



# DFAS Step Challenge

**January 16<sup>th</sup>, 2023 – February 12<sup>th</sup>, 2023**

The purpose of the DFAS Step Challenge is to provide the workforce with a fun opportunity to jump-start their physical activity in the New Year

- Participants must have an account with Motivation Alliance to participate. To register visit : [www.mhfwellnessportal.com](http://www.mhfwellnessportal.com)
- Once registered, the challenge can be accessed on the platform as well as a variety of other wellness tools


## **Registration Information**

- Registration opens January 1<sup>st</sup>, 2023 and closes January 15<sup>th</sup>, 2023
- Register for the challenge on the dashboard of your Motivation Alliance account. When you log into your account, you will be prompted to sign up for the challenge. Select Join Now!



MILLENNIUM health & fitness  
Challenge Billboard

**IMPORTANT INFORMATION**



Healthier is just a step away

Begins	December 30, 2022
Ends	January 26, 2023
Length	4 weeks
Type	Step

[Rules and Guidelines](#)

**NEXT STEP - CHALLENGE REGISTRATION**

Registration Information

Registration Ends: December 29, 2022

Your Nickname: Kels


[Join Now!](#) [Not Yet](#)

If you bypass this page, you can also sign up for the challenge on your motivation alliance dashboard under News and Announcements

MILLENNIUM health & fitness

**FAVORITES**

**Recipe Of The Day**  
UDON NOODLES WITH TOFU



**Exercise Minutes**  
PREV. 7 DAYS - AVERAGE MINUTES PER DAY  
No minutes logged  
[Get Logging](#)

**Distance**  
PREV. 7 DAYS - AVERAGE MILES PER DAY  
No distance logged  
[Get Logging](#)

**Strength**  
RECENTLY LOGGED VOLUME BY DAY  
No strength workouts logged  
[Get Logging](#)

**Workouts**  
RECENT HISTORY

Dec 15	✓
Dec 14	✓
Dec 13	✓
Dec 12	✓

**NEWS AND ANNOUNCEMENTS**

**DFAS DECEMBER HEALTH EDUCATION, MEDITATION AND STRETCH WEBINARS**  
Dec 05

**HEALTH EDUCATION**  
Create Your Own Happiness – OnDemand  
Take some time for yourself this holiday season perhaps to reflect on the past year and set your intentions for the coming year. Join us for Create Your Own Happiness webinar looking at how we define and measure happiness in our life and how to find lasting happiness. We'll discuss variables affecting happiness and how to manage challenges to individual happiness.  
Link: <https://millenniumenterprises.net/monthly-dfas-wellness-programs/>

**MEDITATION SESSIONS** – Meeting rooms will be open 15 minutes prior to the session  
Join us for this month's meditations facilitated by Dale Ann Gray, Ph.D.  
Meditation Friday - Friday, December 2nd 12-12:30 pm ET  
Heartfelt Desire: Saying Yes to Life  
Feeling into your energetic heart center, what emerges? What makes you say 'Yes to life? What puts a spark?

**CHALLENGE**

**READY. STEP. GO!**  
Registration Ends: Dec 29

**DAILY PURSUITS**

**SWITCH THE MEAT**  
Meat has an important role in the human diet by providing a staple for protein consumption along with providing specific essential nutrients only found in animal meats. However as with everything, modification is key! Red meats tend to be higher in fat, while leaner cut meats such as poultry, is much lower but still providing benefits! So instead of going for that beef burger tonight, why not grill a chicken breast or turkey burger? Don't forget to load up on the pickles, lettuce, and tomatoes!

This Pursuit requires 1 substitution within 3 days.

**CHRONICLES**

CONNECT WITH US

[f](#)

ADD ALLIES TO GET SOCIAL

[No Allies](#)

## **Challenge Information**

- The goal of the DFAS Step Challenge is to take as many steps as possible in a 4-week timespan
- This will be an individual challenge, however, participants are encouraged to join the challenge with friends and co-workers in their organizations
  - There is a locker room feature in the challenge where you can interact with friends and co-workers
- Steps can be logged manually or synced from a compatible wearable device (Sync occurs upon login or by clicking Sync Connection from the left menu)
  - Wearable devices or apps can be connected through the Connections option in the Profile Icon drop down menu
- Only steps recorded within the challenge begin and end dates count toward your ranking
- Your rank in the Player's Club is based on your total number of steps logged
- It may take up to 24 hours for data to sync from a connected wearable device or app
- Newly entered or synced data updates every hour on the hour
- There is a limit to how far back in time you can log steps
  - Steps can only be entered or synced for dates with the plus sign in the upper right corner of the logging page
  - Do your best to log you steps daily or as frequently as possible
- Step logging is on the honor system, data may be monitored or audited

We hope this challenge gives you a great jump start to the new year. If you have any questions reach out to Kathleen Zumbar at [kzumbar@millenniumhealthandfitness.com](mailto:kzumbar@millenniumhealthandfitness.com)

