



WELCOME TO THE 10 WEEK WELLNESS CHALLENGE!

The next 10 weeks are designed to help you **Live Your Life Like Every Moment Matters!** This challenge is filled with opportunities to make positive changes towards a healthier lifestyle. We are excited for you to experience team activities, weight loss success and to discover the benefits of healthy nutrition.

JANUARY 25 - APRIL 1, 2016

HOW TO GET STARTED

On your mark, get set, GO!

1. FORM A TEAM



CHOOSE A TEAM NAME

- » Your team name will be displayed on the leaderboard.

2. ELECT YOUR TEAM CAPTAIN



IT IS COOL! All you have to do...

- » Gather your team member's email addresses and t-shirt sizes
- » Register your team
- » Get EXCITED!

3. ENTRY FEE \$20.00 PER PERSON



- » Coolest t-shirt ever
- » Magazine subscription
- » Local discounts
- » Weekly nutrition tips
- » Healthy recipe ideas
- » Shopping lists
- » Calorie Tracker

HOW TO REGISTER

Registration opens December 14, 2015

CAPTAIN

- » Go to: **livehealthynorthtexas.com** to register team.
- » Click **JOIN TODAY.**
- » Enter your Group Registration ID: **LHDUTD.**
- » Complete registration process.
 - » You will receive an email confirming you've completed the registration process.
- » Edit your profile.
- » Start tracking your activity.
- » Keep an eye out for your team's **T-SHIRTS** and fun **CAPTAIN'S CHALLENGES!**

TEAM MEMBER

- » You will receive a **CONFIRMATION EMAIL** after your Team Captain has completed registering your team.
 - » The confirmation email will contain your username and password. **You must login** to be recognized as a member of your team.
- » Go to: **livehealthynorthtexas.com.**
- » Click **LOGIN.**
- » Edit your profile.
- » Start tracking your activity.

TRACKING ACTIVITY

- » Log into your dashboard: **livehealthynorthtexas.com.**
- » Click on the **myTracker** tab to start logging your activity.
- » Tracking activity with a device or App (optional):
 - » Click on **myDevices** tab.
 - » Find the device option and click Add Device to sync.