


# LET'S GET MOVING



## IGNITE YOUR FITNESS JOURNEY!

# JULY 6 - AUG 2

✓ **Weekly Workouts**  
from Coach Travis.

✓ **Easily log your steps &  
movements on Sundays.**

✓ **Earn Individual Awards  
& Prizes for moving.**

✓ **Challenge each other  
to claim the team title!**

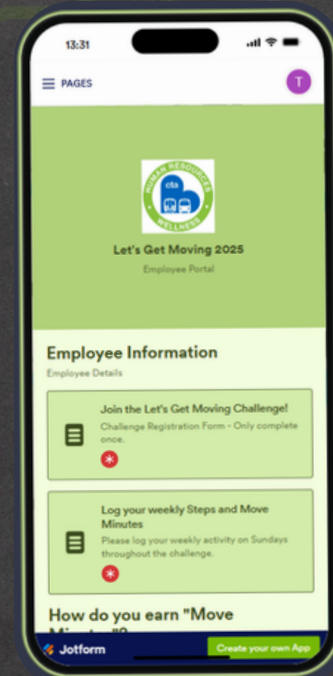
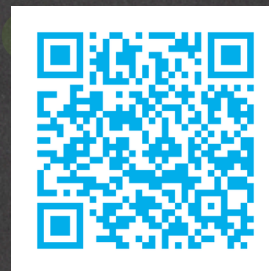
## How to Get Started:

**Step 1:** Click the link or scan the QR code to get to our app: <https://bit.ly/2026LGMJuly>

**Step 2:** Save the link to your desktop or homescreen for easy access all month long.

**Step 3:** Complete the **“Challenge Registration Form”** and choose a Team based on your work location: North, South, West or Central.

**Step 4:** Get Moving!



wellness@transitchicago.com