

Team Member User Guide

To sign up as a participant (not a Coordinator or Team Captain), please follow these steps:

1. Follow the link provided by your Workplace or Group Coordinator or Team Captain to sign yourself up to the Challenge.
2. Register your details if required.
3. You will be directed to a page where you can accept your invitation to join a specific team (if you were invited by a Team Captain), join another team from your workplace or group, or create a new team. If you are not creating a new team, select an existing team to join. Teams can have a maximum of 4 members.
4. Create your health profile (opens 1 week before your Challenge starts) to see your healthy habits and your health risks.
5. Get started! Once your Challenge commences, start tracking your physical activity and fruit and vegetable consumption.