



UNIVERSITY OF TORONTO

**Challenge Guide and FAQs
Cross Canada Fitness Adventure
October 2021**

PRESENTED BY HOMEWOOD HEALTH

About the Challenge

Congratulations! By registering for the Cross Canada Fitness Adventure, you are taking a positive first step towards experiencing greater health and wellbeing. Over the course of four weeks, you will track your daily activity and/or steps and race with your team across Canada with the goal of achieving 10,000 steps per day.

How to Register

1. Visit: <http://www.healthycommunity.ca/lifestyles/utoronto> and click on “**Sign Up**”
2. You will be asked to read and agree to the CoreHealth™ Technologies Inc. End User Agreement to proceed.
3. If prompted, enter the registration code **utoronto** and click on “**Save**”.
4. Enter a User Name and choose a password. The User Name will become your login ID and your password will be required every time you want to access the challenge website. Complete the remaining profile form fields.

Personal Avatars

You can choose an avatar from the default list available. Your avatar will appear next to your nickname on the challenge progress page, team page, message boards and buddies list. To change your avatar at any time, select “Update Profile” from the user menu found in the top right hand corner of the challenge site.

Team Participation

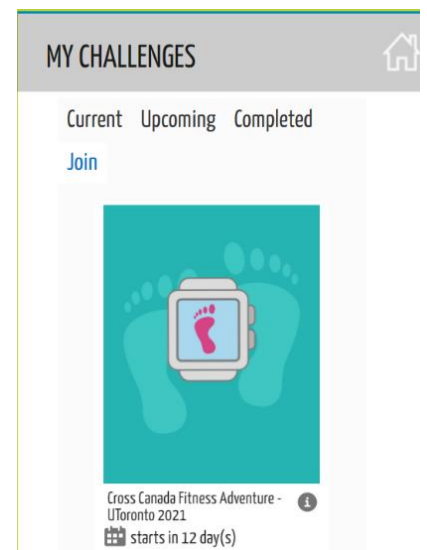
The Cross Canada Fitness Adventure is a team-based challenge so in order to participate in the challenge, you must be a part of a team. The team score is averaged across team members so teams that are larger do not have an advantage over the smaller teams.

Joining a team

To join a team, simply click **Join** in the “**My Challenges**” box located on the home page. Click on the image for the team challenge and then select “**Join Challenge**”. From here, you can search for a team or scroll through the teams that have been created. Once you’ve selected a team, simply click on the team name and click on “**Join**”. If a team password is required, please request this from the team creator.

Creating a team

You may also wish to create your own team-you can do this by following the above instructions for joining the team challenge and then selecting “**Create a Team**” from the “**Join a team**” window. Be creative! Use a fun & descriptive name for your new wellness team. As the creator of the team, you will have the option of making your team either public or private; if you choose public, anyone participating in the challenge will be able to join. If you choose to make your team private, a password box will appear below and you will be asked to enter a password. This password will be required for



users to join your team, so only give out the password to individuals that you would like on your team. All teams participating in the challenge must consist of a minimum of **3 persons to a maximum of 10 persons**.

How do I track my activity or steps?

Activity can be tracked in two ways - you can count steps or you can count activity. If you wear a pedometer regularly, then tracking your steps may be a great option. Simply choose the date (you can “back date” but not date in the future) and enter the number of steps for that day and click 'add.' Alternatively, if you are a FitBit user you can sign into your own account through the Widget located on the home page. The website will pull your FitBit steps data over once/day and add this to your total step/activity data for the challenge.

If you don't wear a pedometer or a FitBit, you can choose from a list of activities. Just enter the time spent doing that activity and click 'add.' All activity is converted into a number of steps, depending on what activity you did and for how long you did it. Don't forget to add things like shopping and housework. They count too!

Posting a message on the message boards:

The message board is a place for you to talk with and hear from your fellow Challenge participants. This is a great place for you to post articles, team pictures and share personal stories and experiences in your wellness journey. You can access the challenge message board by clicking on the message bubble icon in the **“My challenges”** box or **“show more”** from the Message Board box on the Social Page. You can also post on your team's message board which can be located in the **“Teams”** box on the dashboard.

Challenge Rankings:

To see your teams overall progress in relation to the other participants of the challenge, click on the link **“Cross Canada Fitness Adventure - UToronto 2021”** listed in the **“My Challenges”** box on the main page.

Events:

You can submit an event that you want to share with your colleagues, such as a 5km race or a wellness fair, by clicking on a date in the Event Calendar found on the Social Page. You then must complete the event submission form; including the title, event details, date, and time and click save to submit your event for posting. Please note that all events require approval so you may not see your event posted immediately.

Challenge Support:

If you have any questions regarding the challenge, please refer to the Frequently Asked Questions (FAQ) in this document or send an e-mail to:

challengesupport@homewoodhealth.com

Challenge Rules:

- You can enter your activities daily or up to 7 days previous (you cannot track ahead).
- Teams must consist of a minimum of 3 players up to a recommended maximum of 10.
- Participants should log their own activities. It is recommended that this be done on a daily basis if possible.

- The team score is averaged across team members so teams that are larger do not have an advantage over the smaller teams.
- Logging your activity is done on the honour system. You are the judge when it comes to deciding if your activity deserves to be counted, or not.
- Most importantly-have fun!

Frequently Asked Questions:

It's past the start date, can I still join the challenge?

Yes, please do.

The map across Canada is over 8,000 km. Is my team expected to go this distance in the timeframe given?

This challenge is a hypothetical walking challenge across all of Canada, going from the East to the West. The map scale is changed to allow you to get across Canada in the timeframe provided.

I don't see my activity listed in the drop-down list. What should I do?

Although it's quite an exhaustive list, you may do an activity from time to time that is not in the activity list. Simply use your judgment and pick an activity that you think is similar to the activity you participated in. For example, you may have taken an hour to wash your car. You could probably put that hour of activity under 'housework.' You may have done an intense P90X workout. You could probably enter that under high impact aerobics or strength training.

What does "My progress" show?

"My progress" shows the steps you've taken today, the total steps you've taken since you began tracking steps on the site and the total distance (km) you've travelled with your total steps.

What does "View progress" show?

"View progress" shows where your team ranks in the challenge. The team you belong to will be shown in bold. If you zoom out while viewing the map, you will see exactly your overall progress, how you stack up to the other teams and how much further you have to go to get across Canada.

I'm a member of a team and our team steps do not appear to be adding up correctly.

This is an average steps team challenge. The average of all team members' total steps is calculated, not the sum total of all steps from all team members.

How can I see if my activity or steps were entered correctly or entered at all?

If you added activity, your progress should increase automatically. If you would like to see detailed information of all your entries, double click the small clock beside the word 'Add' on either the steps or the activity counter. They will show the same thing.

I put in the wrong information, or duplicate information. How do I delete it?

You can delete steps and activity from your step/activity progress by placing a minus (-) sign in front of the number of steps (if using the steps counter) or the number of minutes (if using the activity counter).

Select the date that you wish to remove the steps/activity from (as well as the activity, if using the activity counter), click on the "Add" button and then click on "OK" to remove those steps or activity from your progress.

The system isn't letting me put in all of my activity per day.

There is a limit of 4 hours of activity per day put on the system.

Can I win any prizes by participating in the Cross Canada Fitness Adventure?

Yes! There will be a prize for the top team and two random prize draws for participation:

- First Place Team – Gift Card for a Team Lunch
- Random Draw #1 – Gift Card for a Team Lunch
- Random Draw #2 – Gift Card for a Team Lunch