San Diego Regional Chamber sponsored by KAISER PERMANENTE

get fit 30-day challenge #getfitsd

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 2016.

In the following handbook, you will learn how to:

- Activate your Get Fit Dashboard,
- Register your fellow team members, 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:

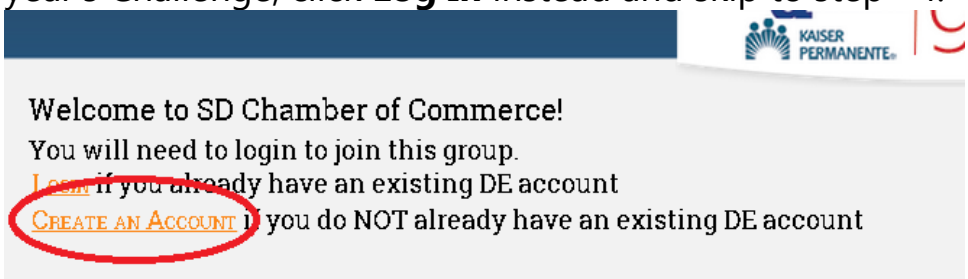
1

Copy and paste the link into your internet browser:
https://getfitsd.dailyendorphin.com/de/signup/join/conference/7931/9d0037

***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

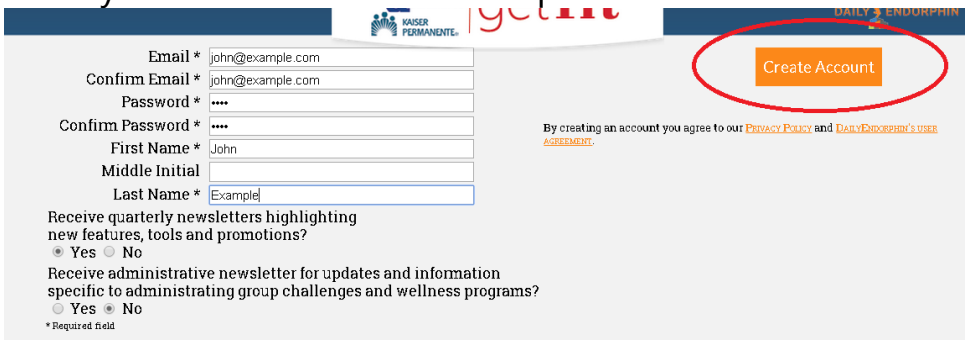
At the next page, click on **Create An Account.** If you participated in last year's Challenge, click **Log In** instead and skip to step #4.



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

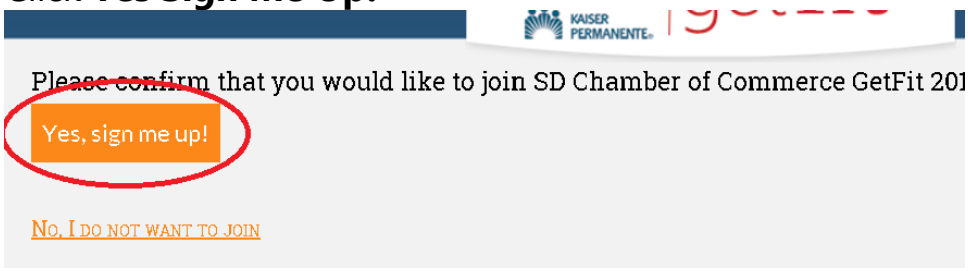
3

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



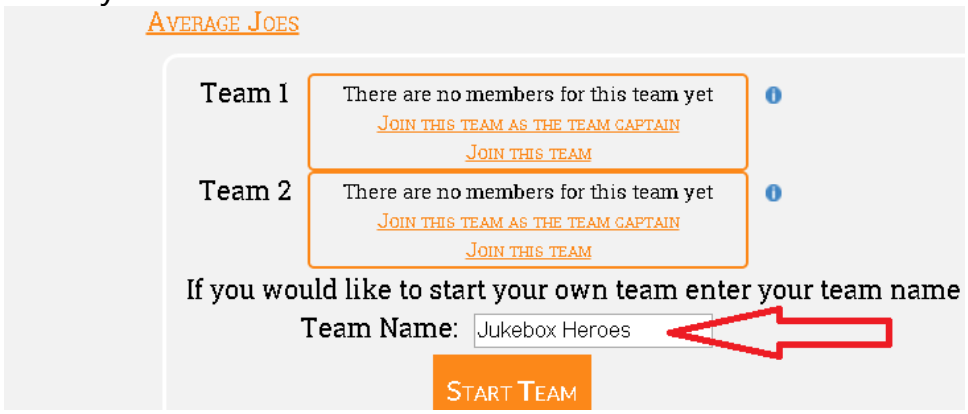
4

Click **Yes Sign Me Up!**



5

Enter your team into the conference:



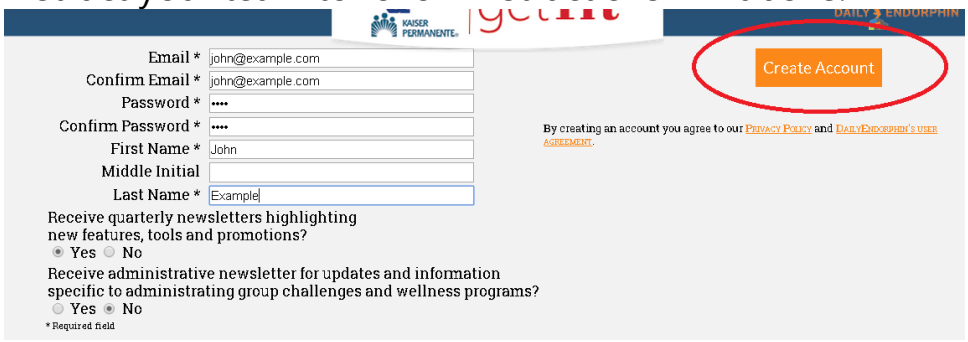
6

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

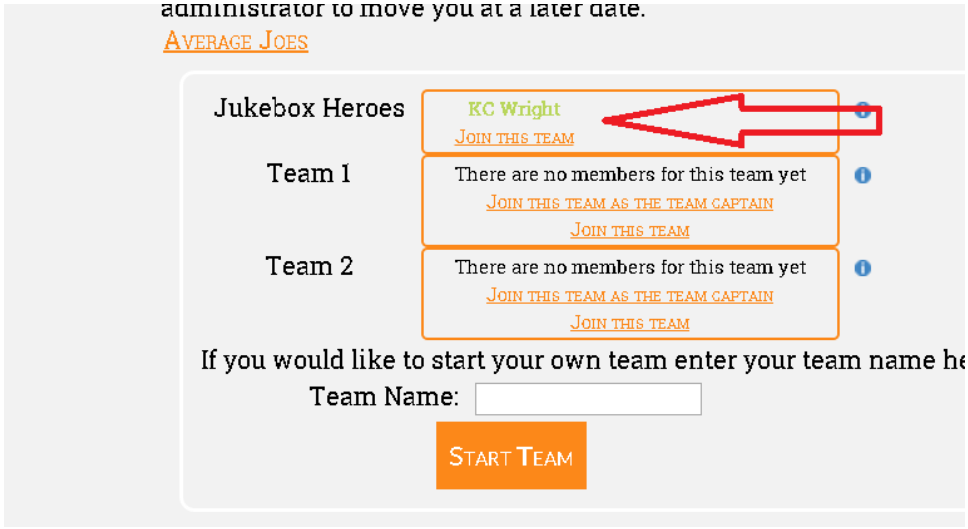
How to Register Your Team:

1. Send your team the same link you used above to register.

2. Instruct your team to follow instructions 2-4 above.



3. Instead of starting a new team, instruct your teammates to search for your team's name and click Join This Team.



4

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

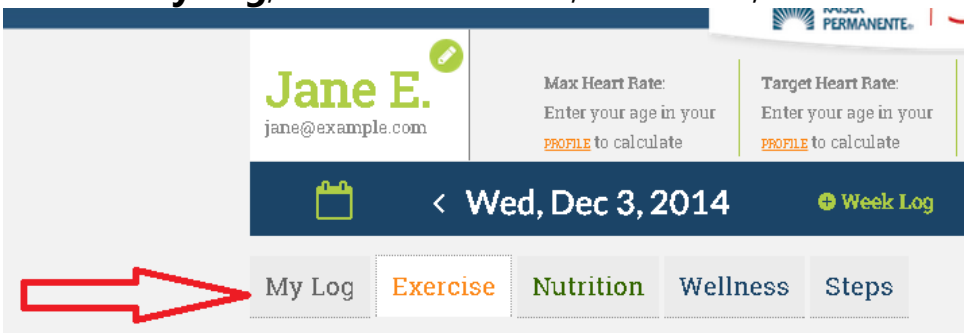
How to Log Your Activity:

1

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

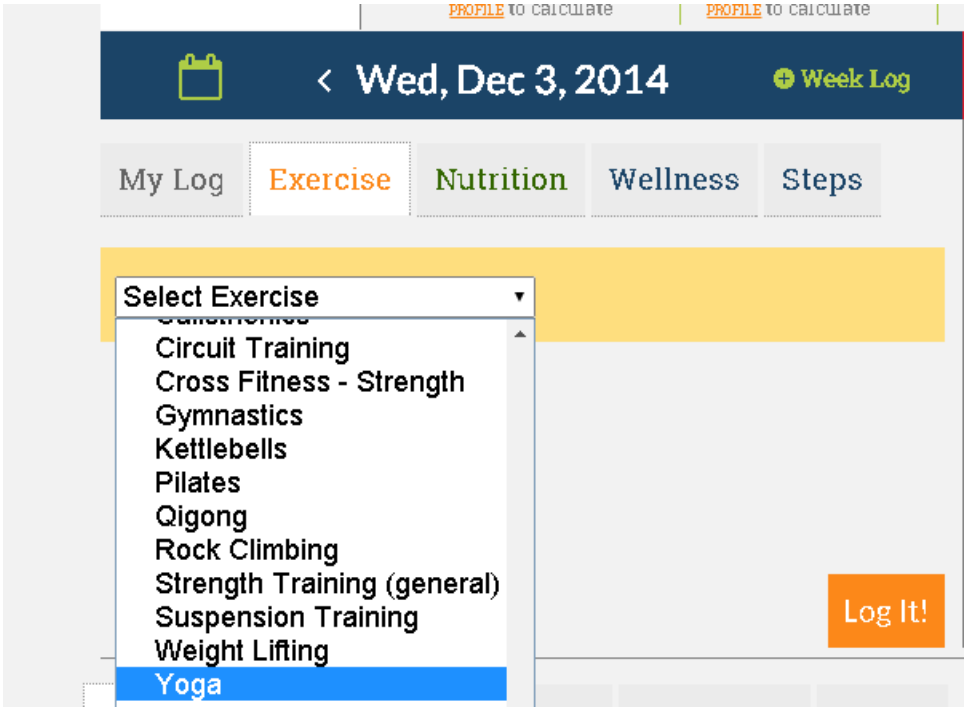
2

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



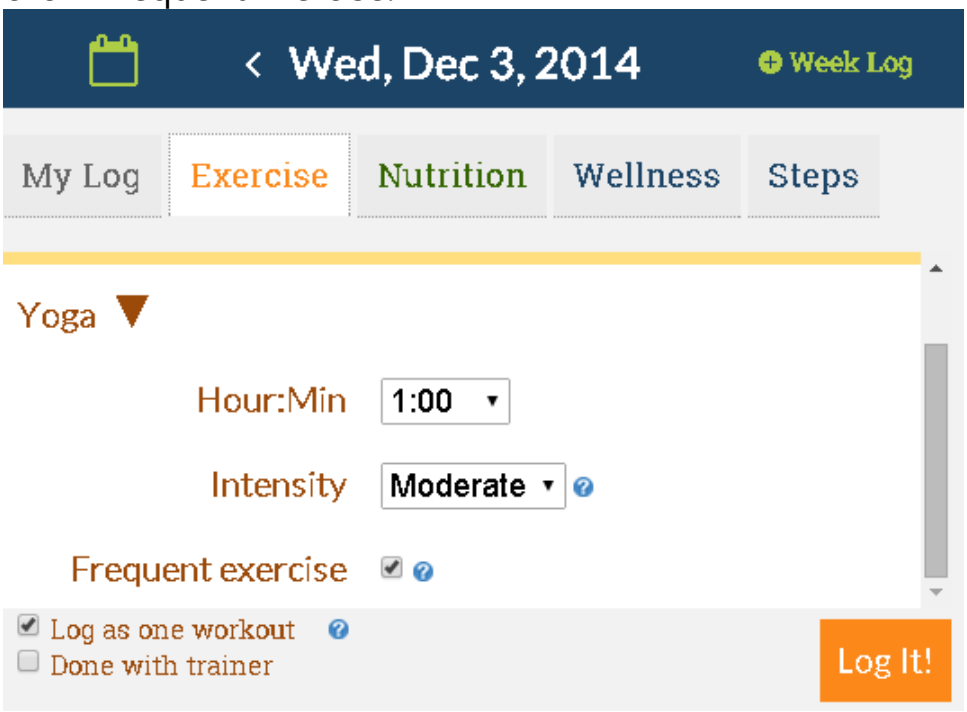
3

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."

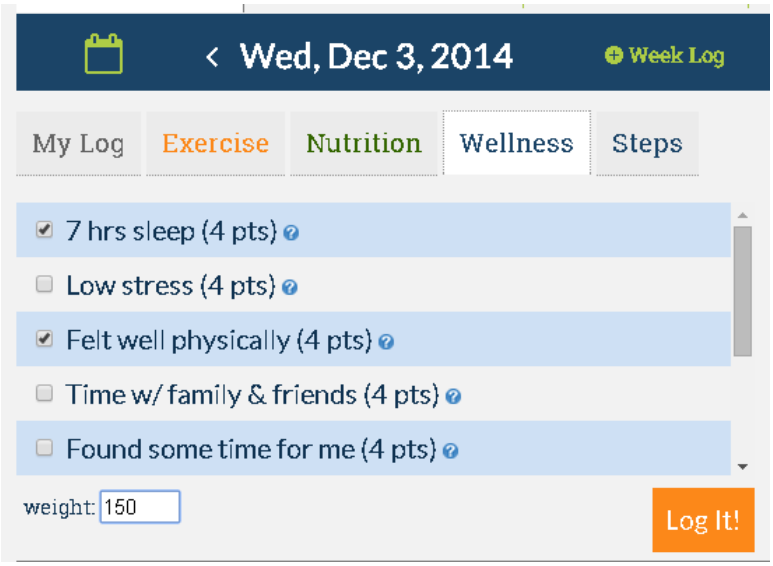


5

Click **Log It!**

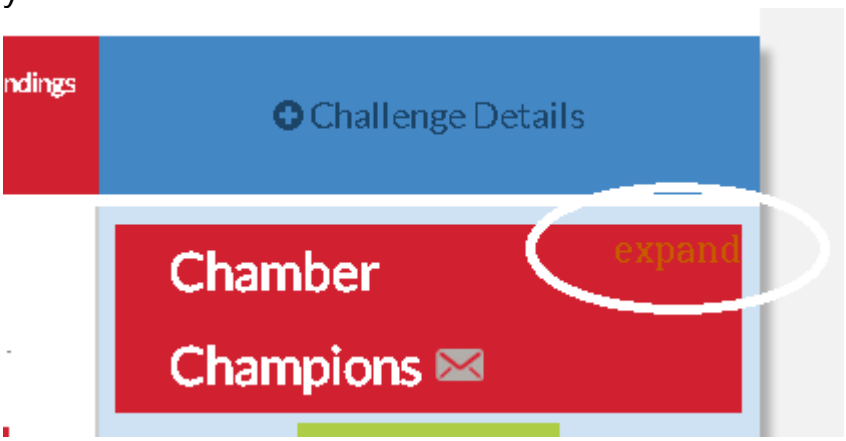
6

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

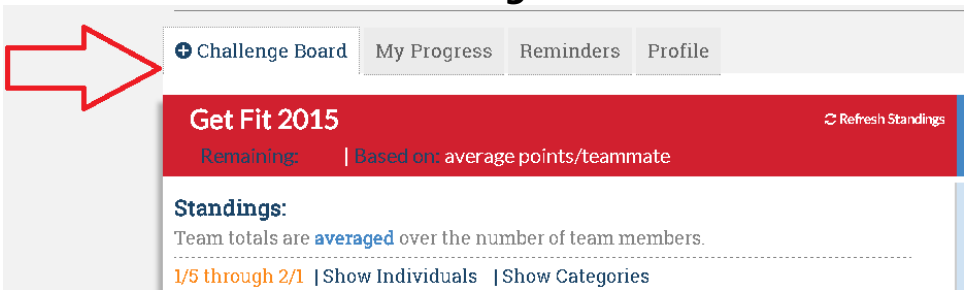


To log in your activity for several days at once, click **Week Log**. You may do this for up to 7 days prior.

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.