Frequently Asked Questions for “Sweat Session” Challenge

What is the Sweat Session Challenge?
The Sweat Session Challenge encourages consistent physical activity over the course of four weeks. Aim for a total of 90 minutes of physical activity each week for the next four weeks, and be sure to track your physical activity a minimum of 3 times a week. Doing 90 minutes of physical activity in one day is great and will help you to reach the top of the leaderboard, but you must track at least two other days in order to successfully complete this challenge. Any form of activity counts such as, but not limited to, walking, biking, strength training, yoga, and/or gardening. Try 30 minutes a day for 3 days a week or 20 minutes 5 days a week; whatever works best for you as long as it adds up to a minimum of 90 minutes a week.

How do I enroll in the Challenge?
To enroll in the challenge, login into the member portal and click on the Action Plan and then Challenges. Under the Challenges tab, click on the challenge you’d like to enroll in. Read the challenge details and then simply click on “Register Now” to get started.

When can I enroll in the Challenge?
You can enroll in the Challenge from 5/3/2018 to 5/17/2018. You’ll get reminders on your Action Plan and in email to make sure you don’t miss out.

Can I pick my own team or change teams?
No, you cannot pick your own team or change teams. You will receive your team assignment before the challenge start date.

Can I enroll in the challenge or join a team after the challenge starts?
Yes, you may enroll in the challenge until 5/17/18, which is three days after the challenge starts. You will be randomly assigned to a team when you enroll. If you enroll after the start date you will be able to begin tracking your activities the following day. Additionally, if you sign up after the start date you will only be allowed to record activities starting on your first tracking day you cannot back date.

How do I track my Challenge activity?
To record your daily activity, click on the Action Plan, then Challenges, under the Activities tab you can record your time. If you use a wearable device that tracks time, click on the Health Trackers tab and then click on Connect to sync your device. Your activity will be tracked for you automatically.

How do I know if I have missed any Challenge tracking for this week?
Missed tracking activities can be viewed by clicking on the Action Plan, then Challenges, then Activities Tab. All missed tracking days will have an exclamation mark.
**How can I view and track my progress?**
To view and track progress, click on the Action Plan and then Challenges. On the Activities tab of your challenge, you can view your progress against the daily tracking activities for the challenge.

**Will I be rewarded for successfully completing the Challenge?**
Yes! You will be rewarded with 30 credits once you successfully complete this challenge by exercising at least 30 minutes per day, at least three days a week, for four weeks.

**Is there a minimum requirement for completing the Challenge?**
Yes - to successfully complete the challenge you must track your physical activity a minimum of three days a week, for a total of at least 90 minutes each week, for all four weeks of the challenge.

**How do I post on the message board?**
To post or view comments on the message board, click on the Action Plan and then Challenges. There is a ‘Messages’ tab for each challenge. Navigate to that tab to view comments from other participants and to post your own messages.

**How can I see where I rank among participants?**
The Challenge leaderboard will show where you or your team stand among all participants as well as the top finishers for the challenge. To access the leaderboard, click on the Action Plan and then Challenges. The select the ‘Leaderboard’ tab under the challenge to view standings.

**Challenge Rules:**
Requirements for the “Sweat Session” physical activity challenge are as follows:

Sign up for the Sweat Session Challenge by 5/17/2018.

The “Sweat Session” physical activity challenge will begin on 5/14/2018 and end on 6/10/2018.

To successfully complete the Challenge you must track your physical activity a minimum of three days a week, for a total of at least 90 minutes each week, for all four weeks of the challenge.

You have until 6/15/2018 to log your activity and earn rewards.

However, the leaderboards are finalized on 6/10/2018.