



## FIT EXPLORER CHALLENGE

# Apollo-Soyuz Steppers

LEVEL 5 COMPLETE: 2,900 POINTS

NASA's Exploration Systems Mission Directorate would like to congratulate

Crew Member

**Shamim Islam**

on the completion of this Fit Explorer Challenge level.

This certificate is in recognition of your dedication to learning about space exploration, NASA, and being physically fit.

**You have learned to train like an astronaut.**



Charles Lloyd, PharmD  
Human Research Program Education and Outreach  
Program Manager

Melissa Johnson, M.S.  
The President's Council on Physical Fitness and Sports  
Executive Director

The Apollo-Soyuz Test Project was the first joint spaceflight of the United States and the Soviet space programs. The mission took place in July 1975 and provided useful engineering information on combining the two countries space technology. The American Apollo spacecraft successfully docked with the Soviet Soyuz 19 spacecraft.