



Contact Info:

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questions

## FAQ

# Summer of Iron Physical Activity Challenge (June 29th—August 15th)

**Q: Do I have to be a YMCA or Front Street Fitness member to participate?**

A: A membership to the YMCA or Front Street Fitness is not required to participate.

**Q: Is YTRAAK a team challenge?**

A: YTRAAK is an individual physical activity tracking challenge.

**Q: Can I use my smart phone to track my activity?**

A: Yes! YTRAAK has a very user friendly platform that you can access via your smartphone's internet browser!

**Q: Do I have to track my nutrition or weight loss?**

A: No. This challenge only requires you to enter your daily physical activity. However, the YTRAAK platform allows you to enter your weight or nutrition for your own reference.

**Q: Is this challenge only for City employees?**

A: Adult dependents on the City's Health Plan are also allowed to register.

**Q: When will I receive my login information?**

A: You will receive detailed registration information before noon on **Friday, June 26th**.

**Q: How will the prizes be awarded?**

A: Each goal category (selected by you during registration) will have weekly & grand prize winners.

**Q: Do I have to link my YTRAAK account to my Facebook account?**

A: No. YTRAAK is a very social platform that allows you to support and be supported by your co-workers. We encourage you to support each other but you are not required to sync your Facebook accounts nor will any prizes be awarded for social media activity.

**Q: What "Challenge Goal" should I select?**

A: YTRAAK allows you to choose an activity goal for the challenge. The challenge lasts for 47 days; you pick the category that best fits your ability level:

**600 min:** Average 89 min/week (12 min./day)

**1200 min:** Average 179 min./week (25 min./day)

**2400 min:** Average 357 min./week (51 min./day)