



Event Guidance: Battle for the Branches

Represent your military branch and join Team RWB for the Battle for the Branches Monthly Mission. Different exercises representing each branch to see which one wins this battle.

Mission: Complete the Battle for the Branches workout between 1 - 10 August, representing your service with pride and pushing your limits alongside fellow Eagles. Adjust the movements and reps as needed. Complete the mission solo or divide it up between multiple teammates.

In 20 minutes, complete as many rounds as possible (AMRAP) of:

Red

US Army: 6 Jumping Jacks
US Navy: 10 Flutter Kicks
USMC: 11 Earth Downs (push-ups)
US Coast Guard: 8 Good Morning
US Air Force: 9 Chair Squats (air squats)
US Space Force: 12 Superman's

White

US Army: 6 Step Out Jacks (L+R=1)
US Navy: 10 Bent Knee Flutter Kicks
USMC: 11 Kneeling or Wall Earth Downs (Push-ups)
USCG: 8 Seated Good Morning
USAF: 9 Chair Squats
USSF: 12 Bird Dog

Blue:

Partner or team up with other Eagles to complete this mission.

We know event hosts are looking for ways to get their members more engaged, and below we have guidance on hosting this event and encouraging check-ins.

1+ months out

- ☐ Create your event in the App. Include "Battle for the Branches" in the name so it shows up on the map.
- ☐ This mission can be completed anywhere.
- ☐ Promote your event on your social media channels.
 - ☐ Use Battle for the Branches graphics to enhance your posts on your personal Facebook, Twitter, LinkedIn, or Instagram. Share them with your chapter group in the App.
 - ☐ In all posts, be sure to tag or spell out Team RWB, or use #TeamRWB
 - ☐ Draft social media posts are also available on the intranet. Event hosts are welcome to alter the verbiage by adding their twist.
- ☐ Create and print any marketing materials needed.
- ☐ **Start to reach out to individuals and personally invite them to your event.**
- ☐ Consider using and creating events around the training plan for this workout, posted in the [Functional Fitness Group](#) in the app.

Two weeks, one week, two days before, the day before, and the day of:

- ☐ Post reminders about your event everywhere on all your social media platforms: App, Facebook, and Instagram.
- ☐ If in a chapter, use your budget to purchase refreshments that you can purchase in advance for this event.



Day of-beginning

- ☐ Arrive early to set up, wearing the Eagle so people can find you.
- ☐ Introduce yourself and have others do the same.
- ☐ Click [here](#) for a review of the workout and talking points about this mission.
- ☐ Ask attendees to check into your event.

Day of- during

- ☐ **Have Fun!**
- ☐ Take the time to speak one-on-one with as many people as possible.
- ☐ Take photos to capture the excitement of the event.
- ☐ Remind members to work out within their abilities and rest when needed.

Day of-closing

- ☐ Thank everyone for attending.
- ☐ Highlight your next event and invite them to attend.
- ☐ Remind participants to check in.
- ☐ Be sure to post your event in stories, encourage Eagles to do the same, and be sure to tag Team RWB (#TeamRWB) so we can share on our social media as well.

Day after

- ☐ Post and Share pictures in the app and with your leaders.
- ☐ Email Jimmy Barrett at jimmy.barrett@teamrwb.org with your AAR (After Action Report), including photos/videos from the event and any impactful notes/quotes regarding the event turnout.
- ☐ If this is a chapter event, submit expenses through Concur.