

Get on Track

Your path to a healthier life



Get moving. Eat well. Feel great.

The Get on Track Challenge is a free, team-based, online challenge helping you increase your daily fruit and vegetable intake and physical activity.

In teams of up to four, you'll race other teams as you move along a virtual track. Teams move by tracking their daily fruit and vegetable intake and physical activity – the more you do, the more you move!

As a team, you'll work together to form healthy habits while unlocking health resources and informative trigger points about the track along the way.

Your path to a healthier life starts here
www.getontrackchallenge.com.au

Get on Track

Your path to a healthier life

1

Join a challenge: Choose from an Official Diabetes WA Challenge or Create Your Own Challenge.

2

Build your team: Get colleagues and friends engaged in some friendly, healthy competition with you.

3

Track your activity: Enter your daily fruit and vegetable intake and physical activity to keep your team moving along the track.



Find out more at
www.getontrackchallenge.com.au



Government of **Western Australia**
Department of **Health**

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To contact Get on Track Challenge, email
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