



Challenge Runner Instructions

Step 1: Create a profile and enroll in the challenge at the [Challenge Runner Pima County Group Page](#).

IMPORTANT NOTE: Team Captains must enroll first and create the team before other team members create their profile.

Tip: For individuals who do not wish to be on a team, when you get to screen to create or select a team name, click on the "X".

TIP: After you have enrolled in the challenge you can sign-in from this group page to get to your challenge log. Bookmark this page for easy access.

TIP: This website works on mobile phones as well.

The image shows a screenshot of the Pima County Group Page and a modal window for selecting a challenge team. The main page has a blue header with the logo and "Pima County Group Page". Below the header is a "Sign In" section with fields for "Email Address" and "Password", a "Remember Email" checkbox, and a "SIGN IN" button. To the right is an "Available Challenges" section with a checked box for "Fit & Lean Team Challenge" and an "ENROLL" button. A modal window titled "Select Challenge Team" is open, showing "Select your team for challenge: Fit & Lean Team Challenge" with radio button options for "Best Team Ever" and "Team Awesome", and "Create New Team" and "Save" buttons. Red arrows point from text boxes to these elements: "Click the box then click on ENROLL" points to the "Fit & Lean Team Challenge" box; "Team Captains click here to create your team" points to the "ENROLL" button; "Individuals with no team, just click on the 'X'." points to the "X" close button in the modal; and "Select your team AFTER your Team Captain has created it." points to the "Create New Team" button.

Challenge Log Navigation

1. Current date. Click here to change the date if you need to enter past data. You can enter up to 7 days after the end of the reporting week.
2. Enter your minutes of activity here for the week. You can change this number throughout the week if needed.
3. Select your Challenge of the Week level completion.
4. Select your Weigh-in Status. At end of the challenge select your weight lost/management results.
5. Click on description to see more information.
6. Leaderboard will show team and individual rankings.
7. Message board. All comments will be reviewed and approved before posting.
8. Profile settings.
9. Direct messages.
10. Select your milestone awards here.

The screenshot shows the 'Fit & Lean Team Challenge' interface. At the top, there's a navigation bar with the logo 'FIT & LEAN TEAM CHALLENGE' and 'Powered by ChallengeRunner'. A user profile for 'Luke Bryan' is visible. The main header shows 'Challenge Log' with a date selector set to '5/18/2018' and radio buttons for 'Current Only' and 'All'. Below this, the challenge details are shown: 'Fit & Lean Team Challenge' with a date range 'From: 5/1/2018 To: 8/31/2018'. There are three main sections: 1. 'Weekly Exercise Minutes' with a text input field containing '150' and a 'Saved' button. 2. 'Challenge of the Week' with radio buttons for 'Level 1 Completed', 'Level 2 Completed' (selected), 'Level 3 Completed', and 'Level 4 Completed', and a 'Saved' button. 3. 'Weigh-In Status' with radio buttons for 'At Worksite' (selected), 'At Home', and 'Did not weigh-in'. Below these is a 'Leaderboard' section showing a horizontal bar chart with four teams: 'Best Team Ever 1.' (77), 'CR049-10247 2.' (55), 'CountryStars 3.' (33), and 'Team Awesome 4.' (21). The chart compares 'Exercise Minutes' (blue) and 'Weekly Challenge P...' (red). To the right of the leaderboard is a 'Challenge Comments' section. The interface is annotated with red numbers 1 through 10 pointing to various elements.

You can update and enter data up to 7 days after the end of the reporting week.

Selecting a Challenge Milestone Award

Click on View Awards (item #10 above)

Once you have achieved the necessary points for a Challenge Milestone you may select the award. Employee Wellness will be notified when you have selected the award and will either interoffice mail you your prize or give you an entry into the prize drawing.

Select A Challenge Award

Challenge Milestone 1

Points: 1.00

Travel Workout Towel

This travel towel is perfect for when you're working out at home, the gym or outside. Wipe off that hard earned sweat! (\$3 value*) Weighing in qualifies you for Challenge Milestone 1 award. If you weighed in at a worksite you should have received your award at the weigh-in/kickoff event. If you weighed in at home, please contact Employee Wellness at wellness@pima.gov to request your award. Limited quantity available. An alternative award of the same value will be awarded if supplies are exhausted. *All prizes valued at \$20 or more and gift cards of any value are subject to taxation.



Challenge Milestone 2

Points: 30.00

Fitness That Works Book

The Fitness That Works: Simple Moves to Make Exercise Happen From 9 to 5 book provides guidance for working



Save