The Conqueror

Virtual Fitness Challenges

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1. WHAT IS THE CONQUEROR?
   - A series of virtual fitness challenges
   - Run, walk, bike, or swim to conquer a S.M.A.R.T fitness goal.
   - Choose from an array of multicultural themes and geographic locations to travel virtually.

2. WHO WILL JOIN THE CHALLENGE?
   - It is open to all Trailblazers members!
   - You do not have to join, but it is free and we’d love to have everyone give it a try
   - Your goal is for you only and you can work at your own pace

3. WHEN WILL IT BEGIN & END?
   - We will choose a new challenge through The Conqueror each month: July, August, Sept.
   - Each will last the whole month (30 or 31 days)
   - You will receive a medal at the end of each challenge.

4. WHERE DOES IT TAKE PLACE?
   - Anywhere you want, quite literally!
   - Your steps/milage can be done wherever you like
   - The app will show you beautiful scenery for the geographic location you choose as your challenge

5. HOW DO I PARTICIPATE?
   - You must be a Trailblazers member to join
   - Choose a challenge and we’ll make sure you get signed up!
   - Use The Conqueror website, app, or sync your smart watch/device to record your activity each day

6. WHY SHOULD I JOIN?
   - It is a fun way to work towards a goal of your choosing.
   - You’ll receive a beautiful medal for each Challenge you join
   - It will keep you focused and motivated to keep your fitness goals

The Conqueror:
Track Your Progress
Using the website, app, or a smart watch/device
Conquer Your Fitness Goals
Choose a challenge, get your exercise miles in, and achieve your goals.
Get Rewarded
Display your beautiful medals for a job well done! We’ll also check in with you each week to see how everything is going and talk about our different challenges.

https://www.theconqueror.events
https://www.theconqueror.events/get-the-app/