



Feds Get Fit Wellness Campaign

Registration Guide- Spring 2025



CHIRPY™



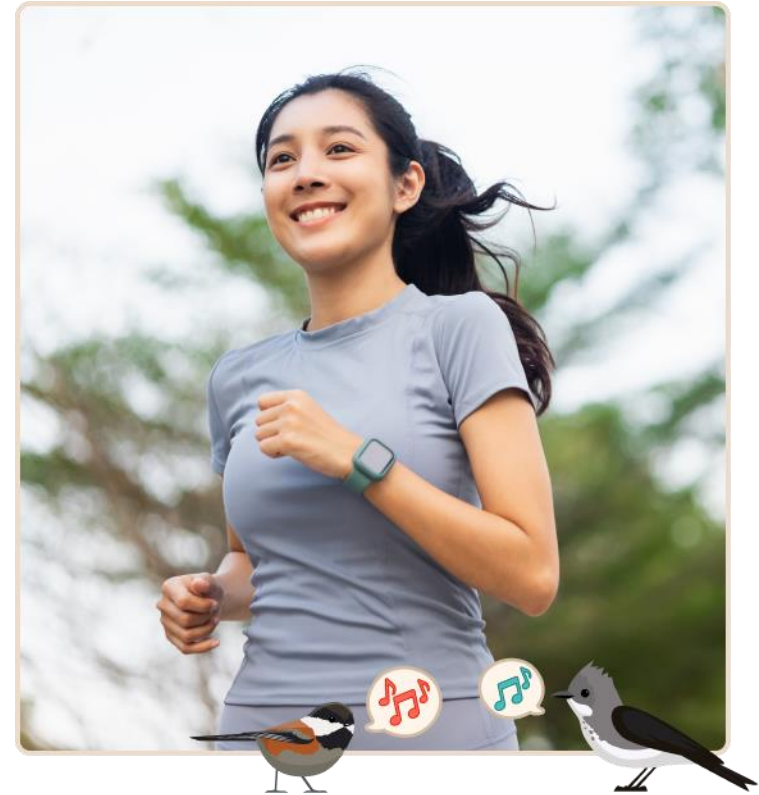
Enjoy the whimsical appeal of earning chirps while you learn about some of the world's most fascinating songbirds.

In *Chirpy*, you'll earn points and chirps for recording physical activity, in addition to practicing Mindful Meditation and enjoying Reading. This challenge is filled with fun, easy tracking, supported with hundreds of delicious recipes to try, and build well-being behaviors that last.

- Registration starts March 17, 2025
- Register at <https://fedsgetfitmas.chirpychallenge.com>

You don't have to be a birder to enjoy learning about new songbirds as well as seeing some you may already recognize.

Achieve your goal of 35 points by logging 6000+ steps/day, 5 days/week, plus Meditation and Reading.



How to earn points in Physical activity and Healthy behaviors



Physical Activity

6000-7999 steps = 6 points

8000-9999 steps = 8 points

10,000+ steps = 10 points



Health Behaviors

Mindfulness Meditation

1/day 1 session = 2 points

5days/week 2 sessions = 4 points

Reading a book 30min

30min/day, 5 days/week

3 points

Team participation is a friendly throw-down — it may be the most exciting part of *Chirpy*. Teams of up to 5 members (yourself plus 4 others) may be formed until April 17.

Individuals who start the teams are team leader. You may only be a member of one team, and once you join, you may not switch to another team.

Follow your team's ranking on the **Leaderboard**. And support, nudge, or give pep talks to each other on Team Chat.

Scores are based on the team's average dollars, Thrive Thursdays challenges Each person's individual contribution affects the team score, so gather a group who will encourage and support each other along the way.

Participants in teams are more likely to achieve their program goals than those going it alone.



Features include:

- Device integration
- Mobile app
- Team competition
- Invite friends for support
- Interactive Wellness Wall
- Recipe database
- Daily health tips



Chicken & Avocado
Lettuce Wraps



Tricks to Love
Exercise Time



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Important Campaign Dates



Mon. March 17
Registration start
date



Mon. March 31
Participant start
date (record
progress)



Mon. April 7
Registration end
date (last day to join
team)



Sun. May 11
Last day of the
program



Tues. May 13
Last day to log
activity

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