

COMMIT TO BE FIT 2026

SIGN UP

Stop by the Fitness Center front desk to register

- Benefits of signing up
 - o Initial and every 60-day body composition and VO2 analysis to track results
 - o Initial equipment orientation
 - o Guided Equipment Training
 - o 2 Free personal training sessions (staff provided)
 - o One-on-one personal training available (optional for fee)
 - o Participation tracking for program Incentive Collector Coins

TRACK YOUR RESULTS

Members are encouraged to track their workouts daily on any method that works best for them. Consolidate cumulative distances swam, biked, walked/ran, elevation gained, number of exercise classes attended, and amount of weight lifted (reps x sets x weight for legs, shoulders, chest and back and arm exercises).

REPORT YOUR RESULTS

We will compile your workout records for you from your results. Let us know how you did.

Name:

Phone:

email:

For the month of _____ I completed

Number times worked out per week / month:

Miles swam:

Miles biked:

Miles Walked/Run:

Elevation gain:

Pounds lifted:

Number of aerobic classes attended:

Which programmed 5k/Run did you complete:

Do you want to set and appt. for your body composition and VO2 analysis? Yes: No:

Send your results to: 92fss.fsvs@us.af.mil