

Team Captain Guide

Team Captains are responsible for motivating and encouraging team mates throughout the Challenge. Team Captains are also responsible for inviting team mates to join their team; a maximum of 4 people are allowed in a team (Team Captain + 3).

To become a Team Captain, please follow these steps:

1. Follow the link provided by your Workplace or Group Coordinator to sign yourself up to the Challenge.
2. Register your details if required.
3. You will be directed to a page where you have the option to create a team or join an existing team. Select to create a team.
4. Give your team an appropriate name and choose whether it is invite only or open to anyone in your workplace or group. Send the link out to people you want in your team. Teams can have a maximum of 4 members.
5. Create your health profile (opens 1 week before your Challenge starts) to see your healthy habits and your health risks.
6. Get started! Once your Challenge commences, start tracking your physical activity and fruit and vegetable consumption.

Note: If you are creating a team without being invited to a Challenge, simply register on the website, select an upcoming Diabetes WA Challenge and select 'create a team'.

Motivate your team

1. Encourage your team mates to enter their data regularly.
2. Plan activities with your team mates that you can all do together to get more physical activity and eat more fruit and vegetables. Example activities may include:
 - a. Going for walks before or after work or during your lunch break.
 - b. Form a salad or sandwich club.
 - c. Join a local sports club and do sport with your team.
3. Post your team motivational messages on the Challenge wall.
4. Lead by example; aim for at least 30 minutes of physical activity, 2 serves of fruit and 5 serves of vegetables each day.

Thank you for making the time and effort to support your team members by becoming Team Captain. Best of luck in the GOTC, we hope that you have fun on the journey towards a happier, healthier you!