

JBLM Fitness Challenge

Mission: To promote an increased participation in Family & MWR health activities and promote a healthy lifestyle amongst the JBLM community.

Concept: JBLM Fitness Challenge

Throughout the year, points are achieved through the registration and participation of eligible Family & MWR programs. Participants will be further incentivized to have increased participation through the extra prizes that will be available through completing challenges.

Three categories of participation:

Gold: 850–1,000 points

Silver: 700–849 points

Bronze: 500–699 points

Capstone Event – Date TBD. Grand prize drawings for each category and acknowledging all participants who reached qualifying levels.

Adult Category:

October – 5k Zombie Run (100 points)

November – 5k Turkey Trot (75 points)

December – 5k Jingle Bell Jog (125 points)

January – Fitness Resolution Fair (125 points)

March – 5k Shamrock Run (75 points)

April – 5k Awareness Run (75 points)

May – 5k Down and Dirty Mud Run (100 points)

July – 10m/5k Freedom Run (125 points)

August – Pacific Pathways Sprint Triathlon (75 points)

September – 12k/5k Salmon Run (125 points)

September – Spartan Run (100 bonus points)