

HERO CHALLENGE CLASS TRACKER

Attend all Our Classes to Optimize Your Health & Readiness
and Overall Wellbeing to Graduate as a
“HeRO Challenge Champion”

CHALLENGE DETAILS



- ❖ Scan QR Code for Class Dates
- ❖ No Time Limit to Complete the Classes
- ❖ Active Duty as Well as Civilians May Participate
- ❖ Completion is Recognized as a “Distinguished Accomplishment”



Rank: _____ First Name: _____ Last Name: _____

Classes

Simply Write Down the Date You Attended/Watched

Strategies for Diet & Exercise

Healthy Thinking

Emotional Control

Stress to Strength

Sleep Is My Superpower

(Viewable at QR Code Site Under Educational Videos & Program Materials)

Fitness Improvement Training

(Not Required for Civilians)

UPON COMPLETION OF ALL CLASSES

PLEASE SCAN/SEND PHOTO OF THIS TRACKING SHEET A.S.A.P. TO:

usaf.offutt-mdg.mbx.health-promotion-office@health.mil