



# Healthy Communities A3

## 2017 Mayor's Fitness Challenge

### How to Sign-Up

1. Visit our website at [www.healthycommunitiesA3.com](http://www.healthycommunitiesA3.com) to sign up for the challenge online, and plan to attend the official kickoff event scheduled for Tuesday, September 26<sup>th</sup> at 6:00 p.m. at the Senior Adults Center in Asheboro.
2. On the A3 website, click on 'Conversion Tool' where you may register for the challenge.
3. To register: Gather friends, family, co-workers, and designate a team leader and team name. If you prefer, you may register as an individual. Contact Jim Rich at: [jrichjr@triad.rr.com](mailto:jrichjr@triad.rr.com) to have your team name entered.
4. After clicking on 'register', fill out the A3 registration information including your username and password, then click on 'register' at the bottom.
5. Wait for a few moments, then enter your 'activity' or 'pedometer steps'.
6. Enter the date by using the pop up calendar, then press 'submit'.
7. The screen will pop up for you to 'log in'.
8. Enter your newly created username and password and the 'profile' screen will pop up.
9. Associate your team by clicking on your team with the drop down arrow. (If at this point your team has not been entered, please contact Jim Rich at: [jrichjr@triad.rr.com](mailto:jrichjr@triad.rr.com))
10. Choose your team and click on 'update' at the bottom.
11. At this point, you can click on 'my results' to see what activities have been entered, 'individual results' or 'team results'.
12. Log out in the upper right hand corner when finished, and log back in to record new results.