

**GET UP.**



**GET READY.**



**BE A WINNER.**



# Get ready for Fitness Journal<sup>SM</sup>

Fitness Journal is an online physical activity program that connects you with your co-workers. Join a team of 3 to 9 members or participate as an individual. Get tips, recipes, and motivation.

Each day you record 30 minutes or more of exercise, you earn a Fitness Journal credit. The more activities you log, the higher your score. At the end of the 8-week program, DCHR will present rewards to the top individuals and teams.

**Registration and team formation start  
Monday, April 20, 2015.**

The team competition runs from May 4, 2015, to June 26, 2015, and is open to all DC Government employees.

