



Are you up for a challenge?

# MONTHLY FITNESS CHALLENGES



**A functional fitness-based challenge is available each month.**

Details are posted at Capodichino and Support Site Fitness Centers and on the MWR Facebook page.

Complete the challenge any time during the month.

Log your performance and earn a place on the leaderboard! Challenges can be entered as either “RX(Prescribed)” or “Scaled” and scored by time, repetitions or load. Show verifiable proof with your timer, smartwatch or fitness app plus a selfie or video to a fitness specialist. **Each month’s winner receives a prize!** Military members will earn Captain’s Cup points for their team, too.

### Want to level up?

Have your unit enter the monthly challenge for Command PT hosted by our MWR Fitness team. Please contact the Fitness Coordinator for details.

For more information, call 081-811-6604 | DSN 629-6604.

