

Get Fit Texas!

Quick Start Instructions



About the Get Fit Texas! Challenge

- 10-week competition from **January 20 – March 30, 2025.**
- Participants strive for 150 minutes of physical activity per week for at least 6 of the 10 weeks to complete the challenge.
- Organizations compete to have the highest percentage of total full-time employees (FTEs) complete the challenge.

Step 1: Register for the Challenge

Visit getfittexas.org/register to register to participate in the challenge. New registration is required each year.

Step 2: Navigate the Get Fit Texas! Menu

- **Dashboard:** View your progress, challenge contact information, and agency leaderboard.
- **Enter New Activity:** Log your physical activity.
- **Wearable Device:** Import physical activities from your wearable device into your Get Fit Texas! activity log.
- **View History:** View each physical activity record you have submitted during the challenge.
- **Calendar:** Access wellness events and opportunities to help you maintain your health and well-being.
- **Edit Profile:** Edit profile information at any time without losing or changing physical activity data you've previously entered.
- **Share Feedback:** Submit suggestions on how to improve the challenge or the Get Fit Texas! website.
- **Share Your Story:** Share your successes, tips, tricks, or words of encouragement during the challenge.

Step 3: Complete the Challenge

Log your physical activity at getfittexas.org every week during the challenge.

For more information, email wellness@dshs.texas.gov.



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