



## ACTIVITY CHALLENGE

### Ready, Set, Go Get Fit!

GoGet.Fit is challenging AFHTO 2020 conference attendees to get active!

Looking after your patients starts with looking after yourself. – physically and mentally. Get into the habit of being physically active every day!

The GoGet.Fit team will provide digital coaching support in your journey to get active using the FREE GoGet.Fit application. Any clinic member can join.

Work together as a clinic team to win the challenge, get yourself healthy, and show your patients how its done!

Want to add more activity points to your team total?

Clinics can also opt to try the GoGet.Fit professional portal for FREE for the duration of the contest. Your patients can download the free app and a member of your clinic team can use the portal to provide the digital coaching support. Just minutes a week allows you to keep your entire enrolled patient panel engaged in activity.

#### Details:

The challenge starts **THURSDAY, OCTOBER 8<sup>th</sup> 2020** and ends on **TUESDAY, DECEMBER 8<sup>th</sup> 2020**.

The winning clinic will be the team with the **highest AVERAGE WEEKLY ACTIVE MINUTES** over the contest period.

**GRAND PRIZE:** 1 year free subscription to the GoGet.Fit professional portal with **UNLIMITED** number of patient registrations for the first year.

**Ready to Go Get Fit?**  
See next page for sign up details



## ACTIVITY CHALLENGE

### Count Me In!

### How Do I Join?



Go to the App store and download the FREE app.

Be sure to sign up using your clinic email address so that your active minutes are applied to your team!



GoGet.Fit will send you an email with your access code. Check your junk folder if you don't see that email in your inbox. Use your access code to create your app account and get started!



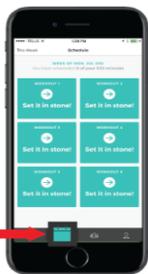
Enter your goal in the GoGet.Fit app and schedule this and next week's activity and GoGet.Fit!



To enroll your clinic for GoGet.Fit professional portal access, send us an email. [kerri@gogetfit.com](mailto:kerri@gogetfit.com). Be sure to indicate that you are an AFHTO contest clinic to ensure free access to the portal until Dec. 8<sup>th</sup>, 2020.



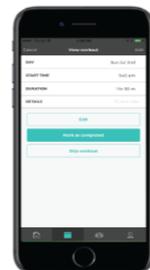
Once your clinic has portal access, be sure to get your patients engaged. See our additional information pages with this package. Those pages might help you get the conversation started with patients.



Schedule it



Do it!



Log it!

**Good luck!**