



## - FAQ GUIDE -

### How do I register?

Simply use our registration link to join the [WellWork Challenge site](#). Click “create an account”. Provide your email & create a password for the site. Click “create account”. On the next screen, confirm that you would like to join the On the Move Challenge. If you participated in last year’s challenge, sign-in with the username and password from last year, and click to join the On the Move challenge. At this point, you are taken to the team page. You can join an existing team or create your own. Teams have a limit of 5 members. If competing as a solo competitor, simply create your team using your name as your team name. You must create or join a team to join the challenge. Click “Return to Dashboard” or “Link your Device” button to sync up your fitness device or app if you use one.

### How do I download the app?

After you create your account, you can download the Daily Endorphin app to keep track of your steps. See the site for more details.

### How long is the challenge?

The challenge starts on February 1st and will run for 8 weeks.

### How to I sync my device?

Click on the appropriate button after registering for your team. If using FitBit, you must login to your FitBit account to link your accounts. If using another device or app, click “choose source”. Along with FitBit, you can connect with Garmin, Jawbone, Mistit, Fitbug, Withings, Moves & Azumio (Argus). If you are having trouble syncing your device or app, please refer to the troubleshooting guide located in your steps tab.

### What is the objective of this challenge?

The objective is to increase your total step count – activity level – on a daily & weekly basis. Keeping track of your steps each day will help bring awareness to how sedentary we can be at work & at home, & also how little changes to your daily routine really add up! The ultimate goal is to reach the recommended average 10,000 steps per day (70,000 total per week).

### Can I convert my steps from fitness minutes?

Unfortunately, there is no accurate way to assess steps from fitness minutes.

### How do I track my steps?

Be sure to wear a pedometer or fitness device to track your steps each day. You can enter your steps in the challenge site using the “Log it!” button. You can also use the challenge app or allow the site to sync your device to automatically upload your steps. **\*Note:** In this challenge we are focusing solely on daily steps only, so you may either ignore the other items in your “My Log” or choose to track them on a personal basis but they will NOT have any bearing on the leaderboard tallies in this challenge.

### What if I have a pedometer that doesn’t sync with the site?

Be sure to enter your steps from your pedometer each day into the challenge site or the app. Be sure to wear your pedometer or device (or have your phone on you if using an app) from wake until sleep each day to capture all of your steps.

### What if I don’t have a tracking device?

You can still participate! You can use the free Azumio app (available on both iTunes and Google Play) and sync your account with your WellWork Challenge site.

