



BFD

WALK-A-PALOOZA

JUNE 18-24 2023

Walk, jog, hike, ruck, or run as many miles as possible in 7 days. If it can be done on two feet and tracked, count it!

Each FF must record their activity sessions via an app on their smart watch, FitBit, or phone and then take a picture of the mile(s) completed. Only full miles will count; round down to the nearest mile. For example, 3.5 miles will total 3 miles. FFs will be responsible for saving their documenting pictures.

Firehouse Team Captains will forward total miles to healthandladders@boston.gov by 1200 on Wednesday, June 28th. Firehouse with the most miles wins.

Please visit healthandladders.com/challenges for complete details.