



How to Sign Up

1. Go on the internet and type in this special web address:
www.specialolympics.org/getfitforsport
2. This page gives you an introduction to the **GET FIT FOR SPORT Challenge**.
3. To sign up, scroll down the page to "**Take Part in the Challenge**"; click on "**Sign Up for GET FIT FOR SPORT Challenge**".
4. Click on your **state Program** from the list.
5. Note: you will need to sign up a particular way for who you are:
 - a. First: put the letter for who you are (**A** = Athlete; **C** = Coach; **F** = Family; **V** = Volunteer; **O** = Other)
 - b. Then, type your name. Example, for Special Olympics Athlete John Smith – the username could be **A-jsmith**.
 - c. Now click on the "**CREATE AN ACCOUNT**" to register.
6. You begin by typing in who you are in the **USERNAME** block. Write it down on your card or save it in a safe place.
7. Next create a **PASSWORD**. You can use any combination of upper and lower case letters, numbers and symbols ... **7 or more characters**. Also write it down on your card or save it in a safe place.
8. For the **SECURITY QUESTION**, pull down the menu and choose a question that only you can answer.
9. Now type the **SECURITY ANSWER** in the block.
10. Type in your **birthday**...month (MM), day (DD) and full year, such as 04/09/1995.
11. Type in your **City**, **State**, and **Country** in the specific blocks.
12. Click on the box "**Agree to terms and conditions**."
13. To complete sign up, **ENTER CODE** as seen in image.
14. Congratulations, you are now signed up.

GET FIT FOR SPORT Challenge – How to Login (Record Your Healthy Eating Goal and Activities)

1. Go to the web page: www.specialolympics.org/getfitforsport
2. Scroll down to “**Take Part in the Challenge**”; click “**Login**”.
3. Click on your **state Program** from the list.
4. Scroll down the page and click “**Login**” to reach your account.
5. Now type in your **USERNAME** and **PASSWORD** in the appropriate box and click **LOGIN**.
6. You are now with your state and ready to track; begin by clicking your **USERNAME**.
7. Healthy eating is first; select your **HEALTHY EATING GOAL** from the pull-down menu; then click on week 1. Look at the “8 Healthy Eating Goals” sheet.
8. Under physical activity, scroll down the list of activities and choose the **ACTIVITY** that you did that day.
9. Under **DURATION**, put how many minutes you were active.
10. Under **LEVEL OF INTENSITY**, click on what your effort was: 1 for light; 2 for synchronized; 3 for moderate or 4 for vigorous.
11. If you have activities that you do a lot, you can click the box **ADD TO FAVORITES** so that it is easier to find.
12. On the right side of the page, you will see what you selected for the **healthy eating goal** as well as what your activity was that day. (On the paper log form, you will circle the healthy eating goal and record your activity and its duration. If needed, get help to log in these results online.)
13. Congratulations, you now are off and running!
14. Repeat these steps each day through end of June 13th, watch your efforts soar and feel good about you and the results. Encourage your friends to get involved, too!
15. Let’s get after it!