



Powered By DailyEndorphin

Thank you again for joining our annual Get Fit San Diego 30-Day Challenge! We're excited that you have chosen the Challenge as your catalyst for starting a healthy and active lifestyle in 2017.

In the following handbook, you will learn how to:

- Activate your Get Fit Dashboard, and
- Log wellness activities to score points.

Each Get Fit participant must activate their dashboard using the instructions below in order to log and track activity. Points calculated through the dashboard will determine your score and the final Get Fit Challenge winners.

Activate Your Account:



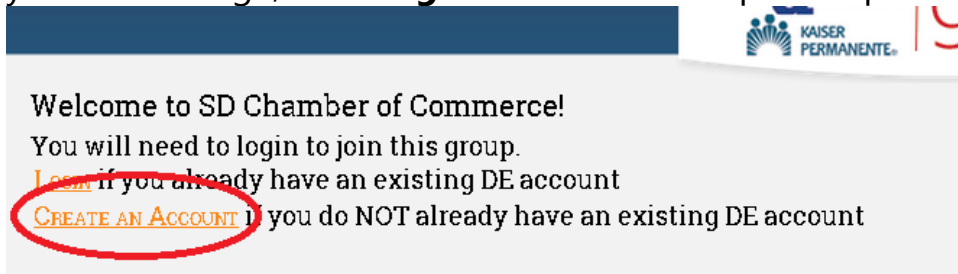
Copy and paste this ENTIRE link into your internet browser:

<https://getfitsd.dailyendorphin.com/de/signup/join/conference/12013/8dc8b2>

NOTE: A Daily Endorphin profile is necessary to track daily activity and track points. Do NOT go to DailyEndorphin's website to sign up. **Please note that the above link is the only way for you and your teammates to participate in the Challenge!**

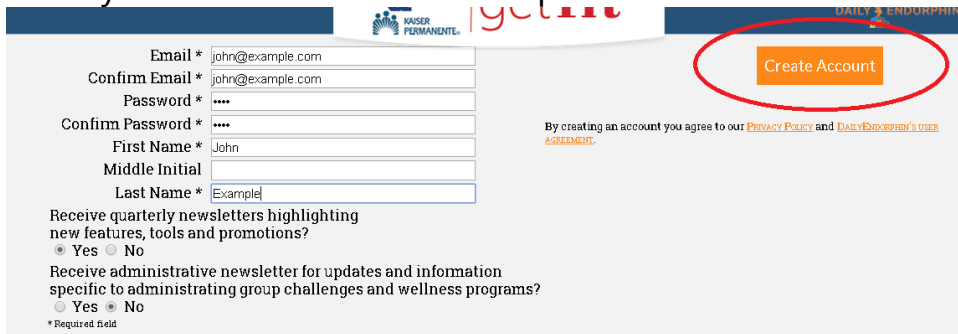
2

At the next page, click on **Create An Account**. If you participated in last year's Challenge, click **Log In** instead and skip to step #4



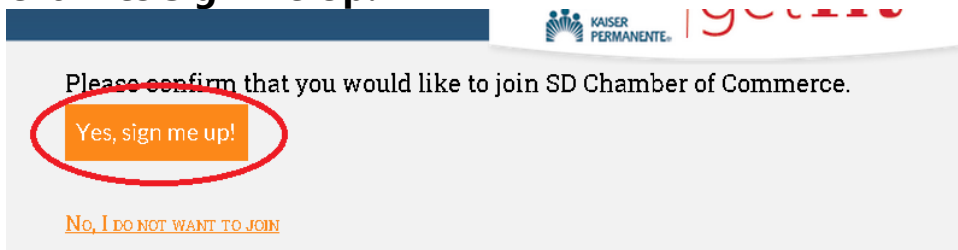
3

Enter your information in the required fields and click **Create Account**



4

Click **Yes Sign Me Up!**



Congratulations! You have activated your account and are ready to start tracking your activity. Good luck!

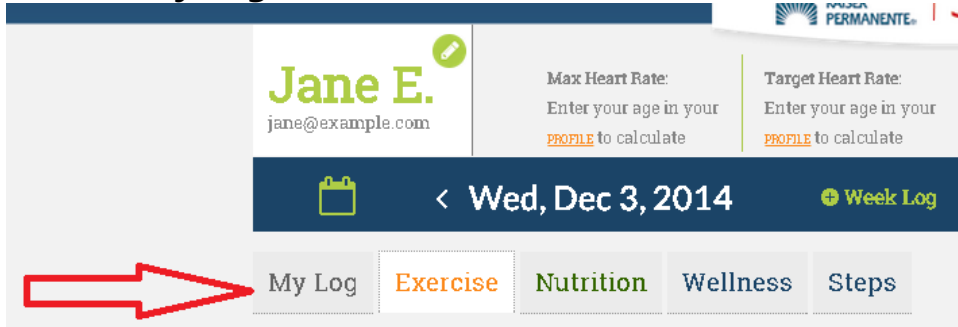
Log Your Activity:

1

Login to your account at <http://login.getfitsd.org/>

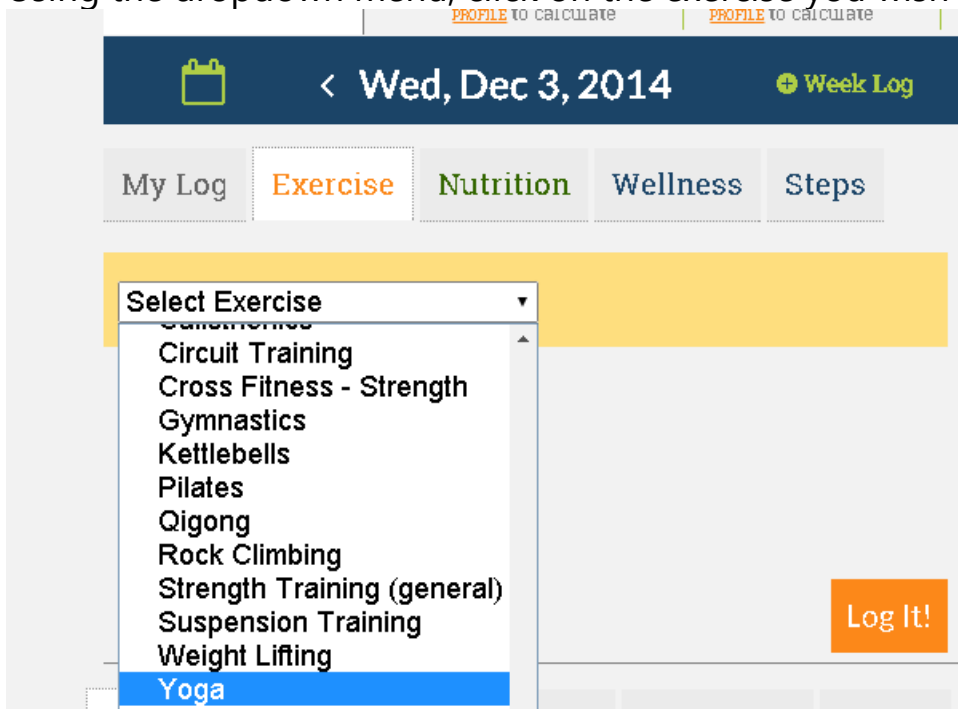
2

Next to **My Log**, click the **Exercise**, **Nutrition**, or **Wellness** tab



3

Using the dropdown menu, click on the exercise you wish to log.



4

Enter your duration and intensity. To make a shortcut for this exercise, click "Frequent Exercise."

My Log **Exercise** Nutrition Wellness Steps

Yoga ▼

Hour:Min

Intensity

Frequent exercise

Log as one workout
 Done with trainer

Log It!

5

Click **Log It!**

6

To log your Nutrition, Wellness or Steps, click the appropriate tab and check and/or enter the relevant information. Click **Log It** when finished.

My Log **Exercise** **Wellness** Nutrition Steps

7 hrs sleep (4 pts)
 Low stress (4 pts)
 Felt well physically (4 pts)
 Time w/ family & friends (4 pts)
 Found some time for me (4 pts)

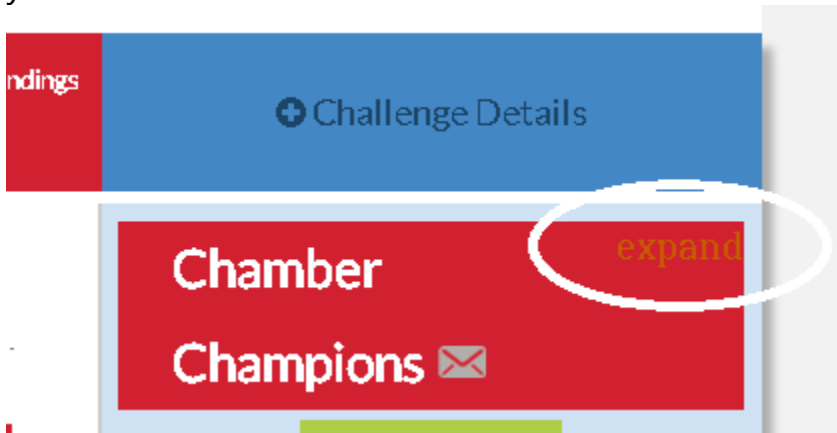
weight:

Log It!

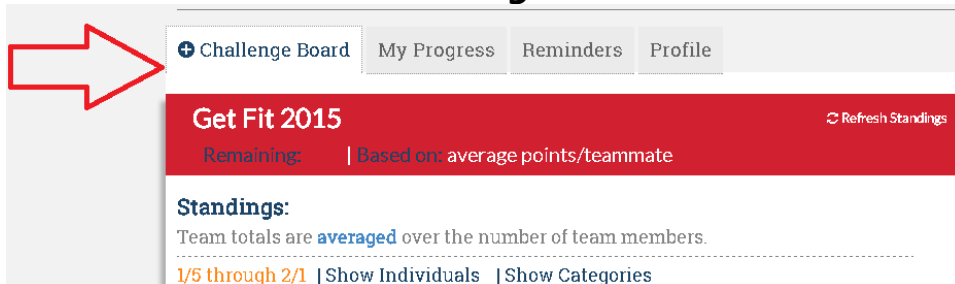
To log in your activity for several days at once, click **Week Log**. You may do this for up to 7 days prior.



To view your personal progress in the Challenge, click Expand on the lower right of your dashboard:



To see how you stack up vs. other teams and individuals in the Challenge, click the **Challenge Board** tab in the lower left area of your dashboard. For more details, click **Show Individuals**, **Show Categories**, **View All**, etc.



More Information:

Once activated, you may log-in to your account at login.getfitsd.org.

You may want to bookmark this URL for ongoing use in your Internet browser.

Do NOT use the original challenge sign up link or go to DailyEndorphin's main site!

If you forget your password at any time during the Challenge, you may reset it by following the instructions at the log-in page above.

Questions? Contact DailyEndorphin at support@dailyendorphin.com or one of your group administrators listed in the challenge details section of your leaderboard page.