Logging in
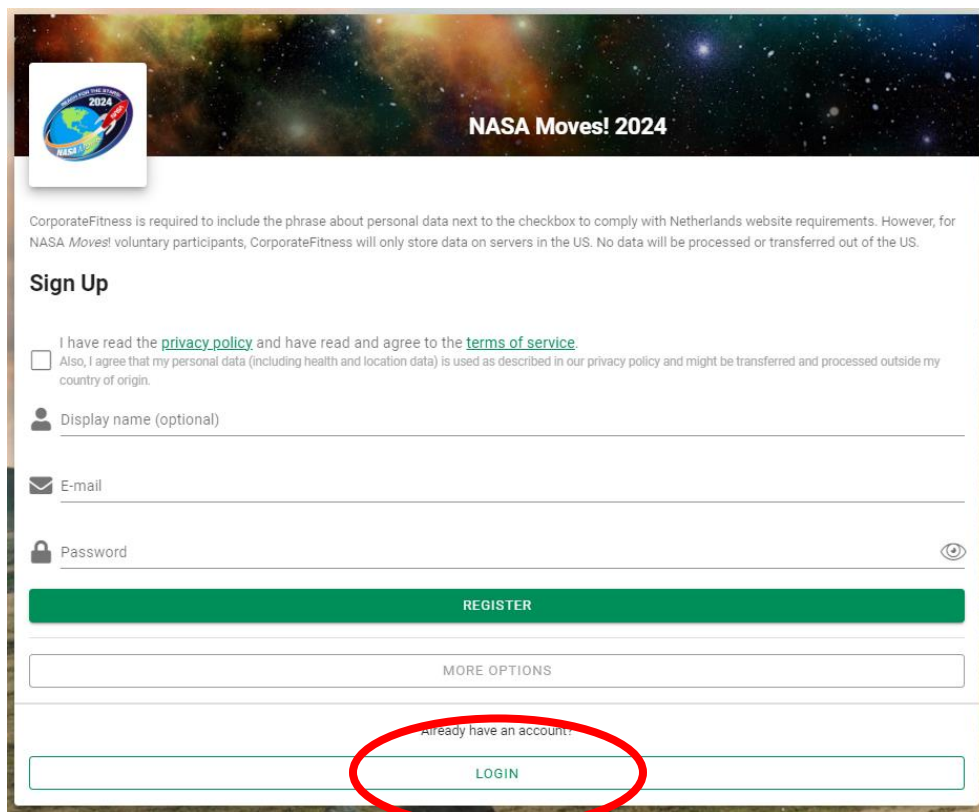
1. Click on the provided link:
   https://corporatefitness.page.link/?link=https%3a%2f%2fcorporatefitness.app%2fregister%3fevent%3dnasa-moves-2024%26verificationCode%3d8fodbw%26joinGroupId%3d&apn=app.corporatefitness&isi=1594403776&ibi=app.corporatefitness
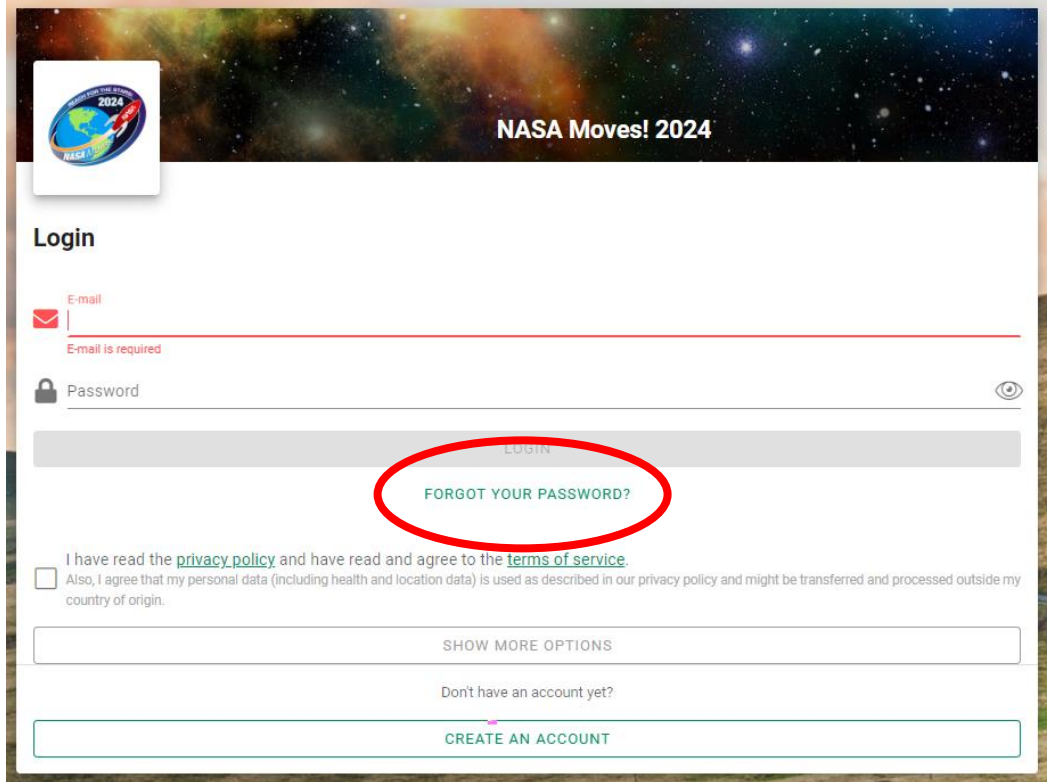   (This link is also available on the Health4Life website and in the NASA *Moves*! email sent out).

2. If you are a new user, proceed to create a new account. If you participated last year, there's no need to create a new account; simply click the "Login" option at the bottom of the screen and log in using last year's credentials.

3. If you've forgotten your password, select the "Forgot Password" option and provide your email address.
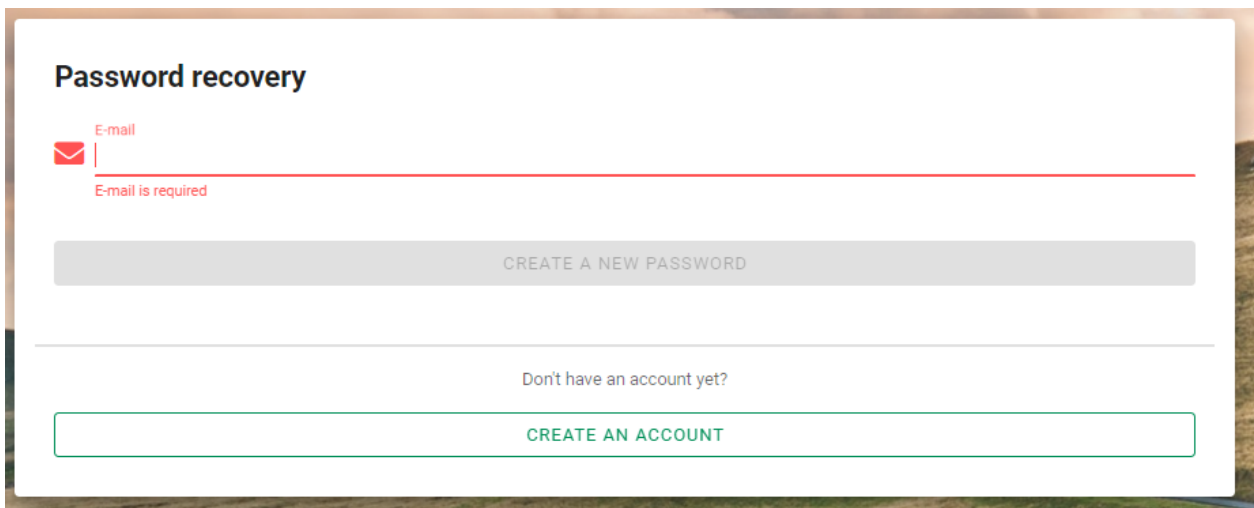
4. Check your email for a message from CorporateFitness. Follow the link provided to create a new password

Create a new Password

E-mail
hanna.l.bogner@nasa.gov

Password
|

Password and Confirm password Required

UPDATE PASSWORD

5. Once your password is updated, you are now logged in. Be sure to write down or save your password for future reference.

6. Return to the original link (https://corporatefitness.page.link/?link=https%3a%2f%2fcorporatefitness.app%2fregister%3fevent%3dnasa-moves-2024%26verificationCode%3d8fodbw%26joinGroupId%3d&apn=app.corporatefitness&isi=1594403776&ibi=app.corporatefitness) to access the challenge and proceed.

<mark>Joining the Lifestyle Challenge</mark>

The Lifestyle Challenge is an individualized step challenge designed to empower participants to define their own fitness goals and steadily progress each week.

1. To enroll in the Lifestyle Challenge, navigate to the welcome page of the challenge and click on "START" next to "Lifestyle Challenge".

Lifestyle Challenge
Are you up for an extra challenge? Empower yourself by setting and achieving your own fitness goals, steadily progressing each week. Your step count is entirely per...   START

1. Complete the form with your customized goals, specifying your daily step target and the weekly increment you aim to achieve.

Lifestyle Challenge

Are you up for an extra challenge? Empower yourself by setting and achieving your own fitness goals, steadily progressing each week. Your step count is entirely personal and customizable, with no minimum or maximum limit. This challenge is tailored to accommodate your current fitness level, whether you're a beginner or training for a marathon – the only person you're competing with is yourself! Fill out your goals below to get started.

The default is to start with 3,500 steps per day and increase this with 250 steps per week.

📅 Start date
_____

Leave empty to start today.

This leaderboard allows you to set personal goals. Leave them empty to use the default settings.

Daily Step Target (per day)
_____

Enter your daily target in steps.

Increment steps (per day)
_____

Enter weekly increase in steps. The daily goal will increase each week with this number of steps. This will happen every 7 days from the day you have started.

CANCEL   START

2. Leaderboard: Earn a gold star each day you meet your goal! Keep track of your progress and celebrate your achievements each day.

Badges

Earn these badges by joining this event and completing the various intermediate goals.

Day 1

Not yet unlocked! Why not be the first?

Day 2

Not yet unlocked! Why not be the first?

Logging Step Activity

1. On the upper green navigation bar, click on the person icon in the top right corner to pull down the Welcome list.

2. Click on Manual entry.

3. Click on the appropriate choice under Activity details (additional options are available by clicking the "… more," option).
4. Your selected activity will populate next to the available selections.
5. Enter your distance.
6. Enter your duration in hours, minutes, and seconds.
7. Click the orange Save button at the bottom of the page.

<u>Viewing Leaderboards</u>

1. On the upper green navigation bar, click on the person icon in the top right corner to pull down the Welcome list.
2. Click on My Profile.

3. You can view your personal results at the top of this page.
4. Scroll down the page to see Events You Have Joined.
5. Click on the NASA *Moves*! event.
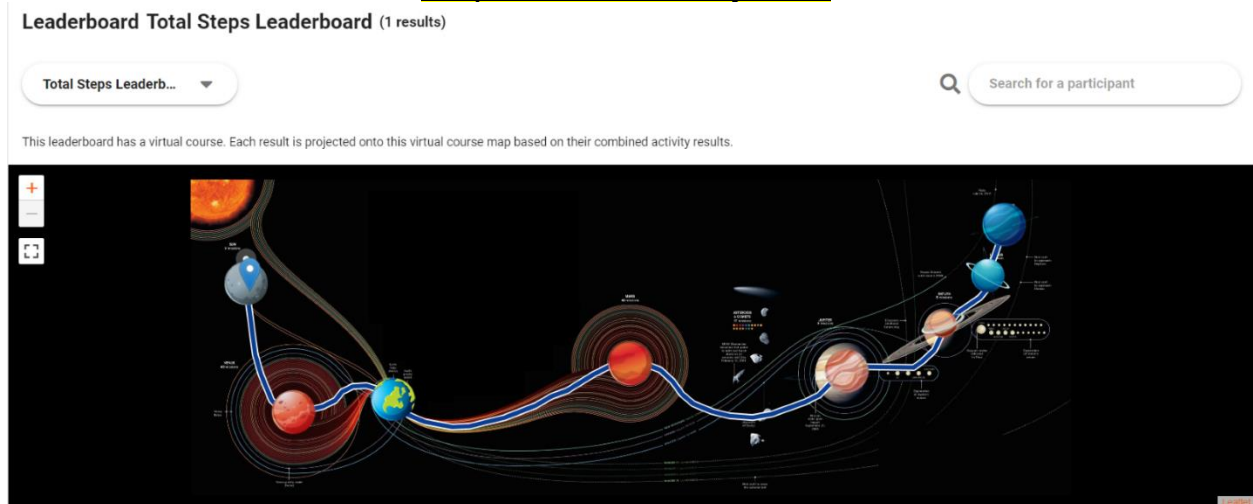6. This will take you to the Leaderboards and Results page.
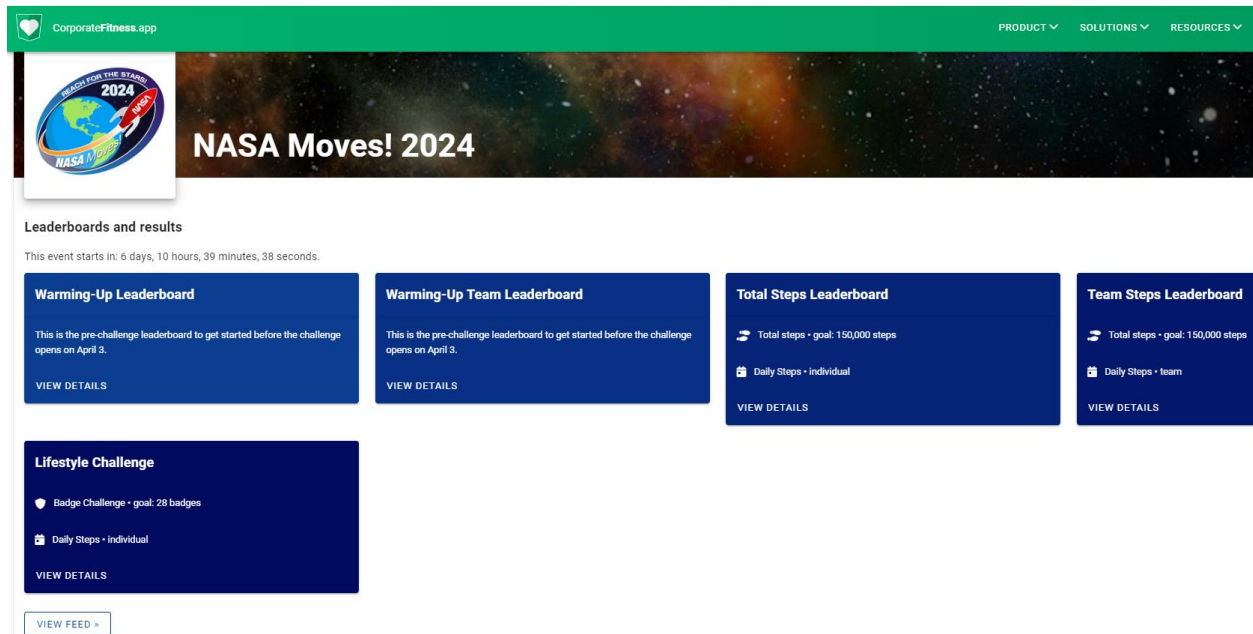
7. From here, you can click on any Leaderboard option you'd like to view.

<mark>Map of the Solar System</mark>

1.   Clicking on the Total Steps Leaderboard (following instructions above) will take you to the solar system map. From there, you can track your progress "stepping" through the Milky Way!

<mark>Collecting Badges</mark>

1. You can unlock badges each day by completing various intermediate goals. Each badge will give you a glimpse into a planet of the solar system!
2. Badges are visible on each of the Leaderboard views, under the solar system map.