

JBSA Walk Challenge

For DoD CAC card holders:

1. Go to <https://home.army.mil/sites/operational/Surgeon/Pages/SurgeonHome.aspx> or the shortened URL: <http://go.usa.gov/355Tm>
2. Complete New Participant Consent form or Returning Participant Consent form and send to either IMCOM or MEDCOM
3. Track steps from Sunday through Saturday and report the total number weekly on the above site "Walk Challenge Step Tracker"
4. Start Walking! Keep Walking! Try to walk more today than you did yesterday!



For NON CAC card holders:

1. Go to www.StartWalkingNow.org
2. Click on the orange "Register" button. Fill out the registration form.
3. Search for company link type in JBSA and select JBSA FT SAM HOUSTON
4. If you are part of a team and you all use the exact same name team totals can be collected.
5. Under Preferences check the box to "Share My Info with My Employer" box (allows us to track your steps only, we will not see any other information)
6. You'll receive a confirmation email from start@mystartonline.org containing your user name and password.
7. Track your steps by logging in with your user name and password to StartWalkingNow.org. Click the green "Tracker" tab and the blue "Activity Diary" tab.
8. Under "Add and Activity" you can enter the details of your walk or other activity. The program will automatically convert other activities from the drop down menu into steps.
9. Start Walking! Keep Walking! Try to walk more today than you did yesterday!

