

ARMY vs AIRFORCE

MOTIVATION

MONDAY

STEP CHALLENGE



**Use your Fitbit or other favorite pedometer to see who can get the most steps!**

Share photos of your Monday step report from July–September for chances to win a \$50 e-gift card.

The branch with the highest combined step count at the end of the month will win the traveling trophy!



For more information, visit [carson.armymwr.com](http://carson.armymwr.com)

Scan this code with your phone to submit your photos!



More Events and Info at [carson.armymwr.com](http://carson.armymwr.com)



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