Let’s Go Chargers!

It’s time to prepare for the “Summer Ready System Challenge,” where we challenge UA, UAB, and the UA System Office!


How to join:

1. Select “Challenges” on your Fitbit app
2. Select the “Summer Ready System Challenge”
3. Select “Join”
4. Start walking

Ways to earn your steps:

1. Attend National Walk at Lunch Day on April 27th, from 11:00 – 1:30 on the Charger Greenway
2. Walk around your building during rest breaks
3. Park farther away from your building
4. Use the walking track at the University Fitness Center
5. Walk around the Charger greenway

All participants will be placed in a drawing for a gift card!

Remember, the goal is to reach 10,000 daily steps. Keep up the great work and stay moving!

If you have not joined the program but would like to, do one of the following:

- [Click here](#) to visit our Fitbit page.
- [Click here](#) to sync your Fitbit.
- [Click here](#) to purchase a Fitbit at a discounted rate.
- [Click here](#) for instructions on using a mobile device to track your steps.