



TOUR DAVITA MOVE IT REGISTRATION:

## What am I signing up for?

Here's what you're agreeing to do. (Spoiler: It's easy!)

- **LOG STEPS!** On Friday-Sunday, Oct. 1-3 – Log your steps at [TourDaVita.org](http://TourDaVita.org). Whether you go for a hike, you're buzzing around at work, or you get involved with hurricane cleanup, movement is movement. Log any and all activity – it all counts! (See [here](#) for how to log steps/activities.)
- **FLEXIBLE DAYS!** Can't do it on Oct. 1-3? As an alternative, you can log any 3 days' worth of activity you do within the week leading up to Tour DaVita Move It.

Fundraising is not required to participate. If you do feel inclined to donate or fundraise you can find some helpful tips [here](#).

For more info, visit [TourDaVita.org](http://TourDaVita.org)  
Questions? [TourDaVita@davita.com](mailto:TourDaVita@davita.com)