



Get up. Get out. Get fit.
Together.

USAF FitFamily Program Guide

FITFAMILY MISSION

FitFamily is to be an important component of the overall Air Force fitness and health initiative and a visible part of the Year of the Air Force Family. Air Force Child / Youth Programs (CYP) and Fitness Centers partnership to promote the importance of healthy lifestyle choices and encourage Air Force Families to be active together. The *FitFamily* website will provide resources, ideas and goal setting tools to help Air Force Families be active, make healthy nutrition choices and have fun in an effort to promote overall wellness.

FITFAMILY PURPOSE

During the Year of the Air Force Family, *FitFamily* will encourage the ABC's of wellness:

- A is to plan **A**ctivities that include all family members
- B is to **B**uild healthy habits that will last a lifetime
- C is to **C**ount progress; small steps each day make a huge difference
- D is to schedule **D**ay trips, game nights and fun time to develop togetherness
- E is to **E**ncourage healthy Eating and cooking as a family
- F is to have **F**un as a Family while creating healthy habits

The FitFamily program is more than just logging points and earning incentives. It's about families making time for each other, spending quality time with each other and setting goals with each other; whatever those goals may be. The FitFamily website will contain healthy recipes submitted by Air Force families, resources/tools for families and a blog originating from families. The goal of the FitFamily program is for families to begin thinking about family wellness and ultimately incorporate healthy habits and lifestyles in all aspects of their lives.

FITFAMILY WEBSITE

The FitFamily website is a resource to provide Air Force Families with tips, ideas and ways families can be more active together and lead healthier lifestyles. Web pages will include a variety of Fitness, Health and Nutrition articles; Healthy Recipes; Fitness Tips and Quizzes; opportunities for families to post their FitFamily pictures, healthy recipes and communicate ways to keep their family active.

The FitFamily website also includes a Family Goal Tracker where families can monitor their activities and earn points to encourage family members be active together. The FitFamily Goal Tracker will keep record of the activities each family member performs.

HOW FITFAMILY GOAL TRACKER WORKS

- Families enroll in the program via any computer with internet access at www.usafFitFamily.com
- Once logged in, individual family members set fitness/health/activity goals and track progress against those goals
- Listed activities will support the ABC's of wellness and the following three areas; Family Fun, Family Nutrition, and Family Sports & Fitness

- Points will be earned to track goal achievement and earn recognition through the official FitFamily website
- Participating families should celebrate the achievement of self established goals

REGISTERING AS A FITFAMILY

Register your family by entering your “Family Name”, a “Family Nickname”, “Email Address” and other pertinent information on the FitFamily Goal Tracker link. Once the information is entered press “Register My Family” and the system will send a unique password to each family member’s email address.

LOGGING FITFAMILY POINTS

Families can manage/track their activities and points by logging into **FitFamily Goal Tracker** using their unique password. Here family members have access to a page(s) where they select activities from each of three categories:

- Family Fun
- Family Sports & Fitness
- Family Nutrition

Family activities are worth 1000 points each and families can log up to 4000 points a day (24-hour period). Activities need to be performed by at least two people, for instance one adult and one child to earn points.

FitFamily Bonus months are Double Points months. During Bonus Months, families can log up to 8000 points per day. FitFamily Bonus months are:

- March (National Nutrition Month)
- May (National Fitness Month)
- July (Family Summer Fun)

HOW TO ENTER FITFAMILY ACTIVITIES

There are dozens of events/activities within each of the three categories (Family Fun, Family Sports & Fitness and Family Nutrition) and users can view these by category. The activities are presented in alphabetical order and can be selected using checkboxes or “Add to Goals” links.

Once selected, the activity enters a new group on a list called “My FitFamily Goal Tracker”. Families can select as many goals and keep track of their progress and points.

When a family completes their activities, they can log in and;

- a) check boxes to indicate which Family members participated, and
- b) click the “Log Our Points” box on the right hand side that counts and ‘moves’ the activity from “Selected” to “Completed”, and
- c) review the individual and family Goal Tracker totals to date.

Families will be able to add/remove “Selected Activities” as often as they want but cannot remove a “Completed Activity” once points have been entered. “Total Points Earned” are displayed at the bottom of the page.

Each activity can only appear once in the “Selected” list but, once completed, the same activity can be added again to this list. This accommodates regular, favorite activities. Clicking the “Family Progress” button on this page takes them to a summary report showing the points earned by each family member and a total for the family.

GOAL BASED FITFAMILY ACHIEVEMENT LEVELS

1st Level	Togetherness	(Blue)	250,000 points per family
2nd Level	Commitment	(Green)	500,000 points per family
3rd Level	Determination	(Orange)	750,000 points per family
4th Level	Perseverance	(Red)	1,000,000 points per family
5th Level	Wellness	(Purple)	2,000,000 points per family

FITFAMILY INCENTIVES

FitFamily Goal Tracker completion certificates are auto-generated when a family accumulates a number of points equal to/above an achievement level. Letters from the Chief Master Sergeant of the Air Force will be sent to families earning 2,000,000 points. A ‘Family of the Month’ will be selected and highlighted on the FitFamily website. Select families will have the opportunity to tell their story which may include before and after photos, video, or interview. Families will be selected based on the following criterion; consistent logging of points, highest point total, and achieving goals.

Families will receive special recognition at each level!

Level 1 Certificate

Level 2 Certificate + Family highlighted on FitFamily website

Level 3 Certificate + Signed Letter from Director of Air Force Services

Level 4 Certificate + Family Article printed in base newspaper / posted on web

Level 5 Certificate + Signed Letter from Air Force Senior Leadership

Bases are encouraged to identify and create additional opportunities to recognize active FitFamily participants and highlight their achievements (for instance, Letter from the Wing Commander, Commander’s Call, FitFamily of the month, quarter, etc.)

FITFAMILY ADMIN REPORTS

Staff will have access to FitFamily Admin reports and data that will identify top point earning families, total points, and total participants by Command and Base to help recognize and track progress.

FITFAMILY RULES AND REGULATIONS

A “Family” is constituted as at least two people and requires family members (parents, children, etc.) be active together.

The maximum number of points each family can log per day is 4000 points. During FitFamily Bonus month points will be worth Double and families can earn up to 8000 points per day. Bonus months are March, May and July.

Family Fun and Family Sports and Fitness activities are based on the 60-minute activity guideline as recommended by the President’s Council on Physical Fitness and Sports. Family Nutrition and similar activities fall under the ABC’s of wellness and encourage families to plan and cook nutritious meals and spend quality time together.

Maintaining the integrity of this program is a must. All eligible participants have an equal opportunity to achieve all the FitFamily levels. In an effort to maintain program integrity, any violations of the rules, or intent to deceive, may result in a loss of privilege/eligibility. Incentives are based on personal achievements and activities entered at the FitFamily website by the participant. The goal of the FitFamily program is to encourage youth and families to Get Up, Get Out, and Get Fit - Together and provides resources, tips and ideas to help them stay on target. Since there will be limited verification of actual event participation, all entries will be based on the honor system. Only enter points for activities that you have completed. Remember character counts in all that we do!

FITFAMILY FAQ

What is FitFamily?

FitFamily is a web based goal incentive program. Families have the opportunity to set goals and monitor their progress.

What is included on the FitFamily website?

The *FitFamily* website provides resources, ideas and goal setting tools to help Air Force Families be active, make healthy nutrition choices and have fun in an effort to promote overall wellness.

Who can participate in FitFamily?

FitFamily is open to all active duty, Air Force Reserve, Air National Guard, DoD and civilian families, retired military members, honorably discharged veterans with 100% service connected disability and former and/or surviving military spouses and their family members.

Where can I access the FitFamily website?

The FitFamily URL is www.USAFFitFamily.com and can be accessed via any computer that has internet access.

What base programs sponsor FitFamily?

Air Force Child / Youth Programs (CYP) and Fitness Centers partner to offer FitFamily and promote the importance of healthy lifestyle choices and encourage Air Force Families to be active together.

How many points can a family log?

The maximum number of points each family can log per day is 4000 points. During FitFamily Bonus month points will be worth Double and families can earn up to 8000 points per day. Bonus months are March, May and July.

What are the FitFamily Goal Achievement Levels?

1st Level	Togetherness	250,000 family points
2nd Level	Commitment	500,000 family points
3rd Level	Determination	750,000 family points
4th Level	Perseverance	1,000,000 family points
5th Level	Wellness	2,000,000 family points

What are the FitFamily incentives at each level?

Families who reach each FitFamily level receive the following recognition:

Level 1 Certificate

Level 2 Certificate + Family highlighted on FitFamily website

Level 3 Certificate + Signed Letter from Director of Air Force Services

Level 4 Certificate + Family Article printed in base newspaper / posted on web

Level 5 Certificate + Signed Letter from Air Force Senior Leadership

ELIGIBILITY, DISCLAIMER: FitFamily eligibility is IAW AFI 34-262, Services Program and Use Eligibility. As such it is open to youth from birth to 18 years of age who are family members of active duty, guard and reserve members of the armed forces; DoD civilians; retired military members; honorably discharged veterans with 100% service-connected disability; and former and/or surviving military spouses and their family members.

GENERAL RELEASE, NOTIFICATION, DELIVERY AND INCENTIVE ACCEPTANCE:

By joining the FitFamily initiative, participants release Asenz marketing, Air Force Services and the United States Air Force, and each of their respective parent companies, subsidiaries, divisions and agents, and each of their officers, directors, employees and agents from any liability whatsoever for any liability or other cause of action arising directly or indirectly from their participation in this program. By signing up, participants acknowledge compliance with these official rules, including all eligibility requirements. Air Force Services reserves the right to verify eligibility qualifications of any youth entering the FitFamily site. By accepting an incentive, the participant agrees to release and hold commercial sponsors, and each of their respective parent companies, subsidiaries, divisions and agents, and each of their officers, directors, employees and agents harmless from any and all losses, damages, rights, claims and actions of any kind resulting from acceptance, possession or use of any incentive,

including without limitation, personal injuries, death and property damage. Void where prohibited.

NOTIFICATION AND DELIVERY: Level Achievement – When participants achieve each FitFamily level they will be notified of their accomplishment via the website and prompted to print out a certificate of completion that is theirs to keep. If a participant is unable to print the certificate of completion they may go to the local Air Force youth center or designated unit for assistance.

MISCELLANEOUS: Privacy Act Information. We respect your privacy. We will not disclose individual names or email addresses to third parties. In some instances, individual usage and transaction data may be used for us to contact FitFamily participants if necessary.