

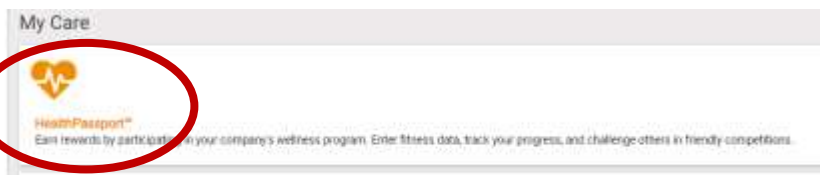


## TRAIN with JANE

### Zero to 5k (Z25k - Get Moving Program)

### How to Join

Login to **CareATC.com** and click the HealthPassport icon:



To **Learn More** about the Train with Jane program...**Scroll down to the bottom of the Home page** and click on the Train with Jane Tab.



While on the Train with Jane page:

You can **click** to **Join**; Download a **Z25k training sheet**; or **view dates** that you can “Train with Jane”. Mayor Jane will be training at the Julian B. Lane Riverfront Park on Friday mornings at 6:30 a.m.

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## TRAIN WITH JANE

August 30th-September 30th

It's time to lace up those sneakers and get moving! Join Mayor Jane Castor and City of Tampa employees in this new wellness initiative geared toward encouraging healthy lifestyle habits. 'Train with Jane' in-person or follow along at your own pace. Get Moving today! The Goal is to go from Zero activity to running/walking a 5k (Z25k)

[Click Here to Join Now!](#)

[Download Zero to 5k \(Z25k\) Training Sheet](#)  
[Click Here to view on-site training times with Jane](#)

- August 30
- September 6

# TRAIN with JANE

## Zero to 5k (Z25k - Get Moving Program)



### Tracking Your Progress:

Tracking is easy. You can either connect an electronic fitness device or manually add your steps.

**Train with Jane**

Start: Thursday, August 22, 2019  
End: Tuesday, November 12, 2019

[Challenge List](#)  
[Activity Tracker](#)  
[Challenge Help Instructions](#)  
[Open Message Board](#)

[hide description](#)

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[Click Here to connect a device](#)

[Click Here to view Jane's on-site training schedule & to download the 0 to 5k training sheet](#)

**Train with Jane**

Start: Thursday, August 22, 2019  
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[Activity Tracker](#)  
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[show description](#)

< Monday, August 26 >

**COUNT STEPS**

0 [Add](#)

**COUNT ACTIVITIES**

Choose an activity:  
[Choose an activity](#)

Enter minutes:  
0 [Add](#)

My challenge progress...

Name	Progress
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Please make sure to register for the training day you will join Mayor Jane. Click on "Events" at the top of the page, then register for the date you want to participate.

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August 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

[Click Here to connect a device](#)

[Click Here to view Jane's on-site training schedule & to download the 0 to 5k training sheet](#)

**TRAIN WITH JANE - Zero to 5k (Z25k) Get Moving Initiative** [Add to Calendar](#)

Friday, August 23, 2019 6:30 AM to 7:30 AM  
Julian St Lane (West) Park - 1001 N. 2nd, Tampa 33604

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[Click Here to view Jane's on-site training schedule & to download the 0 to 5k training sheet](#)

**Register for this event.**

[Event Organizer](#)

[Details](#)

[Member](#)