



SEPTEMBER 8 - OCTOBER 31, 2014

Team up for an 8 week adventure challenge that focuses on increasing physical activity at any level. Activ8, Educ8, and Motiv8 yourself to a healthier you!

Participants team up to Activ8 their daily routines. Teams will learn about energy-boosting foods, activity-increasing workouts, and stress-reducing social activities.

The Activ8 Challenge is about adopting a sustainable habit of daily exercise at any level, being social with your teammates and activating your energy!

1 GET STARTED

- Join as a team of 2-10 participants
- **Each participant receives:**
 - Personal online tracking page and journal.
 - Weekly emails to help you stay motivated to meet your goals.
 - Access to the wellness portal that includes: daily recording, calorie tracker, meal planner, goal tracking, shopping lists and forums.

2 REGISTER

- **Registration Opens:** August 25, 2014
- Entry fee is \$10 per participant.
- Go to wechoosehealth365.com
- Click “**Join Today**”
- Enter your Group ID if applicable.
- If you’ve participated in a previous challenge, click **Returning User** and enter login information.
- Complete your registration form, submit payment and start tracking your activity!
- We Choose Health will celebr8 success by providing a prize for the top 3 teams who complete the challenge!

3 STAY ACTIVE

- **Tracking Activity:**
 - Log into your dashboard: wechoosehealth365.com
 - Click on the myTracker tab to start logging your activity.
- **Tracking Activity with Device/App (optional):**
 - Integrate a tracking app or device into your challenge! Use the app/device during the Activ8 challenge and automatically sync with the website:
 1. Download the tracking app on your smartphone device.
 2. Log into your dashboard: wechoosehealth365.com
 3. Click on **myDevices/Apps** tab.
 4. Find the device option and click “**Add Device**” to sync your information.