



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 the following handbook, you will learn how to:

- Activate your Get Fit Dashboard
- 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. Tracking your wellness has even easier with the Daily Endorphin app, downloadable on your smart device.

How to Activate Your Dashboard:


1

Click the link you just received in your email invitation

NOTE: Daily Endorphin is the online platform we use in order to log activity and score points. Remember that the 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.






Welcome to SD Chamber of Commerce!
 You will need to login to join this group.
[Log In](#) if you already have an existing DE account
[CREATE AN ACCOUNT](#) if you do NOT already have an existing DE account

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
 Yes No
 Yes No
* Required field

By creating an account you agree to our [Privacy Policy](#) and [DailyEndurance'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

If participating as an individual, select a conference. If participating in a team your conference has already been selected for you.

Please select the conference that you would like to join.

From the conferences listed below, please select the conference 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.



How to Log Your Activity:

1

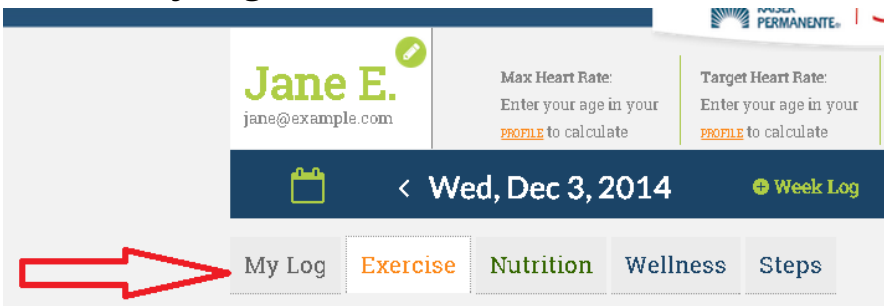
Login to your account using the sdchamber.org/getfitsd website or go directly to getfitsd.dailyendorphin.com. You can also sign in via the Daily Endorphin App.

To download from the App Store, visit: <https://itunes.apple.com/us/app/dailyendorphin/id839623587>

To download from Google Play, visit: <https://play.google.com/store/search?q=DailyEndorphin>

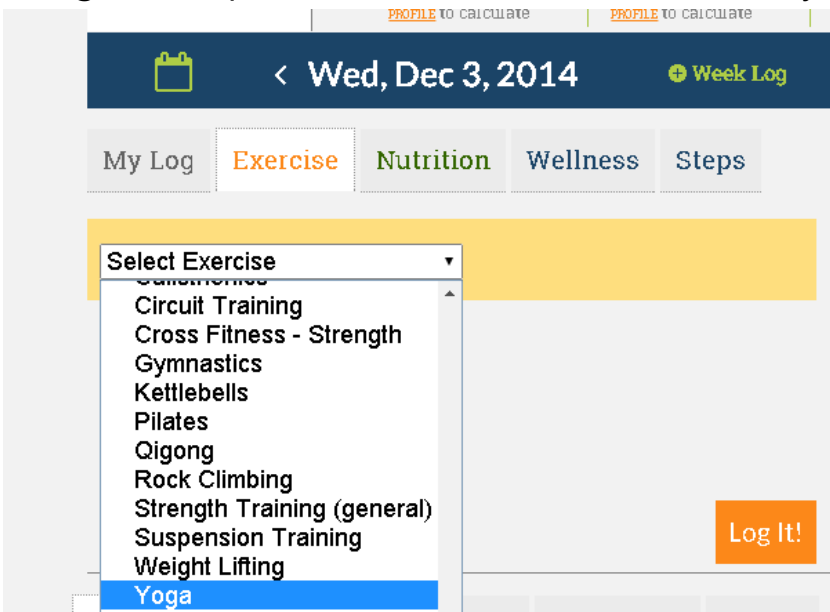
2

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 1:00 ▼

Intensity Moderate ▼ ⓘ

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** 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) ⓘ

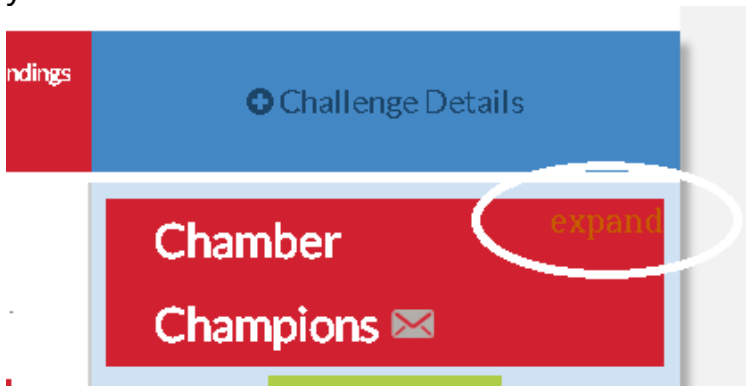
weight: 150

Log It!

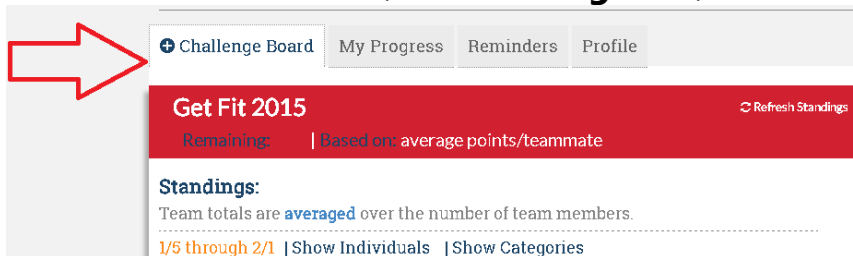
To log in your activity for several days at once, click **Week Log**. You may do this for up to 7 days prior.



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 individuals (or teams if in the team 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 getfitSD@dailyendorphin.com or one of your group administrators listed in the challenge details section of your leaderboard page.