FITTS BIT CHALLENGE
March 1–31, 2020

MAKE YOUR STEPS COUNT.
JOIN PRESIDENT FITTS & TU WELLNESS AS WE TAKE STRIDES TOWARD BETTER FITNESS.
GRAB A FRIEND OR GET A GROUP TOGETHER — AND START WALKING AND MOVING TO FEEL GREAT.

To join the challenge, email a photo of your beginning step total on March 1st to tuwellness@tulane.edu.

Participants must be able to track their steps via smartphone or other fitness tracking device and must submit a weekly total to qualify for raffle drawings.

Participants will submit their final step count total for the entire month on April 1 to complete the challenge. At the end of the challenge, individual winners will be selected. For questions and more details, email tuwellness@tulane.edu.

1ST PLACE: APPLE WATCH SERIES 5; 2ND PLACE: FITBIT BLAZE; 3RD PLACE: FITBIT ALTA