



# RUN TILL YOU DROP CHALLENGE

## APRIL 1ST - 30TH

### 1

On 1 April start tracking your miles using your favorite running app or fitness tracker.

### 2

Every Friday in April submit a screenshot of your progress to the Fitness Center.

### 3

The person who logs the most miles in April will win a prize from the Fitness Center!

Email your progress each Friday in April to:  
[6fss.fsvs.fitnessprograms@us.af.mil](mailto:6fss.fsvs.fitnessprograms@us.af.mil)

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For More Info Call:  
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