

Going the Distance to Support SAPR

April 1-30, 2017



Participant Name:
PLFA, J, or D Code and Local Directorate:
Participant Email Address:
SARC's Name:

Track your points on the calendar and submit your progress every Monday to: SAPR@dla.mil

April 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 SUBMIT TRACKER!	4	5	6	7	8
9	10 SUBMIT TRACKER!	11	12	13	14	15
16	17 SUBMIT TRACKER!	18	19	20	21	22
23	24 SUBMIT TRACKER!	25	26	27	28	29
30	May 1 st – Final Tracker DUE					
<i>Submit Tracker every Monday to: SAPR@dla.mil</i>						

- * *Wear Teal on Tuesday = 100 points*
- * *30 minutes of strength training/fitness activity = 500 points*
- * *Take a Teal Tuesday WELLBEATS class at your MWR fitness facility = 500 points*
- * *Walk/run/swim/cycle 1 mile (2000 steps) = 100 points*
- * *“Like” DefenseMWR on Facebook = 100 points*
- * *Attend/Participate in a SAPR event = 100 points* *Local Events May Vary*
- * *Wear Denim on Denim Day = 100 points*

Sexual Assault Awareness and Prevention Month activities will be held at each PLFA and military installations worldwide
See the DLA SAPR website for more details: <http://www.dla.mil/Info/SAPR.aspx>
Or your installation SAPR/SHARP website