000 STEPS** per entry!

Do not have to be enrolled in Wellness to participate!

Questions? Contact Dawn Armstrong, Bell Gym, 678-3374