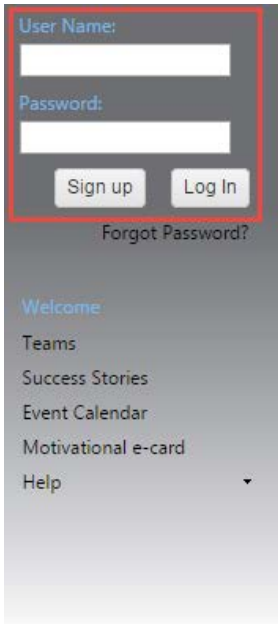
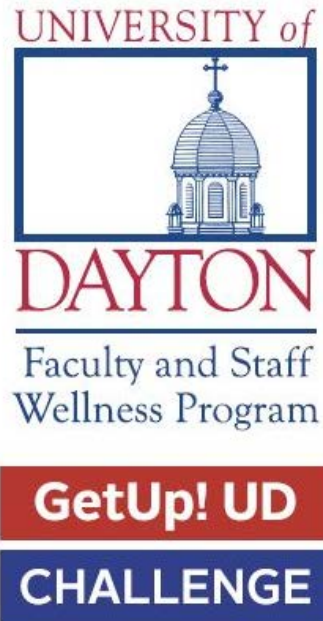


How To Log Points:

1. Every day, go to the Get Up UD Challenge website (<https://www.healthycommunity.ca/getupmc/default.aspx?site=UD>) and log in by entering your username (same as your UD network username) and password in the top left corner.

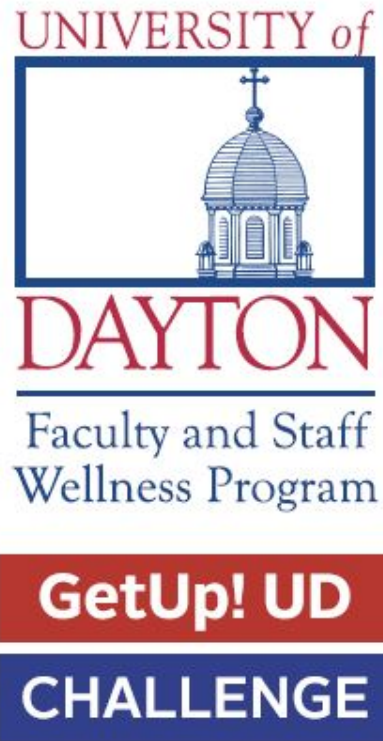


The screenshot shows a login form with a red border. It includes a 'User Name:' label and an input field, a 'Password:' label and an input field, a 'Sign up' button, a 'Log In' button, and a 'Forgot Password?' link. Below the form is a navigation menu with the following items: 'Welcome', 'Teams', 'Success Stories', 'Event Calendar', 'Motivational e-card', and 'Help' with a dropdown arrow.



- You will be directed to the Welcome page. This is where total points for each building/work area will be updated each Friday.

- Welcome
- Teams
- Success Stories
- Event Calendar
- Motivational e-card
- Profile ▾
- Help ▾



	March 2 - March 6
1700 S Patterson + 711 E Monument	...
Albert Emanuel + Zehler Hall	...
Fitz Hall	...
Gosiger + Rec Plex + McGinniss	...
Jess Phillips Humanity Center	...
Joseph E Keller Hall + Bombeck	...
Keller Law Library + Alumni House	...
Kennedy Union + Powerhouse	...
Kettering Laboratories	...
Liberty Hall + Anderson Center + Stuart Hall + O'Reilly Hall + Art Street	...
Marianist Hall + Marycrest	...
Miriam Hall	...

- Under “My Challenges” at the bottom of the page, click “Join a challenge”. (**Note:** ignore the information about joining and starting a team, we will not be using this feature!)

Tracking Your Points

- Choose either the 'Individual' or 'Team' view in **My Challenges**.
- Next, click the icons in the **5-2-1 Almost None Point Tracker** for each item you are scoring.
- You can select past dates by clicking the calendar icon next to 'My activity for week....'.
- You can track points for up to 7 days in the past.
- Point totals are automatically updated. If you are a member of a team, your points are added to the team's totals.

Joining a Team

- Click 'Join'. If a team is available for you to join, move your mouse over the team name.
- Click 'Join' in the pop up window. Confirm that you want to join the team.

Starting a Team

- Click 'Submit'. Fill out the Create a Team form.
- Normally, you will want to add yourself to a team you create.
- Teams should be set as 'Public'. A 'Private' team can be created, but is up to you to make sure you communicate the password others will need to join a private team.

5-2-1 Almost None Guidelines

- For details on 5-2-1 Almost None, [click here](#).

My Challenges

Rank
1 [5-2-1 Almost None - UD Individual View](#)

[Join a challenge](#) 

- Click on the “5-2-1 Almost None – Individual View”.

Welcome

Teams

Success Stories

Event Calendar

Motivational e-card

Profile ▾

Help ▾

 [Advanced Search](#)

 **5-2-1 Almost None - UD Individual View**
02-Mar-2015

 **5-2-1 Almost None - UD Team View**
02-Mar-2015

- This will direct you to the page to log your points. For each day, click on the appropriate icon for each behavior you achieved (i.e. – if you exercised for an hour on Monday, click the shoe).

- When you click on the icon, it will appear brighter and your points will appear in the right column. Total points accumulated throughout the challenge will appear in the bottom right hand corner. (**Note:** You **do not** have to click “save” before leaving the site, your points will automatically save once the icon is highlighted.)

Welcome

Teams

Success Stories

Event Calendar

Motivational e-card

Profile ▾

Help ▾

Today's Points:
75

March, 2015

S	M	T	W	T	F	S
22	23	24	25	26	27	28
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

5-2-1 Almost None - UD Individual View

[View Progress Challenge List](#)

Start: Monday, March 02, 2015
End: No end date

My activity for week starting:

	Mon	Points
	5 Servings of Fruits and Vegetables	0
	Less than 2 hours of screen time	25
	60 Minutes of Physical Play	25
	Drink Almost No Sugary Drinks	25
	75	

hide progress

My challenge progress...

	Name	Points
	<input style="width: 50px;" type="text"/>	75

- If you do not log daily, please update your log by Thursday each week at midnight. Any points logged after midnight on Thursday will not be reflected in the totals posted on Friday, but they will show up in the totals posted the following Friday.
- Starting Thursday, March 12th, you will have to hit the green back arrow at the top next to “My activity for week starting”. This will allow you to go back and record your points for the Friday-Sunday.