How to Register for the “Hit Your Stride Challenge”

To begin, click on the Challenges WebMD link.
1. Click on **Enroll in the Hit Your Stride Challenge** under the Action Plan or on **Go** next to the Blue Ribbon.
2a. Follow the steps below to select from an existing team. If you would like to create your own team, skip to 2b.
2b. Follow the steps below to create your own team.
3. After Registering, you can also invite your colleagues to join the challenge.
Recording steps for the “Hit Your Stride Challenge”

1. Click on Enter your steps for the current challenge or click on Hit Your Stride in the box with the blue ribbon.
2. Enter the number of steps you walked for the selected day and click **Save**. View your progress and check to make sure you log enough days to meet the minimum requirement.
How to change teams during the “Hit Your Stride Challenge” registration period

1. From the Wellness Center page, click on Enter your steps for your challenge or click on the Challenge name in the box with the blue ribbon.
2. Click on More near the bottom of the page and Opt out of the Challenge.
3. Confirm opting out of challenge.
4. Re-register in the Challenge.