



FREQUENTLY ASKED QUESTIONS

What is Take Flight?

Take Flight is a Team RWB national event presented by PayPal, encouraging veterans and supporters alike to get moving and work toward their individual goals in 2021. The event features four goal tracks focused on functional fitness, running, yoga, and healthy habits, with fitness plans, daily inspiration, virtual coaching, and more.

How long is Take Flight?

Take Flight is 31 days beginning January 1 and ending January 31, 2021.

Why should I register for a track? What do I get when I register?

Registering for a Take Flight track will give you first-hand access to virtual group discussions with experts and coaches in addition to a 31 day training plan. You will also receive a daily email reminder to Take Flight with tips, inspiration, and resources to make sure you don't miss your chance at receiving an exclusive Take Flight patch as the finishing prize!

How do I sign up?

Visit teamrwb.org/takeflight and click the button for the track you'd like to sign up for. Fill out the form after clicking the button and hang tight for your welcome email on January 1!

Is there a cost to register?

Take Flight is a free event for veterans and supporters. The only requirement is that they must be a member of Team RWB. Veterans and civilians are welcome to register for Team RWB at teamrwb.org.

Can I sign up for more than one track?

Yes! All participants are welcome to sign up for any and all tracks that interest them. Just remember that you will get a daily email for each track that you join!

Can I join after January 1?

Interested participants are welcome to sign up for any track after January 1. It's never too late to get moving and focus on healthy habits! You will receive a welcome email after signing up with a track worksheet and plan, no matter when you sign up.

Are modifications allowed? What if I can't do the exercise or challenge provided for a specific day in my track?

Yes. As with any Team RWB event, if any exercise or suggested challenge is difficult or painful for you, we welcome and recommend modifications! If you need assistance with modifications, please reach out to your track coach through the Team RWB App in one of the daily events for your track.



How do I see my daily challenge?

Once you register for a Take Flight track, you will get a daily email with your challenge or workout that day. You can also visit the Team RWB App to access your overall track worksheet and plan.

How do I qualify for the patch?

There are 500 free patches. To qualify to receive a free patch, you must check in to one of the Take Flight events every single day from January 1 - 31. The events you check in to don't all have to be from the same track - you just have to check in to ANY Take Flight event every single day.

How can I redeem my patch?

After the 31-day challenge, you will receive an email with a link to redeem your patch courtesy of Team RWB and our presenting sponsors at PayPal. You will only receive this email if you have checked-in to every single day of the Take Flight challenge.

How do I check in?

Download or open the Team RWB App (available via iPhone and Android), navigate to "Events" and then "Virtual Events." Search for Take Flight or view them in the existing list. Click the event for your track, and click "Check In," once you have Taken Flight that day. You can also follow the same process using your web browser at <https://members.teamrwb.org/events>.

How does Team RWB know I completed my daily challenge?

To tell Team RWB that you completed your daily challenge simply check-in through the [Team RWB App](#) or using your [web browser](#). This is on the honor system. We trust our Eagles and hope they will live up to our [Eagle Ethos](#) with honesty.

What do I do if I forget to check in?

No sweat if you miss a day! You can always make up a challenge and check-in after a date has passed. To do this, you'll need to do one of the following things:

- Check "interested/going" on an event ahead of time - it will then appear in your "my events" section within the App.
- Register for at least one track. This way, you will get an email with a check-in button daily. You can always go back to the email for the day you missed, click the button, and check-in from there!

What if I want to work on my cycling, swimming, rock climbing, etc?

Sign up for the Healthy Habits plan and build your training into your overall health and wellness!