

## Online Physical Activity Challenge:

# Star Trak

## NEW Winter Challenge!



Today's the day—[register for Star Trak!](#)

Star Trak is here! Capture the spirit of space exploration and adventure in this 4-week challenge.

Just as our quest to reach the stars has inspired generations, Star Trak motivates you on your own path to health and fitness. Star Trak captures the spirit of space exploration as you aim for red, yellow, or blue stars — aligned with 6000, 8000, or 10,000 steps. And you're not limited to walking; activities like swimming, cycling, and rowing (100+) automatically convert to steps so everyone can be part of Star Trak.

[Register for Star Trak](#), then download the full feature mobile app to:

- Log activity anytime, anywhere
- Experience space exploration eras
- Give and get support on the Wellness Wall
- View and share delicious, nutritious recipes
- Connect with friends and teammates on the go

[Register today!](#)

## How Does It Work?

Each day you'll experience progress by exploring 7 distinct eras of space exploration, aiming to earn stars as you go. Once you log activities, you'll be asked a trivia question (don't worry... it's just for fun) about that era – from early space exploration (1940s-1957) to Artemis Era and Deep Space Exploration (2020 and beyond).

## What is the goal?

Your goal is to earn 60 points for the 4-week program. Aim for 15 or more points each week.

- 6000-7999 steps = **3 points** (red star)

- 8000-9999 steps = **4 points** (yellow star)
- 10,000+ steps = **5 points** (blue star)

NOTE: You don't have to wear a tracking device to record steps. Enter exercise minutes, then Star Trak converts your minutes to steps (100+ activities to choose from).

### **Register Now!**

Be sure to [sign up for Star Trak](#) by Friday, January 31.

**Level Up wants everyone to have an opportunity to win and remain engaged! We will award participants in the following categories:**

- **Individual Competition Winners**  
Apple Watch (1<sup>st</sup> Place), Apple iPad (2<sup>nd</sup> Place), and Apple AirPods Pro (3<sup>rd</sup> Place)
- **Random Registration Drawing**  
Two lucky participants will be drawn at random to win an Apple HomePod mini
- **Weekly Prizes**  
A \$50 gift card will be awarded to one lucky participant each week
- **Team Prizes**  
A \$50 gift card will be awarded to each member of the team who wins 1<sup>st</sup> place in this challenge

\*Household members are not eligible to receive incentives/prizes – only Prince George's County Government employees.

**Learn more about [Star Trak](#)!**  
**The challenge begins on Monday, January 27!**

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