

STEP INTO SUMMER CHALLENGE

June 2-19, 2025

Register at Magrath Sports Complex or Monti Physical Fitness Center by Thursday May 29th, 2025.

Participant Name: _____

Age: _____ **Phone Number:** _____

Email address: _____

Get ready to move, groove, and compete in our Summer Step Challenge! Whether you're walking, jogging, or dancing your way to fitness, every step brings you closer to awesome prizes and bragging rights.

Rules:

1. Open to all DOD patrons aged 18 and older.
2. Track steps using a device or app.
3. All participants must bring device/app to submit their step count at their registration facility.
4. Submit total weekly steps each Thursday by 6pm.
5. The final step count is due by Thursday June 19th at 6pm.
6. Winners will be announced Friday June 20th 2025.
7. Be honest, stay safe, and have fun!

Step Tracking Method (choose one):

Fitbit / Apple Watch / Pedometer / Garmin / Phone App / Other: _____

Emergency Contact Name and Phone: _____

Signature: _____ **Date:** _____

STEP INTO SUMMER CHALLENGE

Participant Name: _____

Age: _____ Phone Number: _____

Email address: _____

Date:	Step Count:	Staff Initials:
Monday, June 2 nd 2025		
Tuesday, June 3 rd 2025		
Wednesday, June 4 th 2025		
Thursday, June 5 th 2025		
Friday, June 6 th 2025		
Saturday, June 7 th 2025		
Sunday, June 8 th 2025		
Monday, June 9 th 2025		
Tuesday, June 10 th 2025		
Wednesday, June 11 th 2025		
Thursday, June 12 th 2025		
Friday, June 13 th 2025		
Saturday, June 14 th 2025		
Sunday, June 15 th 2025		
Monday, June 16 th 2025		
Tuesday, June 17 th 2025		
Wednesday, June 18 th 2025		
Thursday, June 19 th 2025		
TOTAL:		

STEP INTO SUMMER CHALLENGE

Dates: June 2–19, 2025

Registration Location: Magrath Sports Complex/Monti Physical Fitness Center

1. Eligibility: Open to all DOD patrons, ages 18 and up.
2. Registration Deadline: Participants must register in person at Magrath Sports Complex or Monti Physical Fitness Center by Thursday May 29th, 2025.
3. Tracking Steps: Participants must use a step-tracking device or app (e.g., Fitbit, Apple Watch, Garmin watch, pedometer, smartphone app) to track daily steps.
4. Step Submission:
 - Participants must submit their total weekly step count every Thursday by 6 PM (for the previous week) at the front desk of the gym they previously registered at, with their device or app in hand.
 - Final totals must be submitted by 6 PM on Thursday June 19th, 2025.
5. Honesty Counts: This is a fun and fair competition. Please submit only accurately tracked steps—no manual adjustments unless verified by staff.
6. Prizes: Winners will be announced Friday June 20th 2025. Awards will be given to:
 - First Place
 - Second Place
 - Most Steps in a Day
7. Stay Safe: Participants are encouraged to stay hydrated, wear proper footwear, and avoid overexertion during the challenge.
8. Have Fun: This challenge is about movement, motivation, and community spirit—encourage your friends and keep stepping strong!