



*Get up. Get out. Get Fit.  
Together.*

## Air Force launches FitFamily program

Staff report

Posted : Monday Feb 1, 2010 14:48:06 EST

Air Force officials launched a new family fitness program Saturday.

The initiative, called FitFamily, is a companion to the service's goal-oriented youth fitness program, Fit Factor.

Families earn points by engaging in healthy activities together, and they can earn certificates and other incentives as they make progress. The highest award is a signed letter from Air Force senior leadership. In the Fit Factor program, kids can earn prizes like beach balls and backpacks.

"The FitFamily program is more than just logging points, monitoring progress and earning incentives. It's about families spending quality time together and setting goals with each other," said Chief Master Sgt. of the Air Force James A. Roy, who is featured with his family on the FitFamily Web site.

FitFamily is open to all active duty, Reserve and Guard members, Department of Defense and civilian families, retired military members, honorably discharged veterans with 100 percent service-connected disability, and former or surviving military spouses and their family members.

For more information about FitFamily, log on to <http://www.usaffitfamily.com>.



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A resource for ways to keep your family fit



Search

- Home
- ABCs of FitFamily
- Activities
- My FitFamily Goal Tracker
- Registration
- FitFamily Gallery
- Helpful Links
- FAQs
- Contact

## The FitFamily



It's easy to reach your goals with the FitFamily Goal Tracker!



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How it works

### Activities are divided into three FitFamily categories

- Family Fun
- Family Nutrition
- Family Sports & Fitness

### Families will receive points only for family activities

A "points-qualifying" FitFamily activity requires participation of at least two people, for instance, one adult and one child.

### Family activities are worth 1,000 points each.

Families can log up to 4,000 points a day (4 activities). Set your goals high and be an active family to reach all of the FitFamily Goal Tracker levels.

**1**  
Togetherness  
250,000 Points

LEVEL 1  
Certificate

**2**  
Commitment  
500,000 Points

LEVEL 2  
Certificate and your family highlighted on the FitFamily website

**3**  
Determination  
750,000 Points

LEVEL 3  
Certificate and letter signed by the Director of Air Force Services

**4**  
Perseverance  
1,000,000 Points

LEVEL 4  
Certificate and article printed in base newspaper/posted on web

**5**  
Wellness  
2,000,000 Points

LEVEL 5  
Certificate and a signed letter from Air Force Senior Leadership

### Receive special recognition at each level!

<b>March</b> National Nutrition Month	<b>May</b> National Fitness Month	<b>July</b> Family Summer Fun
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### Bonus months are DOUBLE POINTS months!

During these bonus months, families can log up to 8000 points per day!

REGISTER MY FAMILY

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