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.

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Select your team AFTER your Team Captain has created it.

Team Captains click here to create your team

Click the box then click on ENROLL

Individuals with no team, just click on the “X”.

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Employee Wellness  | 150 W. Congress, 4th Floor, Tucson, AZ 85701
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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.

You can update and enter data up to 7 days after the end of the reporting week.
<table>
<thead>
<tr>
<th>Challenge Milestone 1</th>
<th>Points: 1.00</th>
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<tbody>
<tr>
<td>Travel Workout Towel</td>
<td></td>
</tr>
<tr>
<td>Click on View Awards</td>
<td></td>
</tr>
<tr>
<td>Challenge Milestone 2</td>
<td>Points: 30.00</td>
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<tr>
<td>Fitness That Works Book</td>
<td></td>
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<tr>
<td>Click on View Awards</td>
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