



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 2019.

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.

How to Activate Your Dashboard:

1

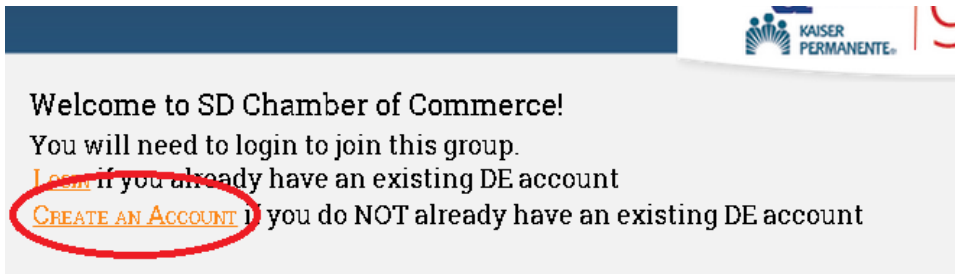
Copy and paste the link into your internet browser:

<https://getfitsd.dailyendorphin.com/de/signup/join/group/4858/3ddb4d>

NOTE: Daily Endorphin is the online platform we use in order to log activity and score points. Remember that the above link is the only way you and your teammates can participate in the Challenge. **Do not** attempt to register directly through the Daily Endorphin website.

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.



Forgot your password? No problem! Click **Log In**, hit **Forgot Your Password**, and follow the instructions to create a new one.

3

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

Email * john@example.com
Confirm Email * john@example.com
Password * ****
Confirm Password * ****
First Name * John
Middle Initial
Last Name * Example

Receive quarterly newsletters highlighting new features, tools and promotions?
 Yes No

Receive administrative newsletter for updates and information specific to administrating group challenges and wellness programs?
 Yes No

* Required field

[By creating an account you agree to our \[Privacy Policy\]\(#\) and \[Daily Endorphin's User Agreement\]\(#\).](#)

[Create Account](#)

4

Click **Yes Sign Me Up!**

Please confirm that you would like to join SD Chamber of Commerce GetFit 201...

[Yes, sign me up!](#)

[No, I DO NOT WANT TO JOIN](#)

5

Confirm your conference by clicking the appropriate conference name:

Please select the conference that you would like to join.

From the conferences listed below, please select the conference that the company department, geographical location, etc. Or it may be entire administrator to move you at a later date.

[AVERAGE JOES](#) ⓘ

[BACK ON THE WAGON](#) ⓘ

[FITNESS BUFFS](#) ⓘ

[Back](#)

6

You will now receive a confirmation and prompt to return to the Get Fit dashboard.

Please select the conference that you would like to join.

From the conferences listed below, please select the conference that you would like to join. This company department, geographical location, etc. Or it may be entirely up to you. In either case, you may need to contact your administrator to move you at a later date.

[AVERAGE JOES](#) ⓘ

[BACK ON THE WAGON](#)

You are now participating in GetFit 2016 Individual based.

[RETURN TO THE DASHBOARD](#)

ⓘ

[FITNESS BUFFS](#) ⓘ

Back

How to Log Your Activity:

1

Login to your account using the sdchamber.org/getfitsd website or go directly to getfitsd.dailyendorphin.com

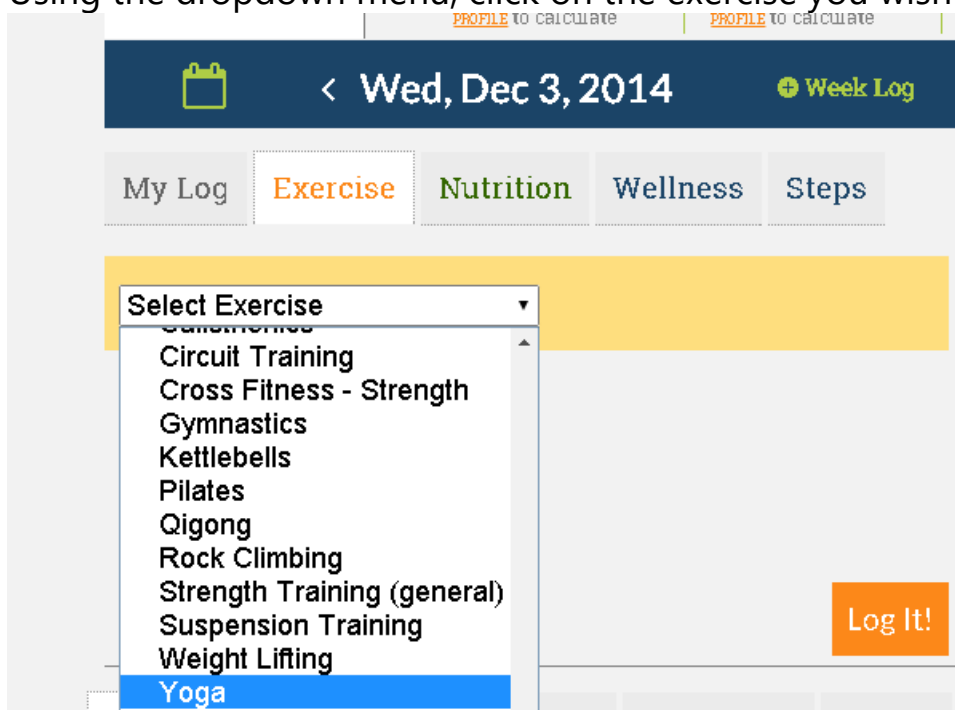
2

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

The screenshot shows a user profile for Jane E. (jane@example.com) with fields for Max Heart Rate and Target Heart Rate, both requiring age input and a profile link. Below the profile is a date selector for Wednesday, December 3, 2014, with a 'Week Log' link. At the bottom, a navigation bar contains five tabs: 'My Log', 'Exercise', 'Nutrition', 'Wellness', and 'Steps'. A red arrow points to the 'Exercise' tab.

3

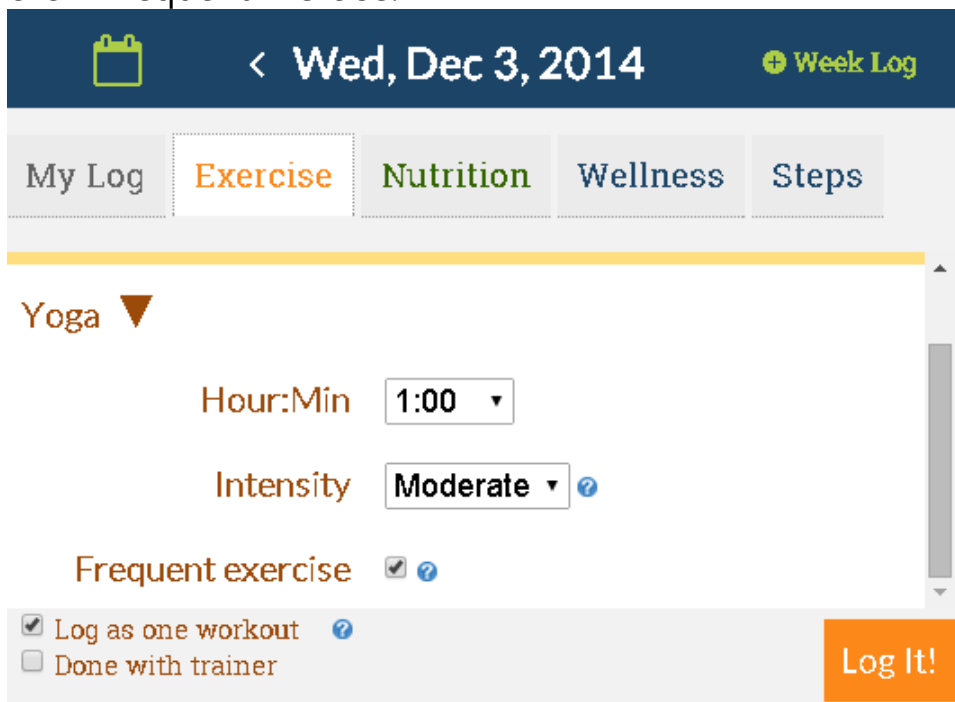
Using the dropdown menu, click on the exercise you wish to log.



The screenshot shows a web interface for logging an exercise. At the top, there is a date selector for "Wed, Dec 3, 2014" and a "Week Log" button. Below this is a navigation bar with tabs for "My Log", "Exercise", "Nutrition", "Wellness", and "Steps". The "Exercise" tab is active. A dropdown menu titled "Select Exercise" is open, listing various exercise types: Circuit Training, Cross Fitness - Strength, Gymnastics, Kettlebells, Pilates, Qigong, Rock Climbing, Strength Training (general), Suspension Training, and Weight Lifting. "Yoga" is highlighted at the bottom of the list. To the right of the dropdown is an orange "Log It!" button.

4

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



The screenshot shows the exercise logging form. The date is still "Wed, Dec 3, 2014". The "Exercise" tab is active, and "Yoga" is selected. The form includes fields for "Hour:Min" (set to 1:00) and "Intensity" (set to Moderate). There is a checkbox for "Frequent exercise" which is checked. At the bottom, there are two checkboxes: "Log as one workout" (checked) and "Done with trainer" (unchecked). An orange "Log It!" button is located at the bottom right.

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.

Calendar icon < Wed, Dec 3, 2014 + Week Log

My Log Exercise Nutrition Wellness 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) ⓘ

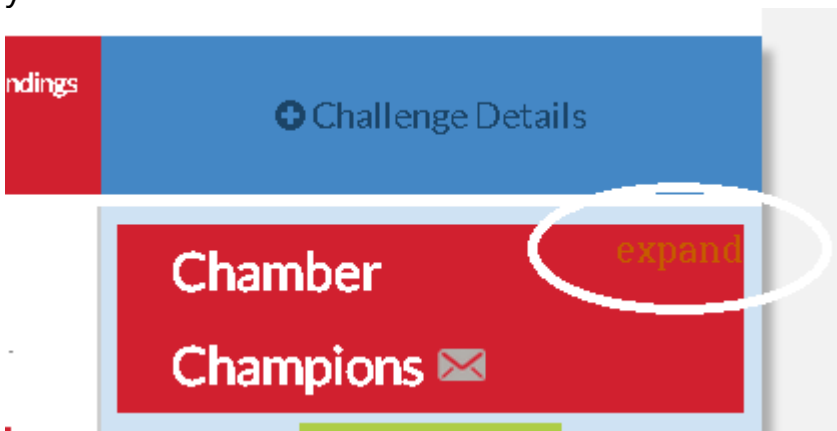
weight:

Log It!

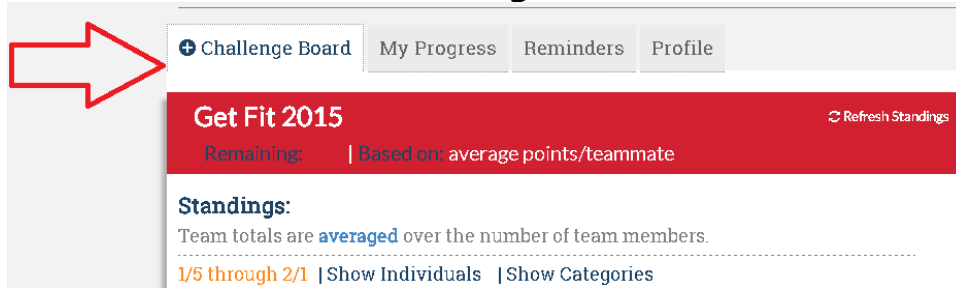
To log in your activity for several days at once, click **Week Log**. You may do this for up to 7 days prior.



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 getfitsd.org/login.

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.