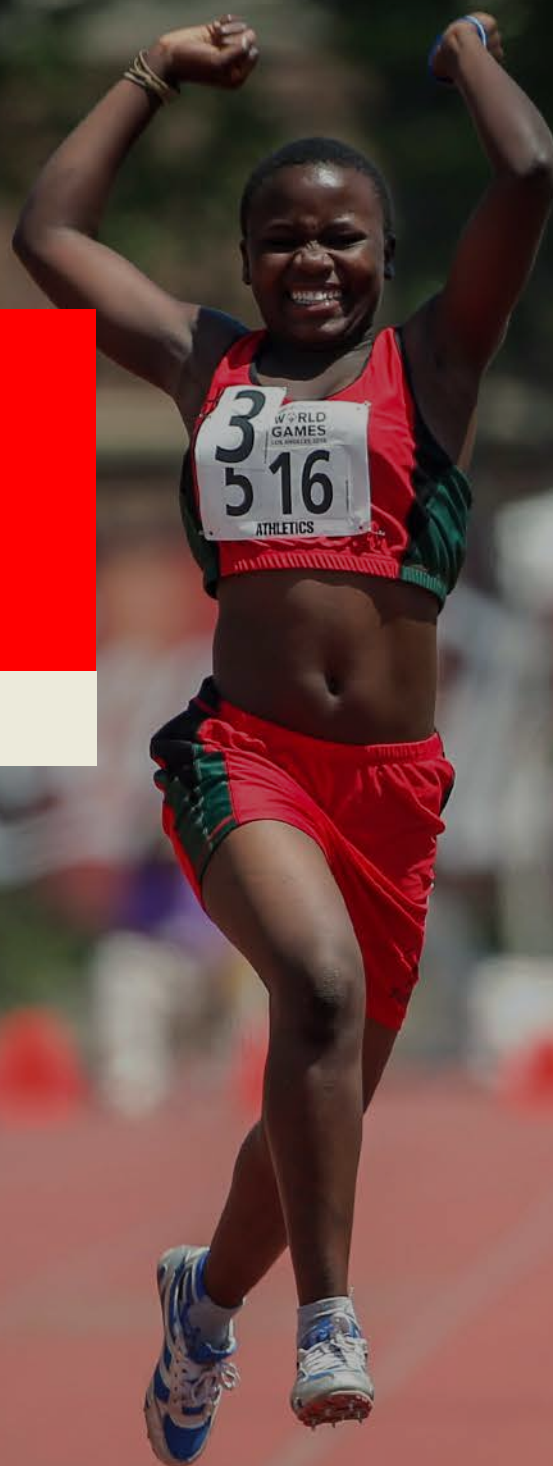


SO FitNow User Guide

sofitnow.specialolympics.org



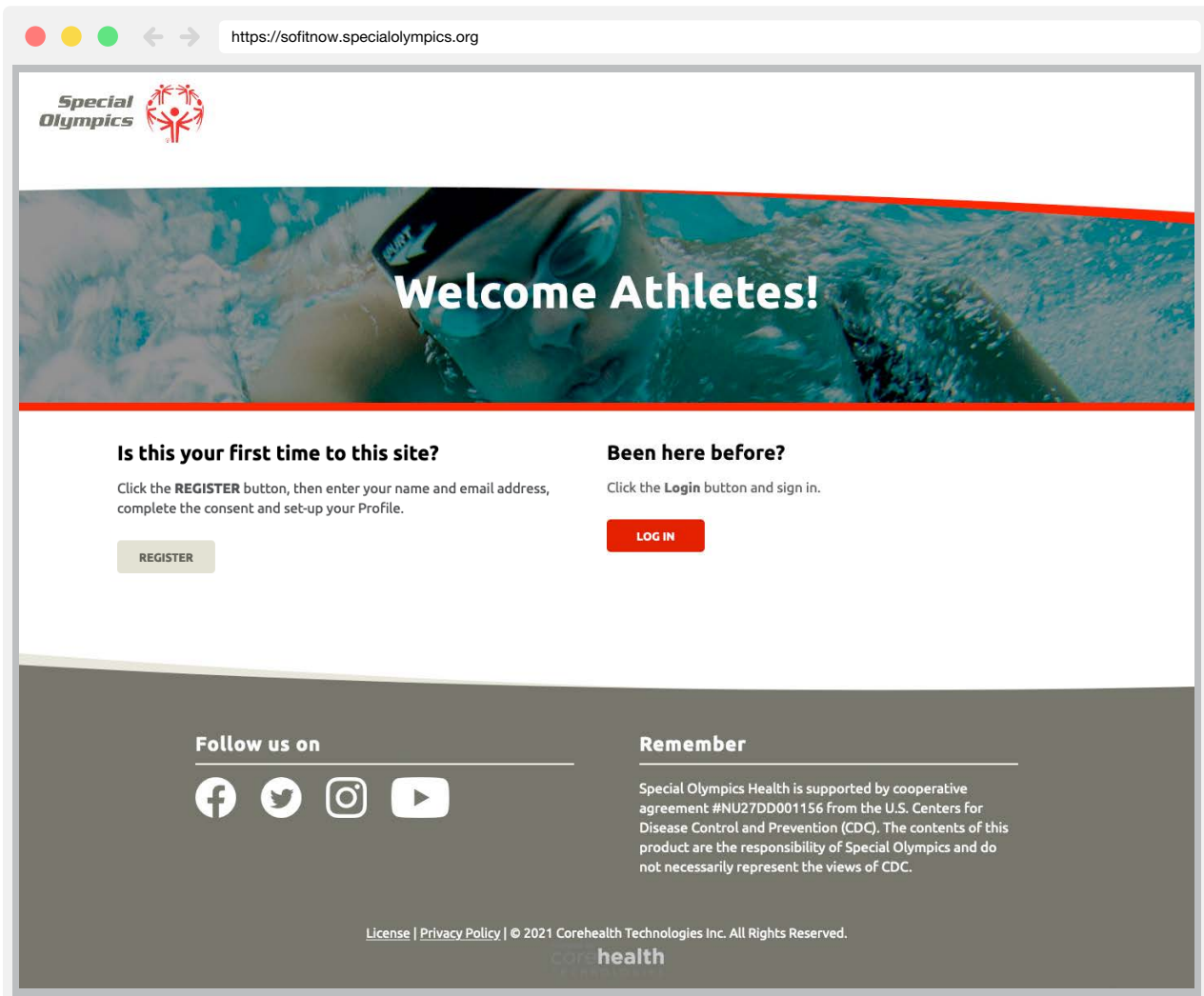
Special Olympics



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1. Login into SO FitNow Login



SO FitNow is a portal you can access from anywhere - using a desktop computer or your favorite mobile device, created to help athletes take charge of their own health and fitness by providing necessary education, social support, opportunities and tracking of progress.

Is this your first time?

To create a SO FitNow account you must use a web browser. Access the portal through the following URL: sofitnow.specialolympics.org

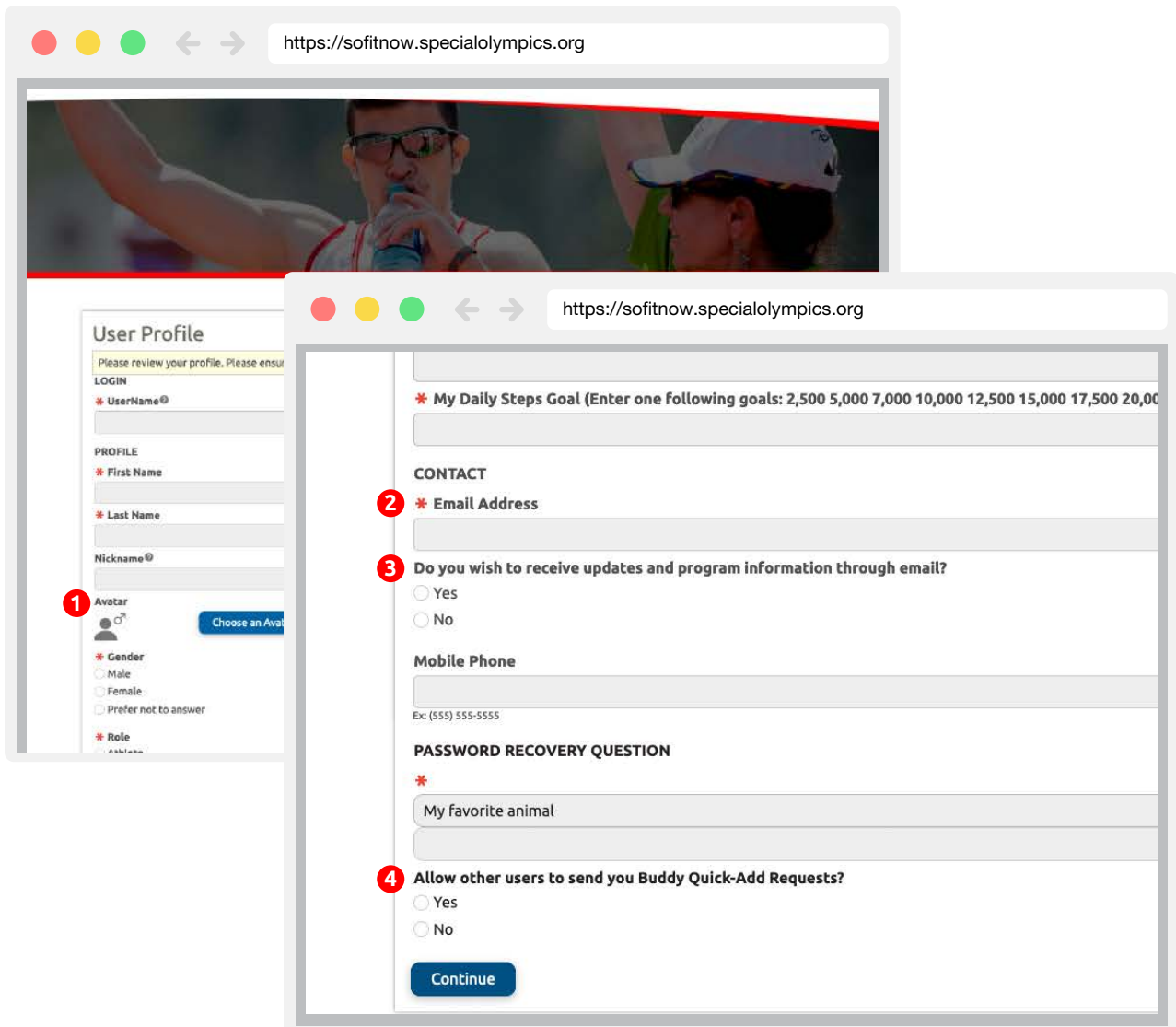
STEP 1. Click the **REGISTER** button, then enter your First and Last name and email address, and click on the **Lookup Account** to verify your eligibility. Contact us at fitness@specialolympics.org if you are having difficulties or cannot find your account.

STEP 2. Accept the **Software License** and **Privacy Policy**, then click the **OK** button.

Already registered?

Click the **Log In** button and enter your username and password to log in. Forgot your username or password? Follow the prompts to recover and reset your password or contact us at fitness@specialolympics.org if you are encountering further difficulties.

1. Login into SO FitNow Login



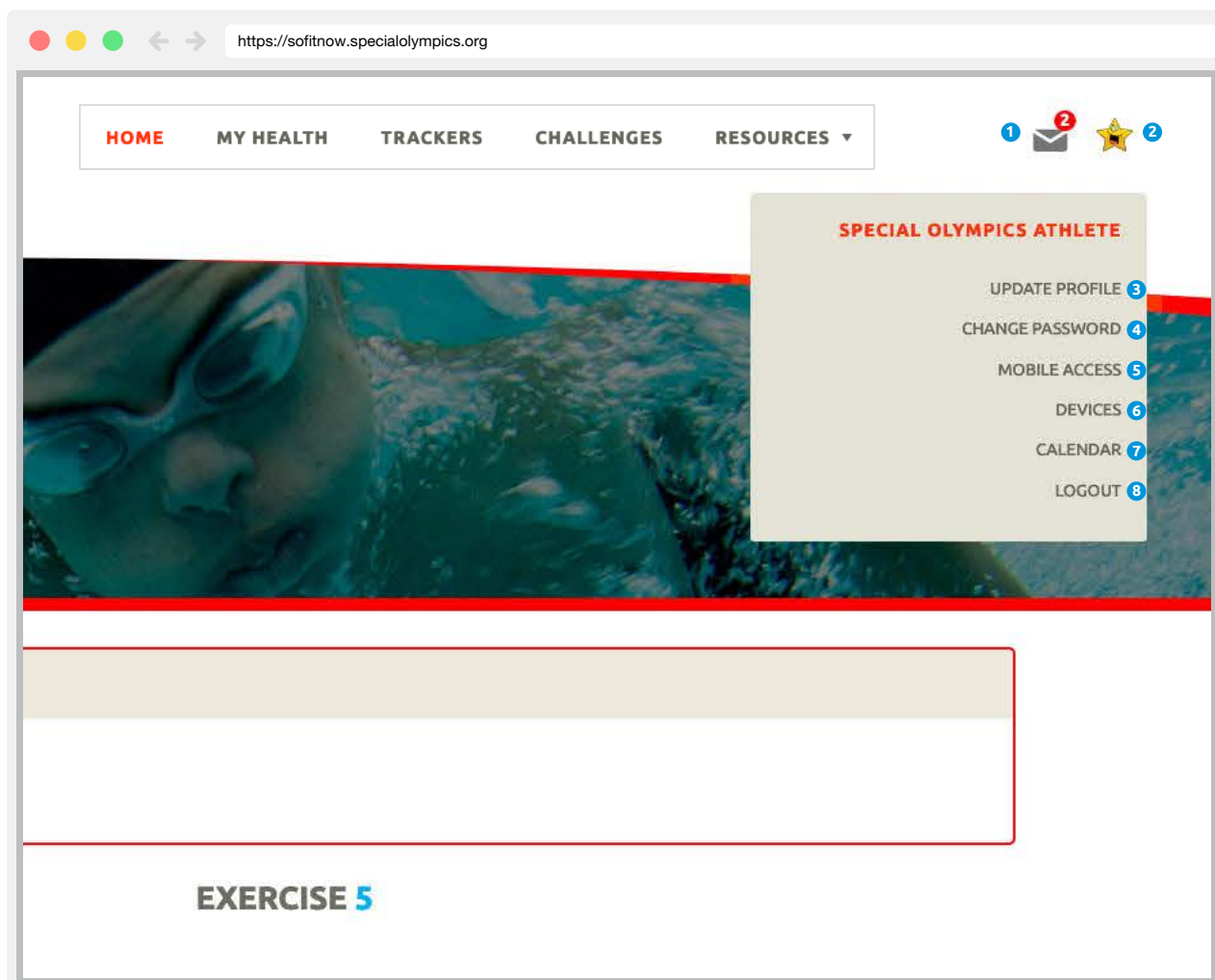
STEP 3. Review and complete your User Profile. You need to answer the items with a **red star (*)** next to them. Other boxes are optional.

- 1 Avatar.** You can upload or choose an avatar to represent you and your interactions with other using the SO FitNow portal.
- 2 Email communications.** Stay up to date with updates and program information by clicking Yes.
- 3 Password recover question.** Choose a question and answer that is easy to remember in the case that you forget your password.
- 4 Buddy Requests.** Allow other athletes and coaches to send you buddy requests in order to motivate and encourage each other in your respective fitness journeys.

When you have finished the user profile, including all required boxes, click continue.

STEP 4. You are now logged in and ready to enjoy all the possibilities of the **SO FitNow** Portal.

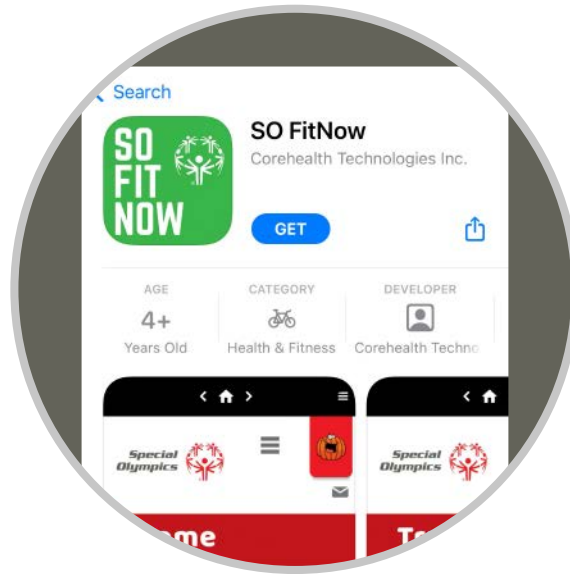
2. Navigating the User Profile Menu



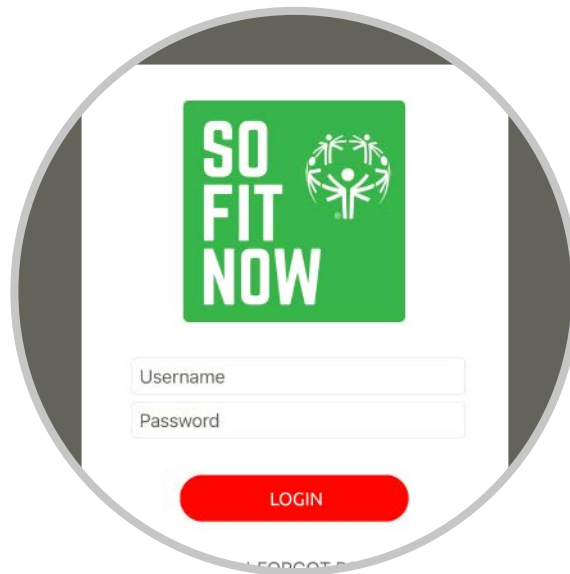
- 1 Clicking on the **mail icon** directs you to an inbox where you can send and receive messages from other athletes, coaches and program administrators. A red circle with a number on the mail icon indicates you have message waiting to be reviewed.
- 2 This is where your chosen **avatar** will appear. Hovering over (or clicking it on a mobile device) your avatar will present you with a number of options.
- 3 Click to update your profile.
- 4 Click to change your password.
- 5 Click to create a code to access the portal via a mobile device. In addition to a web browser, you can access your **SO FitNow** Portal using your favorite mobile device. See more about mobile access on **Page 08**.
- 6 Click to add and manage authorized fitness gadget.
- 7 Click to view your calendar.
- 8 Click to close your session.

3. Mobile access

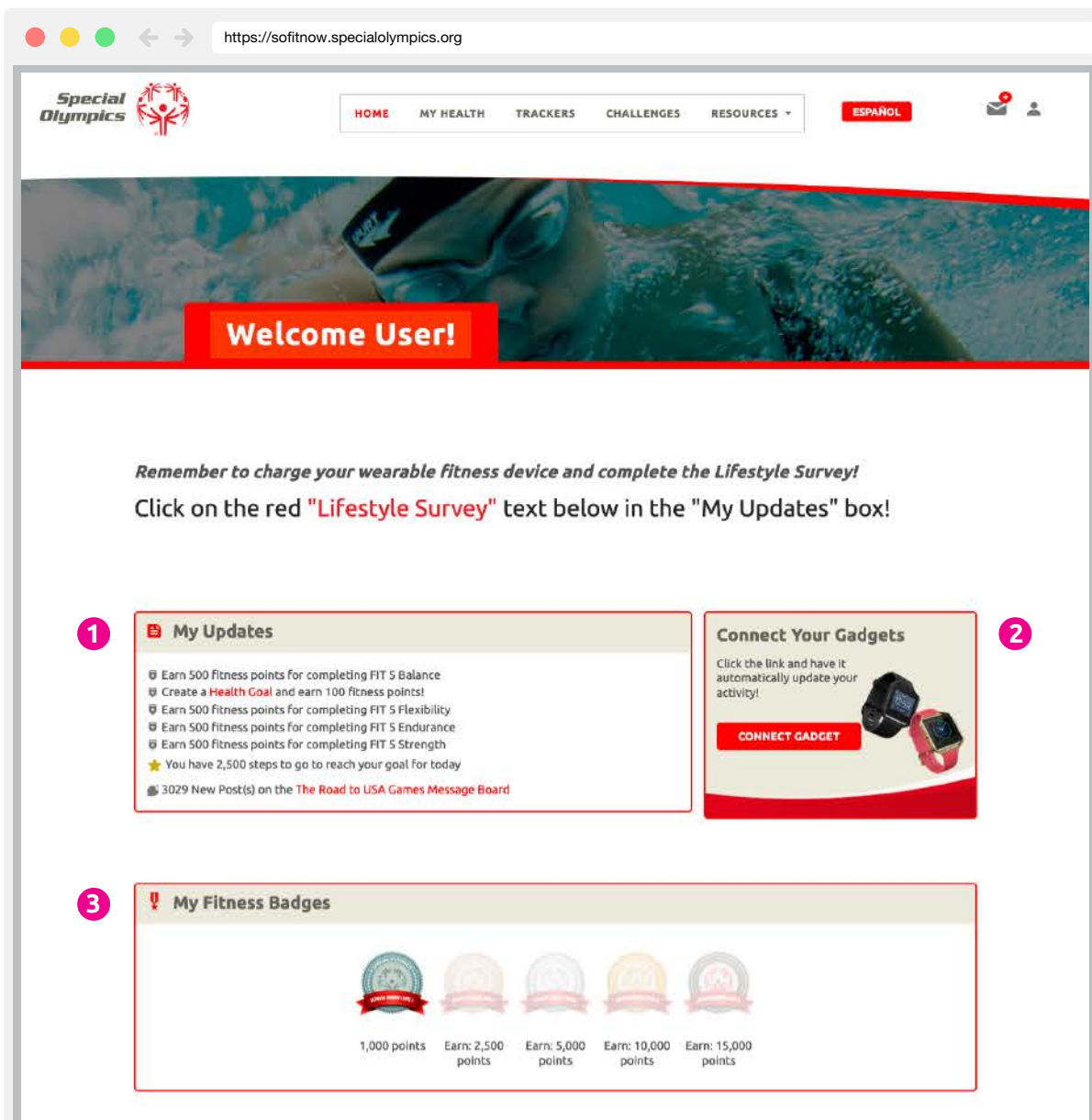
STEP 1. Search for the **SO FitNow** in your mobile app Store. Download and install.



STEP 2. open the app on your phone and **enter your Username and Password.** It may take a moment to connect to your account.



4. Navigating the Home Page



Welcome User!

Remember to charge your wearable fitness device and complete the Lifestyle Survey!
Click on the red "Lifestyle Survey" text below in the "My Updates" box!

1 My Updates






- Earn 500 Fitness points for completing FIT 5 Balance
- Create a **Health Goal** and earn 100 fitness points!
- Earn 500 Fitness points for completing FIT 5 Flexibility
- Earn 500 Fitness points for completing FIT 5 Endurance
- Earn 500 Fitness points for completing FIT 5 Strength
- ★ You have 2,500 steps to go to reach your goal for today
- 3029 New Post(s) on the **The Road to USA Games Message Board**

2 Connect Your Gadgets

Click the link and have it automatically update your activity!

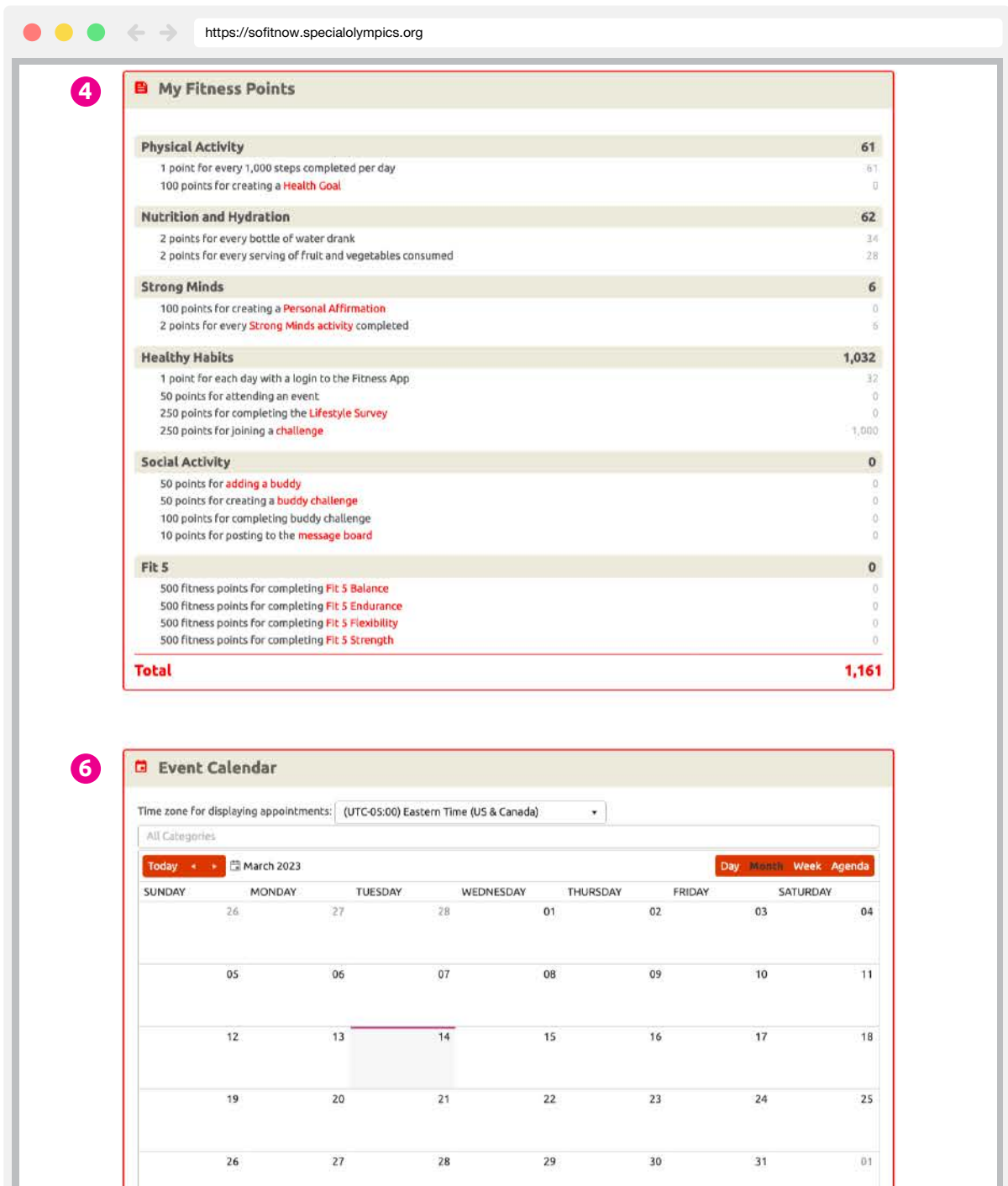
CONNECT GADGET

3 My Fitness Badges

				
1,000 points	Earn: 2,500 points	Earn: 5,000 points	Earn: 10,000 points	Earn: 15,000 points

- 1 My Updates:** This box will inform you about upcoming events, new messages from your buddies, health goal and challenge progress, and suggest activities to improve your fitness and earn points. Click on highlighted text to act or learn more about the message.
- 2 Connect your Gadgets:** You can connect your favorite device or fitness tracking app to automatically track your steps and or minutes of physical activity. To connect a device or fitness tracking app, click on **Connect Gadget** and follow the instructions. Note that some apps and devices take up to 24 hours to establish a connection and share data.
- 3 My Fitness Badges:** This box will show you the Fitness Badges you have earned as you earn fitness points. The badges will change colour when you have earned the required points to reach a new level.

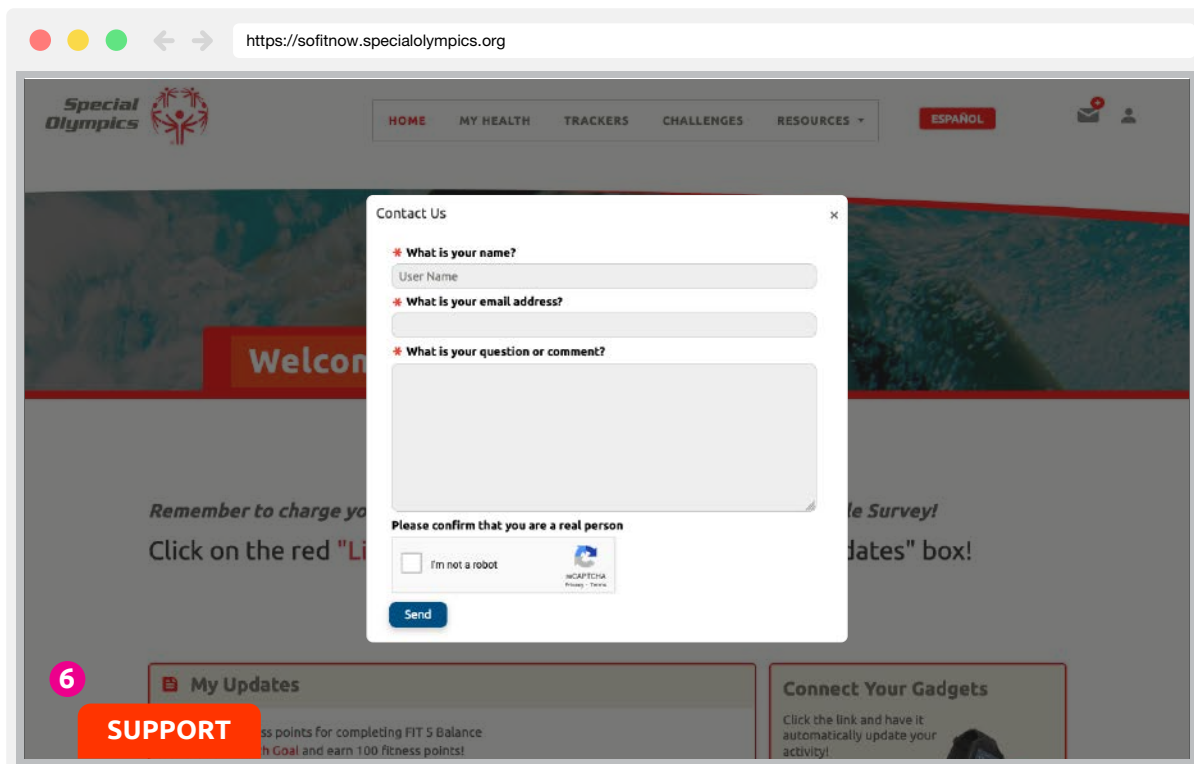
4. Navigating the Home Page



4 My Fitness Points: To earn Fitness Badges, you will have to earn fitness points. This box will provide you with a breakdown of the activities and actions you can complete to earn fitness points, and the points earned to date. Click on highlighted text to act or learn more about the actions you can take to earn points.

5 Event Calendar: The calendar will present you with in person and virtual events and activities you can join. Click on events posted on the calendar to learn more information, register, or contact the organizer. Click **Day, Month, Week or Agenda** to scroll between different views.

4. Navigating the Home Page



- 6 Contact Us:** Do you have questions? Need help connecting a device, tracking activities, or accessing the portal on your mobile device? Get help with these and other technical issues by submitting a question to the SO FitNow Administrative team. To submit a question, click the SUPPORT tab all over the platform, type your email address and your question and click send. A Member of the Administrative team will be in touch to assist you.

Note.

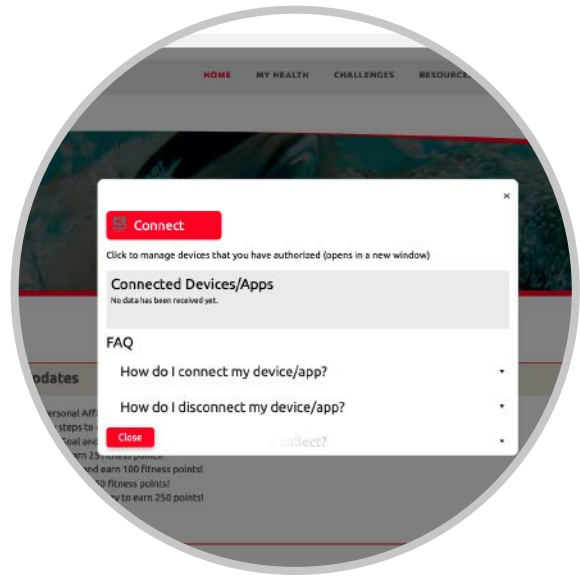
Throughout the SO FitNow Platform on mobile devices, you can collapse the widgets by clicking on the small arrows to the right of the widgets. This can be very useful to facilitate the navigation.

5. Devices and Apps

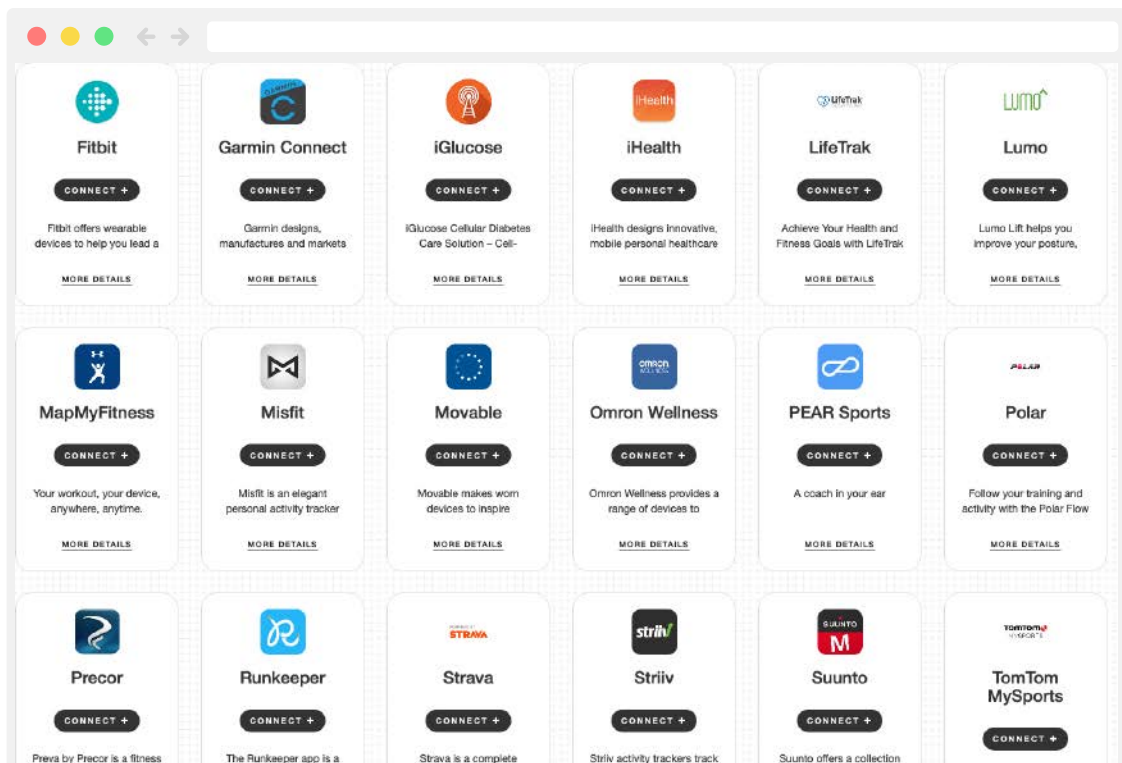
STEP 1. Click the avatar at the top of the Home page. **Click Devices.**



STEP 2. **Click Connect**, in the modal window to manage your device. It will open in a new window.



STEP 3. Here you will find a list of compatible devices. Clicking **CONNECT +** will take them to a login page for that device/app.



6. Navigating the My Health Page

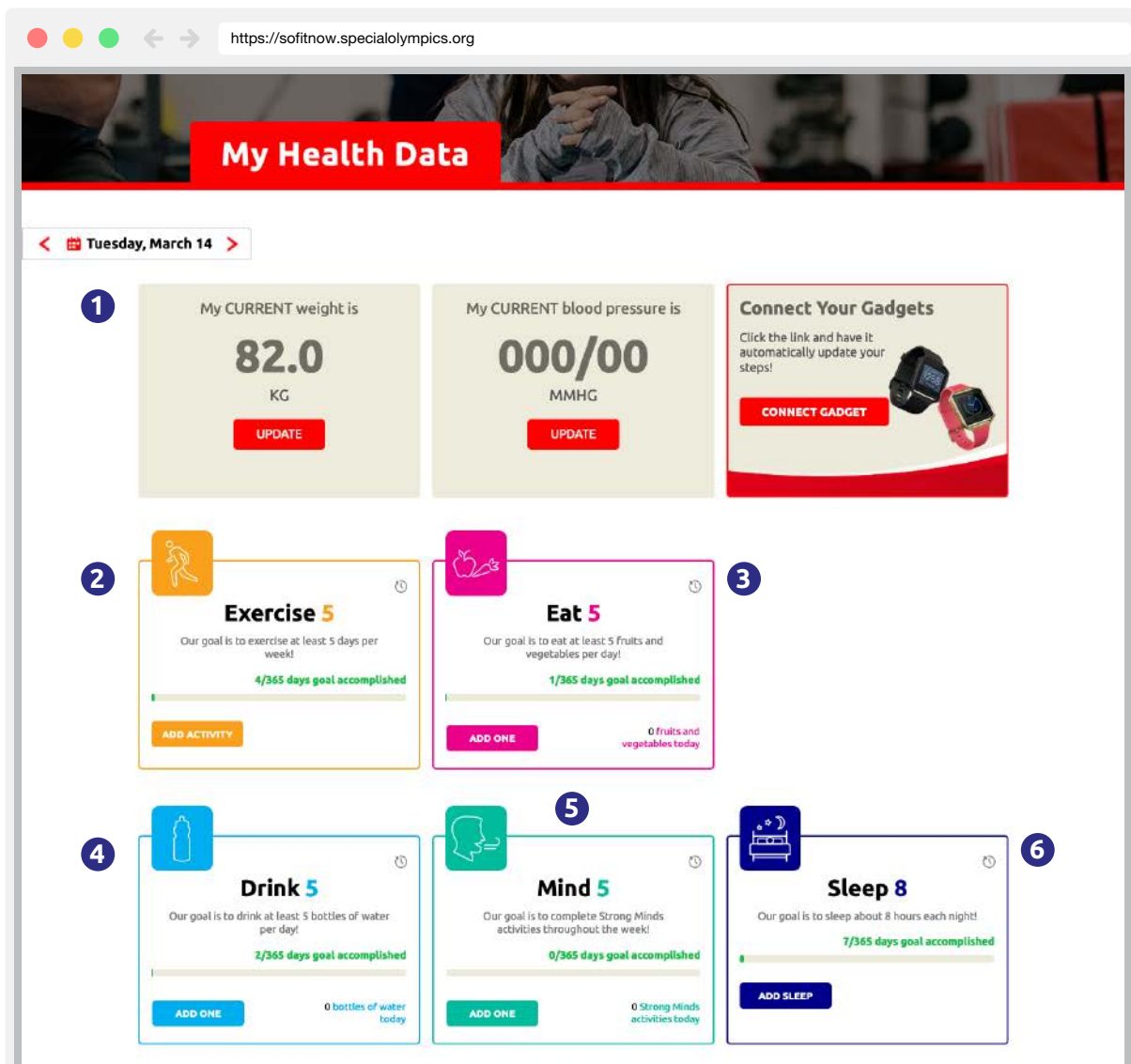
The screenshot shows the Special Olympics website's 'My Health' page. At the top, there is a navigation menu with 'HOME', 'MY HEALTH', 'TRACKERS', 'CHALLENGES', and 'RESOURCES'. A large banner image features a young woman with glasses. Below the banner, a red 'My Health' button is visible. The main content area is divided into three numbered sections:

- 1 Lifestyle Survey:** This section includes a 'Welcome' message and instructions for the survey. It has buttons for 'PREVIOUS', 'NEXT', and 'SAVE'.
- 2 My Health Goal:** This section prompts the user to create a 'Personal Health Goal' and includes a 'SMART goal Checklist' with five items. It has a 'Set/Update' button.
- 3 My Personal Affirmation:** This section prompts the user to create a 'Personal Affirmation' and includes 'Examples' of affirmations. It has a 'Set/Update' button.

Click on **My Health** at the top menu to navigate to the page. This page contains tools and trackers to help athletes take charge of their own health and fitness.

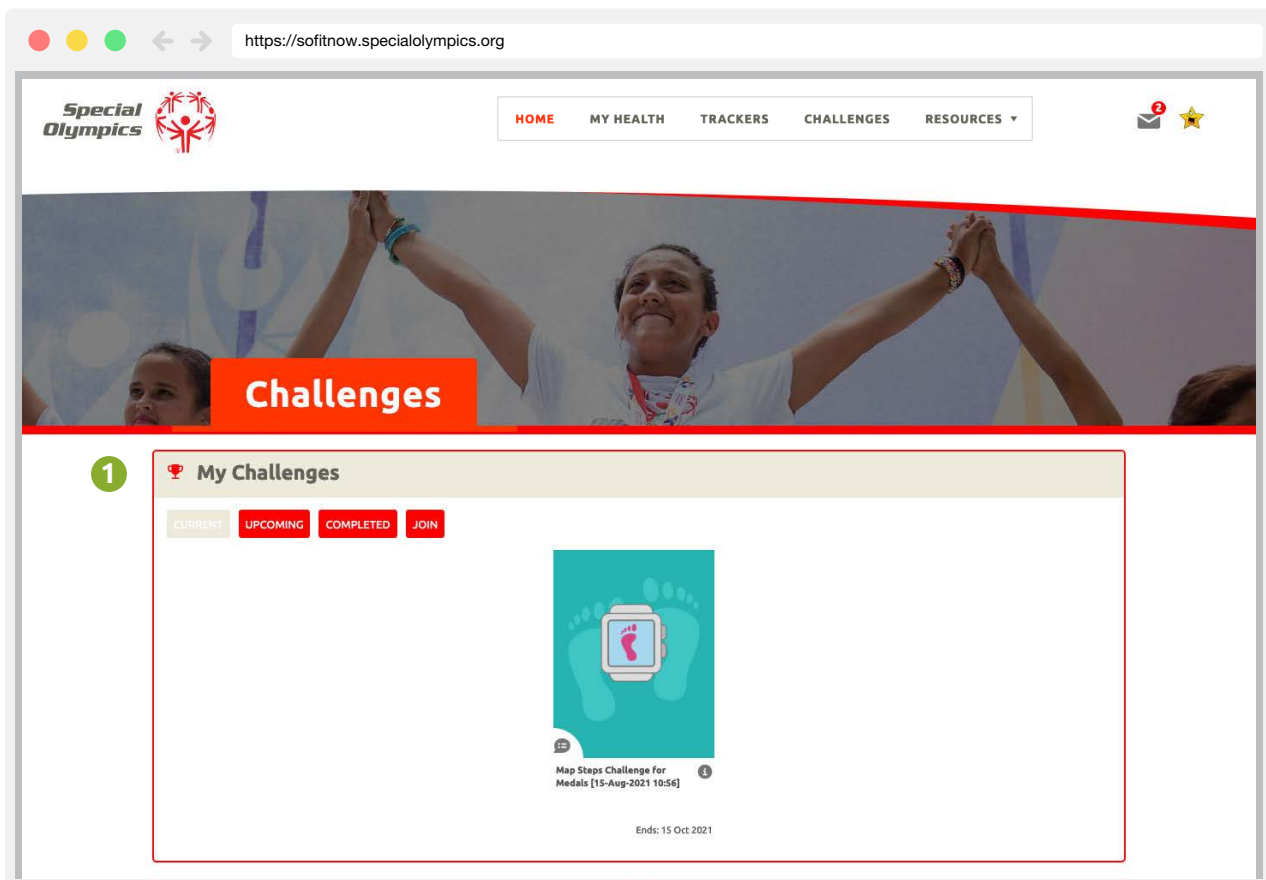
- 1 Lifestyle Survey:** Special Olympics is trying to learn more about the health of our athletes. The Lifestyle Survey can provide an understanding of health behaviors at different times. The survey has 15 questions and takes 5-10 minutes to complete. Click on **Next** to start the survey. Please choose an answer for each question. There is no right or wrong answer. You can skip any questions that you do not want to answer. If you need help with this survey, please feel free to ask a friend for support.
- 2 My Health Goal:** This box displays your personal health goal. To create or update a goal, click on **Set/Update** and set your SMART health goal in the description text box. You can also set reminders to keep your goal on track.
- 3 My Personal Affirmation:** This box displays your personal affirmation. To create or update a personal affirmation, click on **Set/Update** and set your personal affirmation in the description text box. You can also set reminders.

7. Navigating the Trackers Page



- 1 My Health Data:** There are two health data trackers available to you: weight and blood pressure. The numbers shown indicate the weight and blood pressure from the last entered date. To update your weight or blood pressure, click **Update** and follow instructions.
- 2 Exercise 5 Tracker:** Track your daily steps and physical activity. To add steps or physical activity minutes, click **ADD ACTIVITY** and follow the directions.
- 3 Eat 5 Tracker:** Track your daily fruits and vegetables intake to meet the daily target of 5 servings of fruits and vegetables. Click on **ADD ONE** for every serving of fruits and vegetables you ate today.
- 4 Drink 5 Tracker:** Track your daily hydration to meet the daily target of 5 water bottles. Click on **ADD ONE** for every bottle of water you drank today.
- 5 Mind 5 Tracker:** Track your Strong Minds activities to improve and maintain your emotional health. Click on **ADD ONE** for every Strong Minds activity you completed today.
- 6 Sleep 8 Tracker:** Track your sleep hours. Click **ADD SLEEP** and follow the directions.

8. Navigating the Challenges Page



Click on **Challenges** at the top menu to navigate to the page. This page contains fitness challenges and tools to engage with athletes and coaches in the pursuit of health and well-being.

1 My Challenges: This box enables you to scroll through four options.

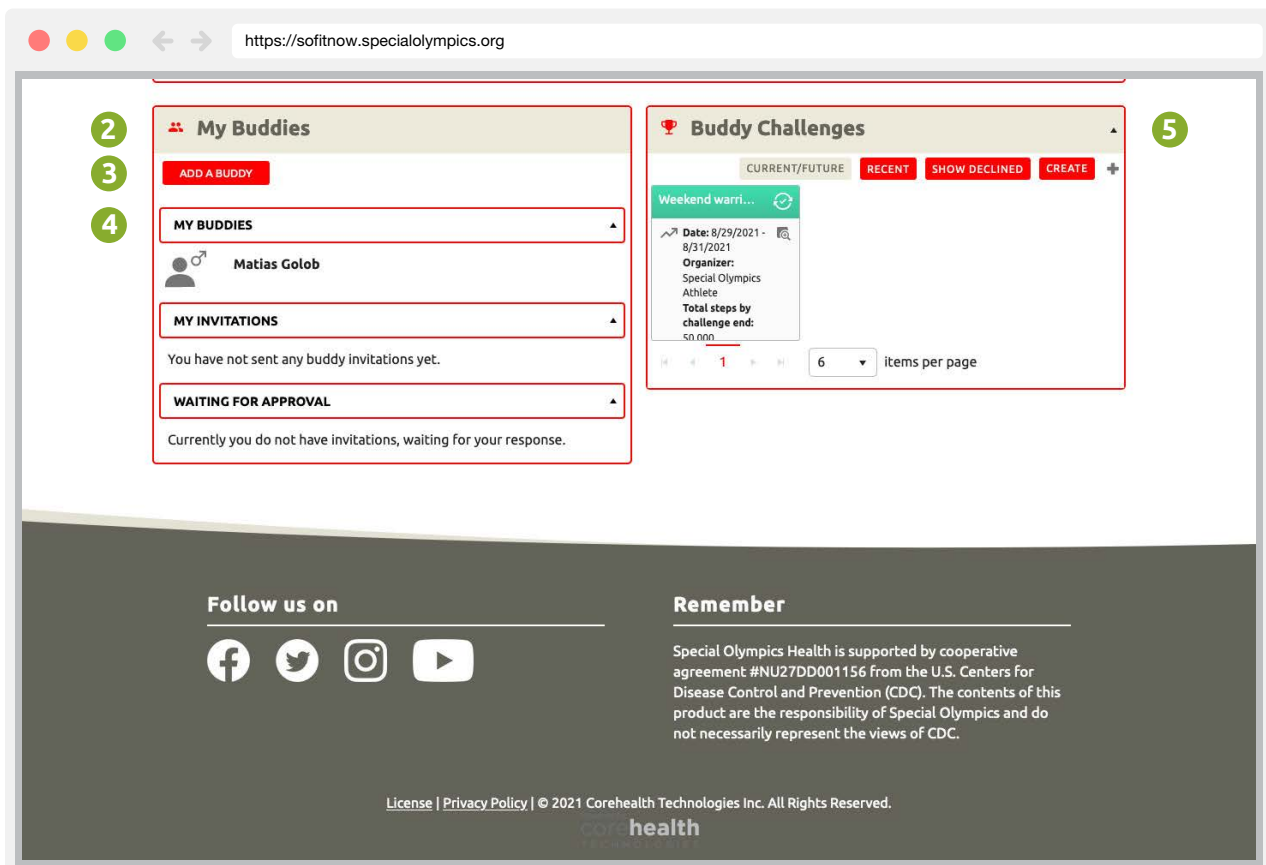
The **Current** tab displays fitness challenge(s) you are participating in. Click anywhere on the challenge image to go to the challenge, where you can track your activity, view your progress and leaderboards, and interact with other participants.

The **Upcoming** tab displays fitness challenge(s) that will be starting in the near future. Click anywhere on the challenge image to learn more about the challenge.

The **Completed** tab displays fitness challenge(s) that you have participated in. Click anywhere on the challenge image to review your activity, progress and standing for any completed challenges.

The **Join** tab displays fitness challenge(s) available for you to join. Click anywhere on the challenge image to go to the challenge, where you can learn more about and join the challenge.

8. Navigating the Challenges Page



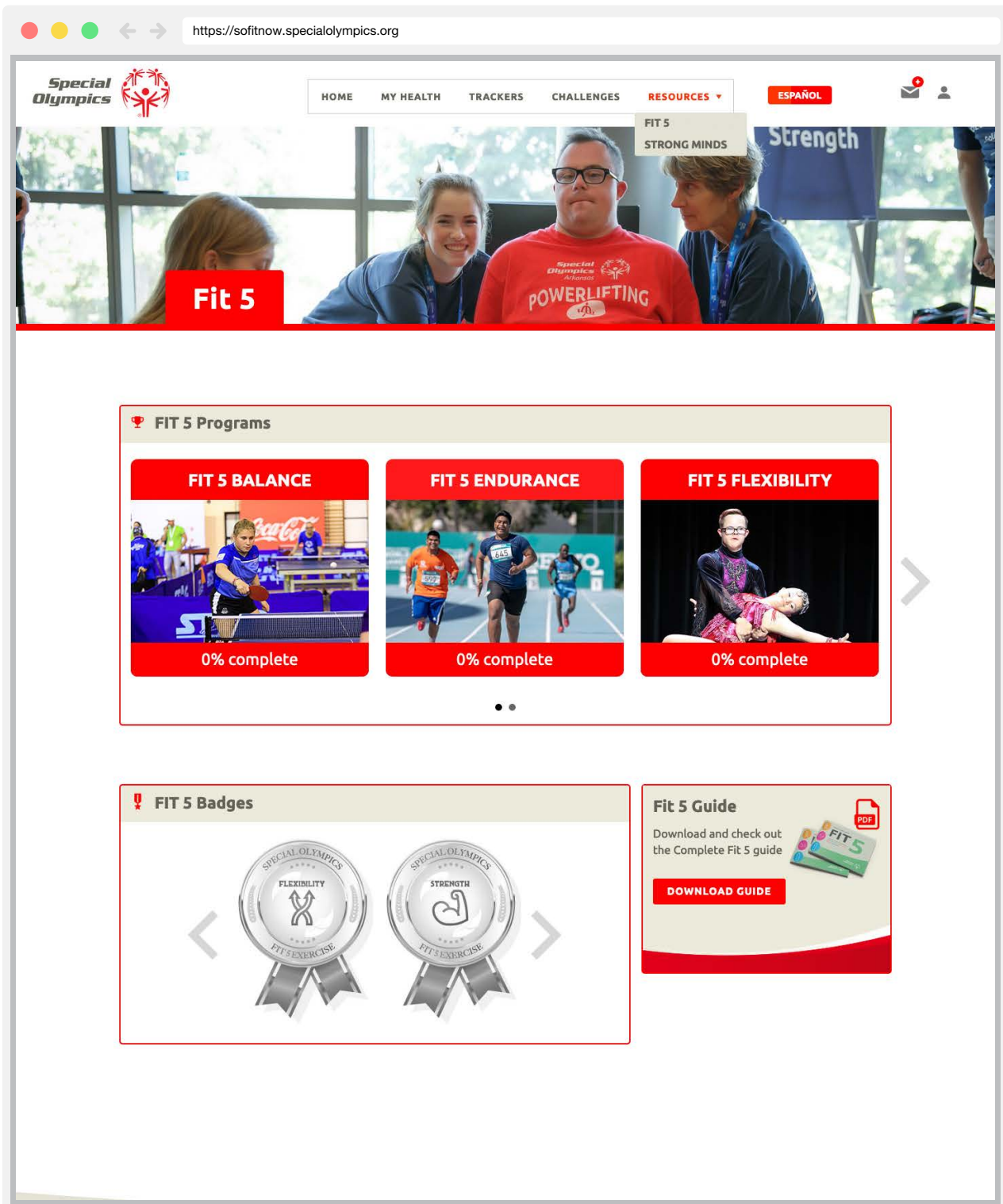
- 2 My Buddies:** This tool is in place to help you connect with other athletes and coaches.
- 3 Adding Buddies:** You can send a buddy invite via email by clicking on the **Add a Buddy** button and following instructions. You can also add buddies directly on challenge leaderboards and message boards. To allow others to find you and add you via leaderboard or message board you must select the Buddy Quick-Add Requests option, which you can modify in **Update Profile**.
- 4** The **My Buddies** tab will show you your buddies. Hover over a buddies' avatar to send them a message via the buddy talkboard or view their challenge rankings.

In the **My Invitations** tab you will find buddy requests you have sent to other athletes and coaches waiting for acceptance.

In the **Waiting for Approval** tab you will find invitations from athletes and coaches wishing to add you as a buddy.
- 5 Buddy Challenges:** Motivate your buddies to be physically active, eat healthy, and practice healthy habits by creating a steps-based or dare challenge. Click the Create button and follow the instructions to create a new challenge for you and your buddies.

This box enables you to scroll through four options. The **Current/Future** tab shows buddy challenges you are participating in or have been invited to participate in. The **Recent** tab shows buddy challenges you participated in. The **Show Decline** tab shows buddy challenges you declined to participate in. Click the **Create** button and follow the instructions to create a new challenge for you and your buddies.

9. Navigating the Resources Pages



Hover over **Resources** in the main menu to navigate to one of two pages: 1) **Fit 5**, and 2) **Strong Minds**. These pages contain guides, videos, activities, and tips to participate in the Fit 5 and Strong Minds Programs.