

Check out FAQs
for more details!

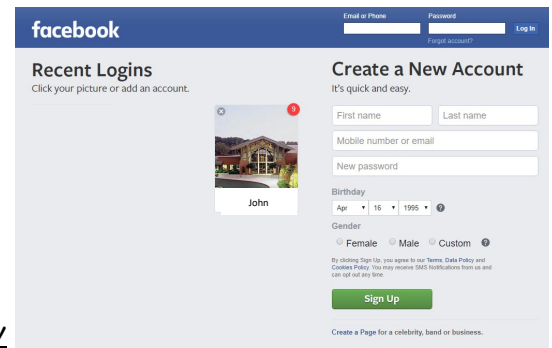
Commit To Get Fit @ home edition



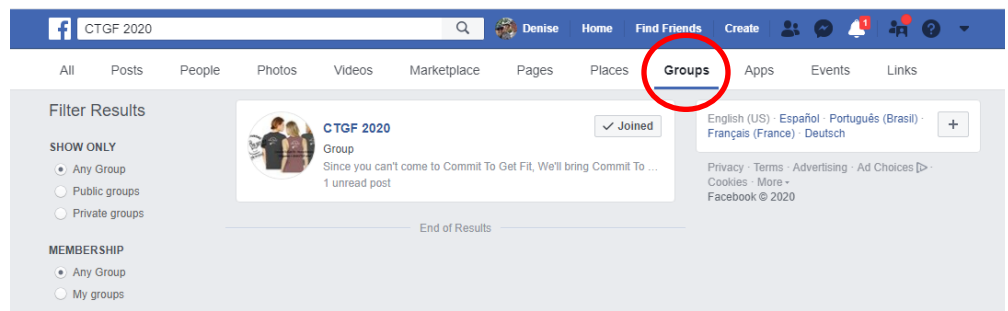
Get a jump start on Oakwood's annual fitness challenge!
This is your opportunity to earn your coveted Commit To Get Fit
Shirt before we launch our full program!

How it works:

1. You will need a **Facebook account**. We realize not everyone is on Facebook, but this proved to be the best option to offer and track challenges. You can quickly create a generic profile that will allow you to join the CTGF Group.



2. Once logged into Facebook search for the **group CTGF 2020**. This is a private, members only group. The content and engagement will be limited to members. You will be asked to confirm you are a member and confirm the name your Oakwood membership is listed under.



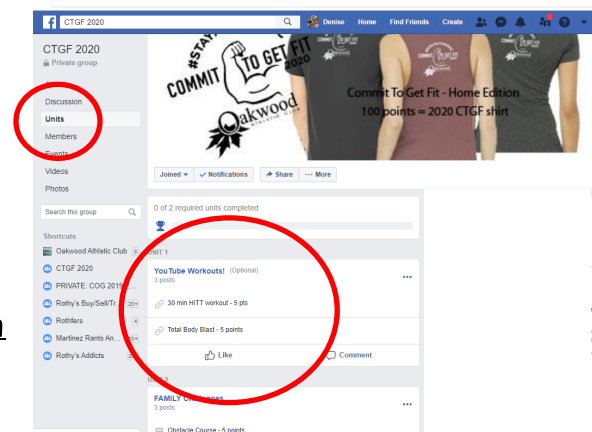
3. Once you are approved you will have access to the group!

4. Challenges are listed under 'Units'.

5. Each unit is a broad category, such as YouTube Workouts, Bonus, etc.

6. Within the unit will be individual challenges and the associated point total.

7. Within each post you will likely be asked to verify completion by posting a picture in the comments for that particular post and click 'done'. This will verify for you and us that you have completed the challenge.



8. Units and challenges will be added throughout the @ home edition, so check back frequently.

9. This is designed to be fun, engaging and help people stay active, but there will be points that aren't necessarily workouts, so there is plenty of opportunity of earn points.

10. The 'group' will now be listed within your Facebook Page under 'Your Groups'.

