

Want to achieve your fitness goals before the Holidays?

Participate in a 2-week PARTIAL ONLINE program through the Stanford GSB Behavioral lab to help you walk 120,000 steps!

**Monday, November 28<sup>th</sup> 2016:**

On the first day, you will come to the Behavioral lab, fill out a short survey, and receive a pedometer.

**Monday, November 28<sup>th</sup> - Sunday, December 11<sup>th</sup>:**

You will receive a daily message reminding you to track your steps over the duration of the program.

As a reward for helping us pilot this program, you will receive a \$5 for filling out the first study and \$10 when you complete the program and return the pedometer

In order to participate, you must be a Stanford affiliate over the age of 18!

To sign up, go to [tinyurl.com/gb5ona](http://tinyurl.com/gb5ona) or e-mail [plh/iafg@stanford.edu](mailto:plh/iafg@stanford.edu)

