

NEW YEAR

Check In Challenge

START

2025

MCRDSD Fitness Center Jan 13 - Feb 23



Register Today at Eventbrite
[CheckInChallengeMCRDSD2025.eventbrite.com](https://www.eventbrite.com/e/check-in-challenge-mcrd-sd-2025-tickets-754444444444)

**Log your workouts for
the chance to win prizes!**

FOR MORE INFO PLEASE CONTACT HUMAN PERFORMANCE

Call: 619-524-4428

Email: mcrdsd.humanperformance@usmc-mccs.org



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MCRDSD Fitness Center

Log your workouts Jan 13-Feb 23, 2025

HOW IT WORKS

- Check-in at MCRD Fitness Center lobby each time you come in for a workout.
- Mark your check in on our accountability board in the lobby.
- The Fitness Center team will assist in monitoring each check-in and help keep you motivated.

PRIZES AWARDED

- All participant's will receive a limited edition participation prize!
- 30+ Check-ins completed: you are entered in drawing to win awards and prizes.
- Weekly wellness challenges will allow you to win special prizes, so check the chalkboard wall each week!
- Additional entry for 42+ check-ins and each weekend check-in.*



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*No more than 2 check-ins per day (only 1 entry on weekend visits)