



FitFactor Family Participation Plan

The goal of the FitFactor program is to encourage healthy choices and teach families to value their lives. Being healthy and fit puts families in tune with their bodies, increases self-esteem and helps them establish the desire to set personal goals. The most important aspect of any exercise program is that it be fun. FitFactor is an exciting web-based program that rewards participants for being active and making healthy choices everyday.

FitFactor Family Challenge April 1- Sept. 30

The Youth Center challenges all base families to become physically fit by having family fun with different activities. **Sign up at the Youth Center** to compete in the FitFactor Family Challenge, then log your points and earn incentive awards while competing for monthly prizes.

The Challenge:

Each family member, 6-years of age and up, may log points each week. The last day of the month, Youth Center staff will tally the total points for each family.

Earning Bonus Points:

Families participating in monthly FitFactor Family Challenge events hosted by the Youth Center earn an extra 1000 points. These points will

be recorded by Youth Center staff. Some activities such as bowling and golf will require a minimal fee from the participants.

Monthly Prizes:

The following prize packages will be rewarded to the family* having the most points at the end of each month.

- **April:** Dinner at Applebee's gift card & movie tickets
- **May:** Season pool passes
- **June:** Individual MP3 players for a family of five
- **July:** Dinner gift card with free bowling
- **August:** Weekend getaway to Fort Fisher
- **September:** Sports Bundle Basket (basketball, jump ropes, golf balls, etc.)

Grand Prize:

The family that accumulates the most points April 1-Sept. 30, wins bicycles for a family of five.



** Each family can win only once between April and September. All participating families are eligible for the FitFactor Family grand prize.*

FitFactor Family Fitness Events

	APR	MAY	JUN	JUL	AUG	SEP
EVENT	Family Games Night	America's Kids Run	Family Martial Arts & Kickboxing	Family Bowling Night	Family Golf Day	Family Bike Riding
DETAILS	April 11 6-9 p.m. Youth Center	May 3* 8:15 a.m. Youth Center *Rain date May 31	June 20 6:30 p.m. Youth Center	July 17 6:30 p.m. Planet Bowl \$1.50 per game \$1.50 shoe rental	Aug. 16 10:30 a.m. Three Eagles driving range \$5—all the balls you can hit	Sept. 13 10:30 a.m. Youth Center

FitFactor Family Registration Form



* **Family's LAST Name:** _____

Family member's full name, age, date of birth and school grade (as applicable).

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

* **Address:** _____

* **E-mail:** _____

Please e-mail completed form to

fitfactor@seymourjohnson.af.mil

or clip & drop off at the Youth Center (722-0502).

Enrollment Date

Youth Center
Staff Initials