

Get on Track

Your path to a healthier life

Get moving. Eat well. Feel great.

Your path to a healthier life starts here
www.getontrackchallenge.com.au



1

Join a challenge. Choose from an Official Diabetes WA Challenge or Create Your Own Challenge.

2

Build your team. Get colleagues and friends engaged in some friendly, healthy competition with you.

3

Track your activity. Enter your daily fruit and vegetable intake and physical activity to keep your team moving along the track.



Government of Western Australia
Department of Health

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 diabeteswa[®]

To contact Get on Track Challenge, email
support@getontrackchallenge.com.au or call (08) 9325 7699