Welcome to the Brandeis 10K Steps Challenge!

The challenge is on! Let’s all focus on moving more this fall over a 6-week period. Get out and exercise by yourself or do it with friends, family and colleagues.

Log or sync your daily STEPS entries and track your progress towards earning one of the three “badges” each week. Motivate and support your colleagues to do the same!

**Key Challenge Dates and Info**

The six-week *individual-based* STEPS challenge begins on **Tuesday, September 25th** and ends on **Monday, November 5th**. Registration begins on **Monday, September 17th**. Deadline to register is **Friday, October 5th**.

Motivate and support your colleagues and you will be eligible to win some great prizes throughout the challenge and at the end!

**How to Participate?**

Registering is easy. For anyone who participated in *last year’s steps challenge*, your account is **active** and may be used again for this challenge. Please sign up for this challenge, by logging into your existing account here:  

[https://tuftshealthplan.dailyendorphin.com/de/login](https://tuftshealthplan.dailyendorphin.com/de/login)

Then click the orange “join” button that is located in the “news & notes” area of your user dashboard and follow all of the short steps to join it.

If you did NOT participate in last year’s challenge, or wish to register a new/different account for this challenge, simply copy and paste THIS **entire link**
into your browser and follow ALL of the steps (see additional instructions at end of this document):

https://tuftshealthplan.dailyendorphin.com/de/signup/join/group/4650/65fcb8

At least once a week, consistently log or sync your daily steps entries at your user dashboard on the DailyEndorphin Tufts Health Plan website.

• AFTER registering (see detailed instructions below), continually log into your account here (you should bookmark this URL for future use):
  https://tuftshealthplan.dailyendorphin.com/de/login

Our challenge overview

• Registration begins on Monday, September 17th. Deadline to register is October 5th.

• The primary focus of this challenge is to log or sync your daily steps entries and track your progress towards the daily **10K steps goal**, and earn one of the three badges (“Platinum”, “Gold”, “Silver”) along the way. The goals to earn one of the three badges each week are as follows:
  o **Platinum** = 5 days a week
  o **Gold** = 4 days a week
  o **Silver** = 3 days a week

• You may track your daily steps with your fitness device such as a Fitbit®, Garmin, Apple HealthKit, Apple Watch, Google Fit (and others from the list below)- or, use DailyEndorphin’s free smartphone app for manual logging (see full list of devices/apps that can be synced with daily steps below).

• If you choose not to sync your daily steps with one of the devices/apps offered, you may manually enter your daily steps tallies in your "My Log" area each day or week throughout the challenge. The system will then keep real-time tallies in the team standings and "challenge board" areas.
• IMPORTANT NOTE: All names registered will be continually shown and reported on in the leaderboard and via weekly emailed reports to all participants throughout the challenge. If you are uncomfortable with this, feel free to enter a nickname (any name) or only your initials as your full name upon registering for the challenge. The platform only needs a valid email address when you register! You may register with any name of your choosing.

• Be honest! If doing manual entries, please log only the steps entries you have truly done each day. This is VERY important!

• Did you miss making daily exercise entries for a period of time? You may use the "week log" feature, calendar feature, or back arrow button the "My Log" area to catch up.

• Have FUN and get creative! This is all about your physical well-being AND connecting with your colleagues and family! Grab a coworker and go for a brief walk or workout. Have a walking meeting. Enjoy the journey of improving your physical and social health.

Additional instructions:

1. See how your colleagues are doing in the Challenge board tab (middle left part of user dashboard).

2. After registering for the challenge, you may also download our mobile app in the Google Play store or Apple App store under "DailyEndorphin". Then you may make your daily manual steps entries at the “stps” entry field located in the “wellness” tab while logged into the app.

3. Sync up your device or mobile app and/or log all final entries on the dashboard by 1:59 p.m. ET on Tuesday, November 6th.
   a. Upon registering for the challenge, click the blue "link to device" button in your user dashboard to sync up ONE of the step trackers listed such as Fitbit, Garmin, Apple HealthKit, Apple Watch, Google Fit, Jawbone, Misfit, Withings, Argus.

4. Note: We are only focusing on logging daily STEPS tallies for this challenge but if you choose to do so, you may enter and track exercise, nutrition and
wellness items in your log area on a personal basis as well. Just note that those logged items will not have any bearing in this challenge!

Questions?
Contact support@dailyendorphin.com or go to Daily Endorphin’s User FAQ.

Detailed Registration Instructions:

1. After copying/pasting the above link in your browser, click the "create an account" option.

2. Complete the required fields at the registration page and click "create account". You may enter any first and last name of your choosing, but please enter a valid email address here. Very important!
3. Click the "Yes, sign me up!" Button.
4. If you wish to make manual STEPS entries during the challenge, you may do so via the “steps” tab and entry field in the “My Log” of your user dashboard.

5. If you wish to sync up to a device or FREE app that are available from the list, click on the blue “link your device” button in the “news & notes” area of your user dashboard and follow ALL of the short steps to sync up.

6. Going forward, help with syncing, you may refer to the tools and resources in the “settings” tab of your user dashboard.