

The Great Outdoors Challenge is here!

Join the challenge to stay active and explore nature. Make sure to log your activity and points as you virtually travel from Key West all the way to Seattle!

What is the Great Outdoors Challenge?

The Great Outdoors Challenge is a four-week challenge designed to encourage you to enjoy the great outdoors meet your physical activity goals by walking, running, or hiking. The amount of time spent doing these activities will translate to miles to help you virtually travel the country from Key West, Florida, to Seattle, Washington. This is an individual challenge for Agency employees only. However, you are encouraged to invite your family, friends, and colleagues to join the fun and walk, run, or hike with you! All participants who accumulate 1,000 minutes of activity by the end of the challenge will receive a certificate of achievement.

When is it?

June 1, 2015 – June 26, 2015

How do I participate?

To participate, you just need to log all of your physical activity from June 1 through June 26 on your Virtual Wellness @ DCMA account. If you do not have a Virtual Wellness @ DCMA account, please follow these instructions to get started!

What exactly do participants do?

1. Log in or create your personal Virtual Wellness @ DCMA account at: <https://dcma.foh.hhs.gov>.
2. Click on "GOC: Enroll Here." (GOC = Great Outdoors Challenge)
3. Click "Enroll" to complete your enrollment in the challenge. Please note that you will be placed on a "team" based on your division. However, this is an individual challenge. If the division listed is incorrect, be sure to click on "Update My Profile" on the left to update your division.
4. Log in daily, and click on "GOC: Log and View Your Status" to record the number of minutes you walk, run, or hike outdoors each day. When you log your activity at the end of each day, we'll add them to those of your teammates and compute your standing relative to the other teams in the competition.

Who should I contact if I have additional questions?

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