

# Register for the Million Mile Month challenge!



## WHAT IS MILLION MILE MONTH?

Million Mile Month™ (MMM) is a fun event challenging all of Texas to accomplish one million miles of walking, running, swimming and riding (biking, skateboarding, skating) together as one large community in one month (April 2014). FBISD's goal is to generate 20,000 miles in support of children's health.

## WHO CAN PARTICIPATE?

All FBISD employees, students, and friends can participate in the challenge.

## HOW DO I PARTICIPATE?

### 1. REGISTER

1) Register for MMM at [www.millionmilemonth.org/register](http://www.millionmilemonth.org/register). (Select the level that best suits you\*).

#### 2) Once registered:

- Log into your account
- Click into your profile page
- Click the **EDIT PROFILE** link

#### 3) In the Edit Profile pop-up:

- From the **MY ORGANIZATIONS** pull-down, select **"Fort Bend ISD"**  
(*Note: You do not need to choose anything for "REGISTRATION TEAM." That is a separate set of nonprofit organizations.*)
- In the **"Additional Org Info"** box, type in the **name of your school (or site), and your identifier (staff, student, or friend)**. Make sure that your school (or site) name and your identifier are separated by a comma (for example: Kempner High School, Staff).

### 2. STAY ACTIVE AND TRACK YOUR MILES

During the entire month of April 2014, walk, run, swim, ride (a bike, skateboard, skates, etc.) – or whichever fitness activity you prefer – any time, any day, before or after work and track your miles.

### 3. LOG YOUR MILES

Starting April 1, visit the **MMM** website each day to log your miles and win awesome prizes (bikes, gift cards, running shoes), as well as help the entire community reach one million miles.

## WILL THERE BE WINNERS? **YES!**

- Each FBISD employee who participates in the challenge will be entered in a drawing to win one of 100 Fitbit Flex!
- \$1,500 to each of the top (1) high school, (1) middle school, (2) elementary schools, and (1) auxiliary site with the highest number of participants.
- \$2,000 to each of the top (1) high school, (1) middle school, (2) elementary schools, and (1) auxiliary site with the most miles completed.  
(*The \$1,500 and the \$2,000 will be applied towards the site's employee wellness budget.*)

\*Any costs or proceeds are considered your personal donation to the MMM.