

TAMC PHYSICAL FITNESS CENTER PRESENTS

Fall into Wellness

Open to Active-Duty Service Members, Family Members, and Authorized DOD ID Cardholders age 18 and older.



READY TO BUILD A BETTER ROUTINE?

"Fall" into Wellness is a 30-day challenge designed to encourage members to build consistent healthy habits through movement, nutrition, recovery, and community engagement.

This program creates a fun, motivating, and inclusive environment that promotes overall health and wellness for all fitness levels.

Participants will earn points by completing daily wellness activities and tracking their progress throughout the month of September!

Free to Participate

Register and track your progress at the TAMC Physical Fitness Center.

TRACK: Complete daily wellness activities encompassing movement, nutrition, and recovery.

EARN POINTS: Log your progress on your tracker at the TAMC PFC throughout the month of September.

CHECK THE LEADERBOARD!

Keep an eye on the large lobby leaderboard at the TAMC PFC!

We will be actively displaying top participants, current streaks, and overall standings so you can see how you stack up.

POINT SYSTEM

Category	Daily Activity	Points Earned
Fitness	30-Minute Workout	1 Point
	60-Minute Workout	2 Points
	90+ Minute Workout	3 Points
	10,000+ Steps	1 Point
	Attend a Group Fitness Class	1 Point
Recovery & Wellness	7+ Hours of Sleep	1 Point
	10+ Minutes of Intentional Recovery (stretching, foam rolling, yoga, mobility, sauna, etc.)	1 Point
	5-10 Minutes of Journaling, Reflection, or Gratitude	1 Point
	5-10 Minutes of Mindfulness (breathing, meditation, or mindfulness practice)	1 Point
Nutrition & Lifestyle	Hydration: 64 oz (2L) of Water	1 Point
	Include a Protein Source with All Main Meals	1 Point
Community	Bring a Guest to the Gym for a Workout (if eligible)	2 Points

Table 2: Streak Bonus Points

Streak Length	Bonus Points Awarded
3-Day Streak	+3 Points
7-Day Streak	+7 Points
21-Day Streak	+15 Points
30-Day Streak	+25 Points

A large grid for tracking daily wellness activities throughout the month of September. The grid has columns for each day from Sept. 1 to Sept. 12 (with more days implied). The rows list the activities: 30-Minute Workout, 60-Minute Workout, 90-Minute Workout, 10,000+ Steps, 5-10 Minutes of Journaling, Reflecting, or Gratitude Writing, 64 oz. (2L) of Water per Day, Include a Protein Source with All Main Meals, 7-Hour Sleep, and 10+ Minutes of Intentional Recovery.



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