

**STEP 1:** Go to wellpower.smu.edu

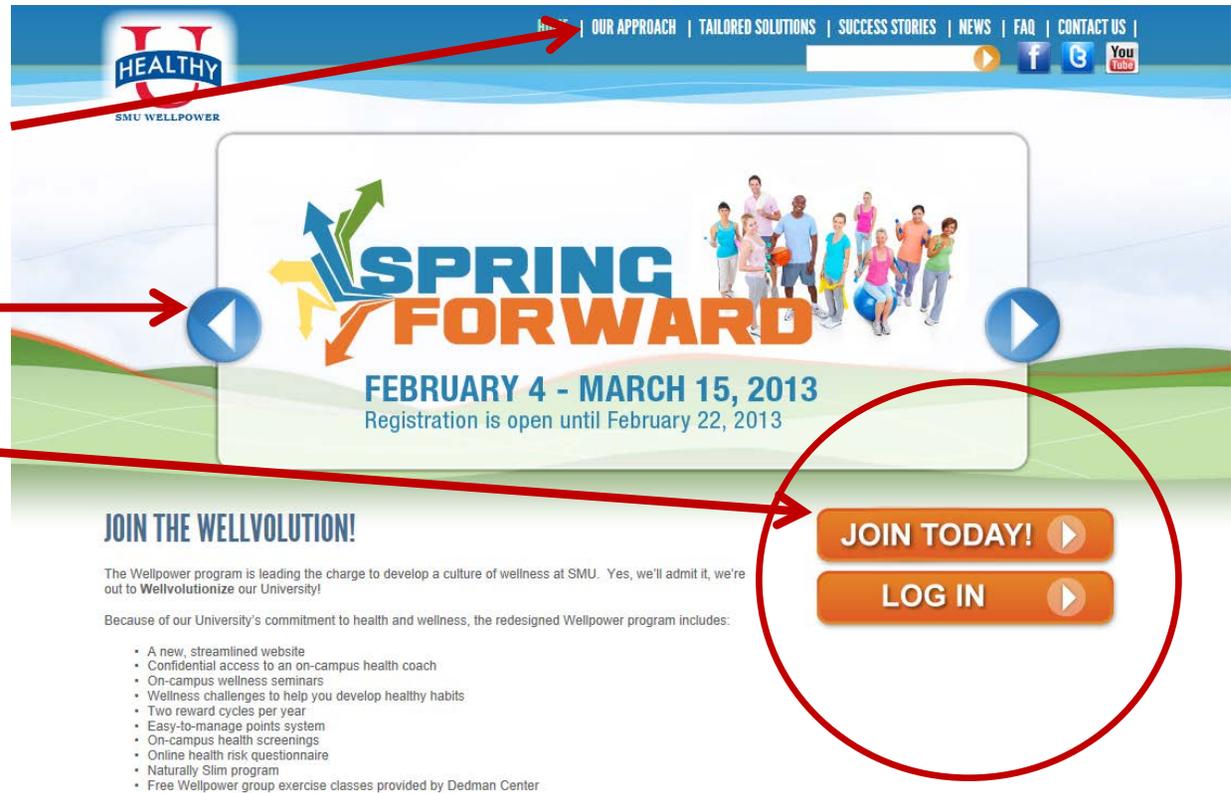
You may use the pull down menus at the top to access information about our program, resources etc...

You'll also see information about the current challenge and other activities.

**STEP 2:** Click the "Join Today" button and enter the word, "Wellpower" as your corporate ID or group ID. This will ensure your or your team is registered in the current Wellpower Wellness Challenge.

**Note:** If you receive an email inviting you to be a team member, follow the instructions in the email. Click "Log In" and enter your email address and temporary password. You may change your password later.

**STEP 3:** Enter your SMU email address as your username and create your own Password.



**STEP 4:** You will be asked to update your profile, which will include information such as name, preferred address, email, and health goals.

If you are a returning user, click the appropriate button. Then update your information on the next few pages.

**Note:** You may serve as the captain for more than one team, but you can only be a member of one team at a time. **If you want to create a “team of 1” or join this team, be sure to mark yourself as a member.**

**SMU WELLPOWER**

**REGISTRATION PAGE**

Registration Step: 1 2 3 4

\* indicates required fields

**RETURNING USER**

[CLICK HERE TO LOGIN](#)

Please login if you are a returning user (example: you are the captain of another team or participated in a previous program)

**Team Captain Information**

First Name \*:  [Why we collect this information?](#)

Last Name \*:

Address 1 \*:  No P.O. Box or apartment addresses please

Address 2:

City \*:

State/Province \*: -- Please Select --

County \*:

Country \*: United States of America

Postal Zip Code \*:  (entering your zip will set your city/state)

Is this a Residential or Business Address \*:  Residential  Business

Phone \*:

Email Address \*:  This will serve as your Username

Password \*:

Confirm Password \*:

Will you be a member of this team? \*:  Yes  No

**STEP 5:** Team Captains may add team members by entering their email addresses. This will prompt an email to be sent to the members notifying them of their team assignment. Members can update their profile information after logging in using their email address and temporary password found in the email.

Participants who wish to complete the challenge on their own may create a “team of 1” and not add other team members after completing the top section. Click the blue “Continue Registration” button.

**Team Information**

Team Name \*: SMU Minutes 2 Win It Test

Team Goal \*: Get more active   
Other:

Choose Your Team's Level of Physical Activity \*: Intermediate

**Team Members**

Enter names and email addresses of your team members. Teams consist of at least 1 participants.

	First Name	Last Name	Email Address
1.	<input type="text" value="Jimmy"/>	<input type="text" value="Smarts"/>	<input type="text" value="jimmys@smu.org"/>
2.	<input type="text" value="Jenny"/>	<input type="text" value="Smarts"/>	<input type="text" value="jenny@smu.org"/> Confirm Email Address: <input type="text" value="jenny@smu.org"/>
3.	<input type="text"/>	<input type="text"/>	<input type="text"/>
4.	<input type="text"/>	<input type="text"/>	<input type="text"/>
5.	<input type="text"/>	<input type="text"/>	<input type="text"/>
6.	<input type="text"/>	<input type="text"/>	<input type="text"/>
7.	<input type="text"/>	<input type="text"/>	<input type="text"/>
8.	<input type="text"/>	<input type="text"/>	<input type="text"/>
9.	<input type="text"/>	<input type="text"/>	<input type="text"/>
10.	<input type="text"/>	<input type="text"/>	<input type="text"/>

[CONTINUE REGISTRATION >>](#)  
(please click only once)

**Step 6:** Confirm the information and click the Confirm Registration button.

## PAGE 2 CONFIRM TEAM AND PAYMENT

Team Name: SMU Minutes 2 Win It Test

Please confirm your team information below. If all of your information is correct, click on the "Confirm" button at the bottom.  
If you need to edit any team information please click the "edit" button to the right and do not hit the "back" button on your browser.

### Team Information

[EDIT](#)

Team Name:	SMU Minutes 2 Win It Test
Team Captain:	Jimmy Smarts
Team Captain's Address:	Address City, TX, USA 123456 [Residential Address]
Email Address:	jimmys@smu.org
Team Goal:	Get more active
Team Level of Physical Activity:	Intermediate

### Team Members:

Jimmy Smarts	jimmys@smu.org
Jenny Smarts	jenny@smu.org

### Payment Information

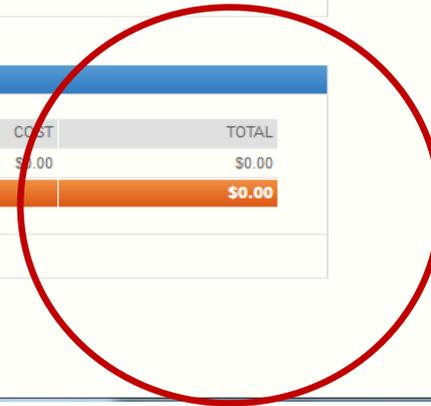
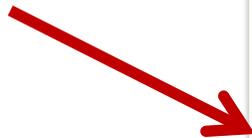
ITEM	COST	TOTAL
2 Participants	\$0.00	\$0.00
<b>TOTAL</b>		<b>\$0.00</b>

Payment Method: -- no payment required --

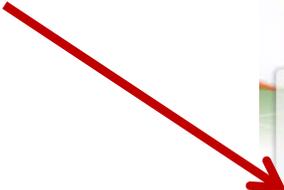
[CONFIRM REGISTRATION >>](#)

(please click only once)

There is no charge for our challenge programs, so your total will be "\$0.00."



**Step 7: Edit Profile Page:** Change password and update information if needed.



U  
HEALTHY  
SMU WELLPOWER

HOME | DASHBOARD | RESOURCES | CONNECT | RECORDING | CONTACT US | LOG OUT |

SEARCH    

WELCOME, JIMMY SMARTS  
• DASHBOARD | LOGOUT

### 2012 SMU Wellpower Minutes 2 Win It Challenge

#### EDIT PROFILE

**CHANGE YOUR PASSWORD**

Why we collect this?

First Name *	<input type="text" value="Jimmy"/>
Last Name *	<input type="text" value="Smarts"/>
Address 1 *	<input type="text" value="Address"/>
Address 2:	<input type="text"/>
City *	<input type="text" value="City"/>
State/Province *	<input type="text" value="Texas"/>
County *	<input type="text" value="County"/>
Zip/Postal Code *	<input type="text" value="55555"/> <small>(entering your zip will set your city/state)</small>
Phone *	<input type="text" value="555-555-5555"/>
Email Address * <small>This will serve as your Username</small>	<input type="text" value="jimmy@smu.org"/>
Profession *	<input type="text" value="Cowboy"/>
Gender *	<input checked="" type="radio"/> Male <input type="radio"/> Female
Education Level *	<input type="text" value="Bachelor's degree"/>
Marital Status *	<input type="text" value="Married"/>
Height *	<input type="text" value="6' 2"/>

Upload your photo

Do you want to allow other challengers in the program to be able to message you through the message center? \*  Yes  No

Once the challenge has begun, you'll be able to see a variety of dashboard information here.

HOME | **DASHBOARD** | RESOURCES | CONNECT | RECORDING | CONTACT US | LOG OUT

SEARCH    

WELCOME, JIMMY SMARTS  
• [DASHBOARD](#) | [LOGOUT](#)

## 2012 SMU Wellpower Minutes 2 Win It Challenge

Home | Dashboard

### DASHBOARD

[myDashboard](#) | [myProgress](#) | [myGoals](#) | [myNutrition](#) | [myFitness](#) | [myHealth](#) | [myTeam](#)

WELCOME JIMMY SMARTS!



[view messages](#)  
[edit profile](#)

**CURRENT STATISTICS**  
MY TEAM: **SMU DEMO TEAM**  
MY TOTAL ACTIVITY: **N/A**  
MY TOTAL LIFESTYLE POINTS: **0**  
MY BONUS POINTS: **11**

TEAM TOTAL ACTIVITY: **N/A**  
TEAM TOTAL LIFESTYLE POINTS: **0**  
TEAM BONUS POINTS: **21**

**LIVE HEALTHY BADGES EARNED** [view all](#)

 How can I prevent obesity?	 First time logging into program	 Captain for team Testing SMU
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[LEADERBOARD](#)

Day 0 of 39 for 2012 SMU Wellpower Minutes 2 Win It Challenge

Completion Meter

*“myProgress” is the page where you can record your activity.*

**Spring Forward Challenge Instructions:**

You may change the date to report on activities you completed in a prior week. Click the “View Other Weeks” button to go back to a previous week in the challenge.

During this challenge you can choose your primary activity (walking, swimming, running, weight-lifting.....or other) and record the number of hours/minutes you did the activity today. You need 90 minutes a week or a total of 540 minutes for the challenge.

You can log your completion of a Wellpower seminar or approved online seminars.

HOME | DASHBOARD | RESOURCES | CONNECT | RECORDING | CONTACT US | LOG OUT |

SEARCH

WELCOME, LOREA SEIDEL

- DASHBOARD | LOGOUT
- SELECT DIFFERENT TEAM | CREATE A NEW TEAM

Home ▶ Dashboard

RECORDING

myDashboard myProgress myGoals myNutrition myFitness myHealth myTeam

Help

For information about this challenge, click [HERE](#).

Recording Date: Tue, Feb 5, 2013 [VIEW OTHER WEEKS](#)

Total Activity Time:  HOURS  MINUTES

Your Primary Activity: -- Select --

Lifestyle Question:  Did you complete a seminar, webinar, or Dedman Center demonstration this week? --select--

Journal/Notes:

SUBMIT

There is no data recorded for the week ending Feb 8, 2013.

LEADERBOARD

STEPS CONVERTER

Online videos approved for this challenge may be found by visiting this page. The videos are super-short, so we suggest watching several of them to find exercises that would work for you!

The screenshot shows the SMU Wellpower Spring Forward Challenge website. The navigation menu on the right includes links for HOME, DASHBOARD, RESOURCES, CONNECT, RECORDING, and CONTACT US. A dropdown menu is open under RESOURCES, listing: SPRING FORWARD CHALLENGE RESOURCES, WELLPPOWER INFORMATIONAL VIDEOS, RECIPES, FITNESS, EVENT CALENDAR, FAQ, SUCCESS STORIES, HEALTH NEWS, and VIDEOS. A red arrow points from the text on the left to the 'VIDEOS' link. Below the navigation, there are tabs for myDashboard, myProgress, myGoals, myNutrition, myFitness, myHealth, and myTeam. The main content area is titled 'RECORDING' and contains a form for logging activity. The form includes fields for Recording Date (Tue, Feb 5, 2013), Total Activity Time (HOURS and MINUTES), Your Primary Activity (a dropdown menu), and a Lifestyle Question: 'Did you complete a seminar, webinar, or Dedman Center demonstration this week?' with a dropdown menu. There is also a Journal/Notes text area and a SUBMIT button.

*Additional information about this challenge may be found on the HR website.*

1. Go to: [smu.edu/hr](http://smu.edu/hr)
2. Hover over the Health & Wellness Tab & pull down to Wellness Information
3. Click the Challenges link on the right-hand side of the page
4. Click the Challenge name

