

# WHITING FIELD WARRIORS

## FITNESS INCENTIVE PROGRAM

Follow Us:   @WFMWR  
[www.NavyMWRWhitingField.com](http://www.NavyMWRWhitingField.com)  
Fitness Center: 850.623.7412

Get involved, get  
active, and **EARN**  
**PRIZES!**

VISIT THE FRONT DESK AT THE  
FITNESS CENTER TO ENROLL

### GAIN

- 3 points Go to the gym or the pool
- 5 points Attend a group fitness class
- 8 points Participate in a club or sports team
- 10 points Attend an event

### REWARD

- 75 points Earn a water bottle
- 100 points Earn a tote bag
- 150 points Earn a hand towel
- 200 points Earn a lunch bag
- 300 points Earn a t-shirt



**Whiting Field Warriors**  
Fitness Incentive Program

Name: \_\_\_\_\_

