

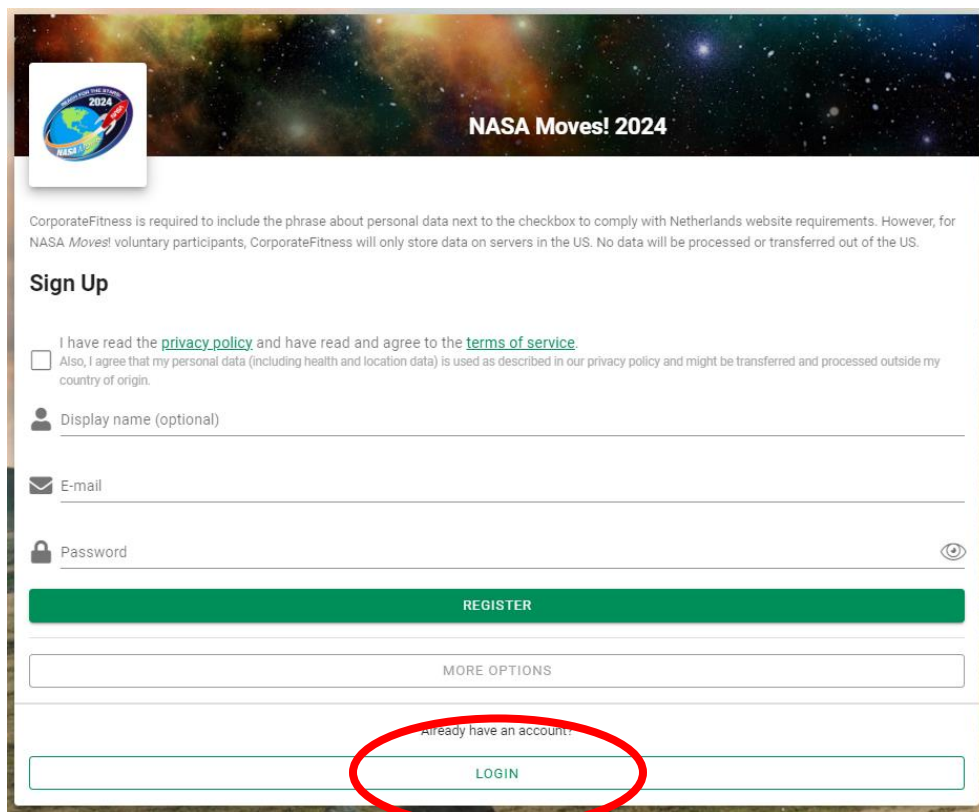
Logging in

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>

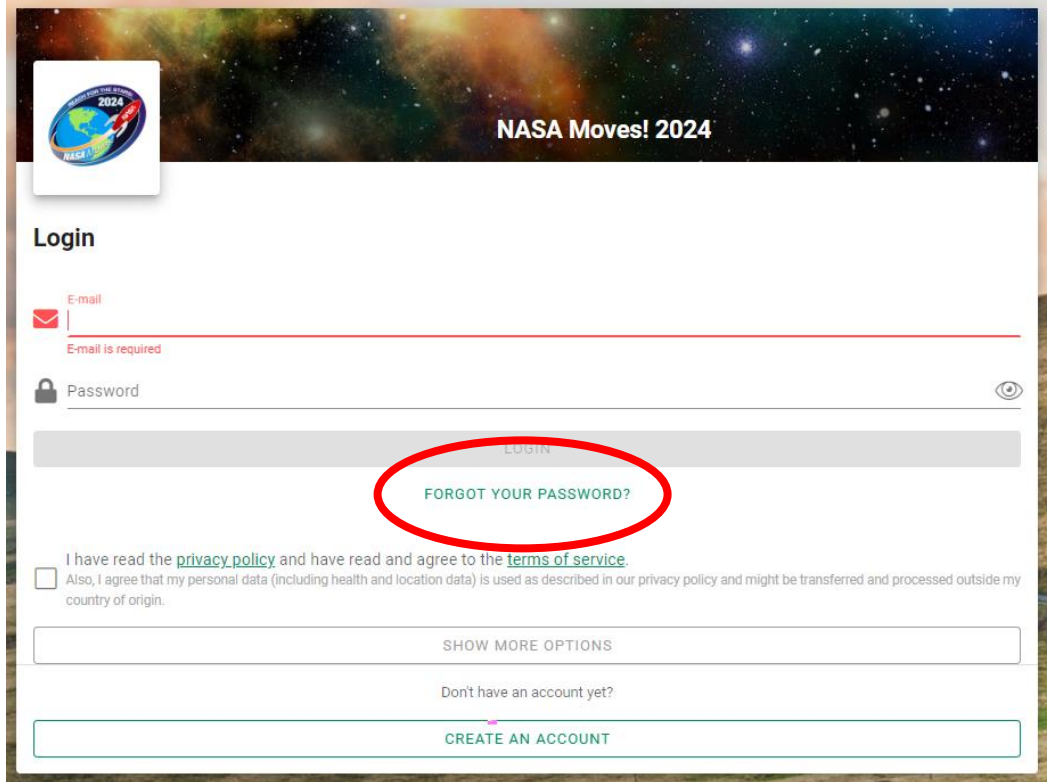
(This link is also available on the Health4Life website and in the NASA Moves! email sent out).

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.



The screenshot shows the NASA Moves! 2024 registration and login page. At the top left is the NASA Moves! 2024 logo. The header text reads "NASA Moves! 2024". Below the header, there is a disclaimer: "CorporateFitness is required to include the phrase about personal data next to the checkbox to comply with Netherlands website requirements. However, for NASA Moves! voluntary participants, CorporateFitness will only store data on servers in the US. No data will be processed or transferred out of the US." The main section is titled "Sign Up" and contains a checkbox for agreeing to the privacy policy and terms of service. Below this are input fields for "Display name (optional)", "E-mail", and "Password". A green "REGISTER" button is positioned below the password field. Underneath the register button is a "MORE OPTIONS" button. At the bottom, there is a section for users who already have an account, with the text "Already have an account:" and a "LOGIN" button. The "LOGIN" button is circled in red.


3. If you've forgotten your password, select the "Forgot Password" option and provide your email address.



NASA Moves! 2024

Login

E-mail
E-mail is required

Password 

LOGIN

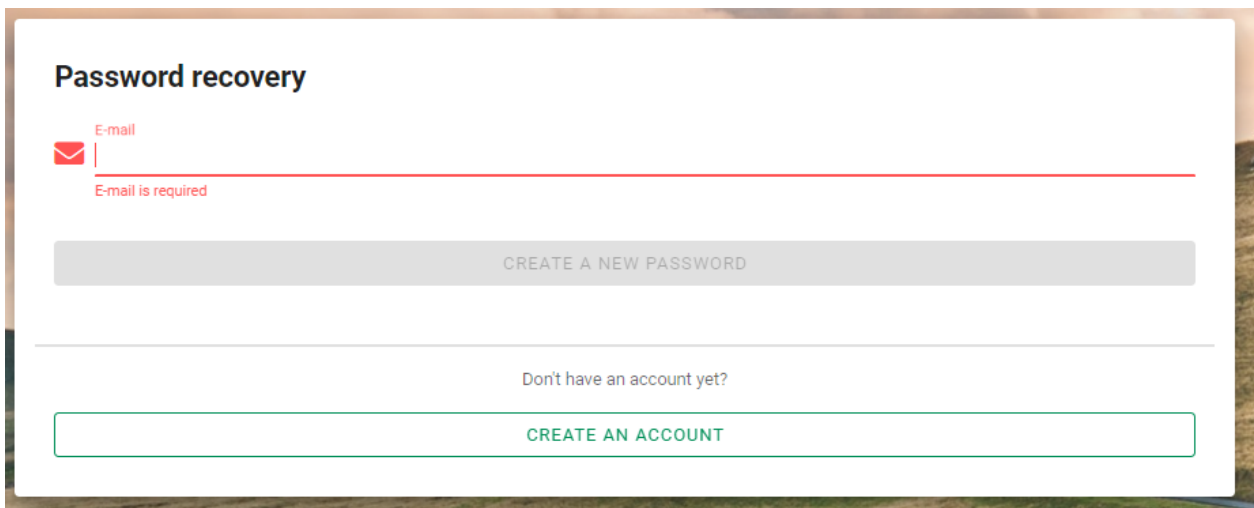
FORGOT YOUR PASSWORD?

I have read the [privacy policy](#) and have read and agree to the [terms of service](#).
Also, I agree that my personal data (including health and location data) is used as described in our privacy policy and might be transferred and processed outside my country of origin.

SHOW MORE OPTIONS

Don't have an account yet?

CREATE AN ACCOUNT



Password recovery

E-mail
E-mail is required

CREATE A NEW PASSWORD

Don't have an account yet?

CREATE AN ACCOUNT

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%26joinGroupld%3d&apn=app.corporatefitness&isi=1594403776&ibi=app.corporatefitness>) to access the challenge and proceed.

Joining the Lifestyle Challenge

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.



Logging Step Activity

The screenshot shows the CorporateFitness.app interface. At the top is a green navigation bar with the app name on the left and 'FEATURES', 'PRICING', 'CONTACT US', and 'SOLUTIONS' on the right, along with a user profile icon. Below the navigation bar, there's a search bar and a 'Total Steps Leaderboard' dropdown menu. A text description states: 'This leaderboard has a virtual course. Each result is projected onto this virtual course map based on their combined activity results.' The main content area features a large, colorful virtual course map with various planets and orbits. A 'Welcome' dropdown menu is open on the right side, listing options: 'My Profile', 'Manual entry', 'Upload photo', 'Connections', 'Edit Profile', 'Event Manager', and 'Sign Out'. A small disclaimer at the bottom reads: 'Maps, illustrations, distances, and similar depictions are not to scale and are only intended for visual appeal.'

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.

The screenshot shows the 'Manual activity entry' form in the CorporateFitness app. The form is titled 'Manual activity entry' and includes a tip: 'Manually enter the details of an activity. Please keep in mind not all virtual events allow manual entries. Also: manual entries do not count towards tile rankings.' Below the tip, there is a section for 'Activity details' with several input fields and a dropdown menu for activity type. The activity type is currently set to 'Cycling'. The form includes fields for 'Activity date (start)' (4/3/2023), 'Time of Day (optional)' (12:00 AM), 'Distance (in km, Required)' (0), 'Elevation gain (in m, optional)' (0), 'Elevation loss (in m, optional)' (0), and 'Duration'.

CorporateFitness.app

FEATURES PRICING CONTACT US SOLUTIONS

Profile / Your activities / Manual activity entry

Manual activity entry

Manually enter the details of an activity. Please keep in mind not all virtual events allow manual entries. Also: manual entries do not count towards tile rankings.

Tip: when entering multiple manual entries on the same day you'll need to specify the time of day.

Activity details

RUNNING CYCLING WALKING SWIMMING MORE Cycling

Activity date (start) 4/3/2023 April 3, 2023 at 12:00 AM EDT

Time of Day (optional) 12:00 AM

Distance (in km, Required) 0

Elevation gain (in m, optional) 0

Elevation loss (in m, optional) 0

Duration

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.

Viewing Leaderboards

The screenshot shows the 'Your dashboard' in the CorporateFitness app. The dashboard has a navigation bar with 'PROFILE', 'FEED', 'ACTIVITIES', and 'GROUPS'. The 'Your results' section shows a leaderboard for the '[TEST] NASA Moves! 2023 (Team Steps Leaderboard)'. The user is ranked #1 with a score of 1,500 steps, 0% progress, and a last activity on 3/15/2023. The 'Your activities' section is also visible, with a link to 'View the details of your last 5 activities.' A user menu is open on the right, showing options like 'My Profile', 'Manual entry', 'Upload photo', 'Connections', 'Edit Profile', 'Event Manager', and 'Sign Out'.

CorporateFitness.app

FEATURES PRICING CONTACT US SOLUTIONS

Your dashboard

PROFILE FEED ACTIVITIES GROUPS

Your results

Position	Event	Score	Progress	Last Activity
#1	[TEST] NASA Moves! 2023 (Team Steps Leaderboard)	1,500 steps	0%	3/15/2023

Your activities

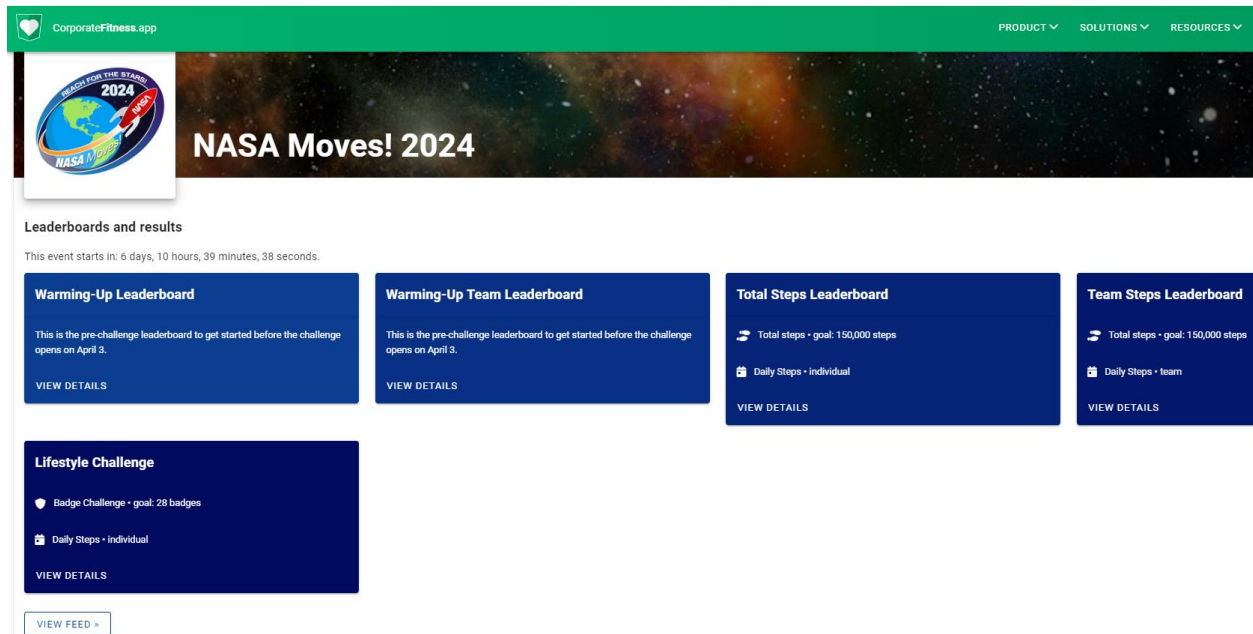
View the details of your last 5 activities.

Welcome

- My Profile
- Manual entry
- Upload photo
- Connections
- Edit Profile
- Event Manager
- Sign Out

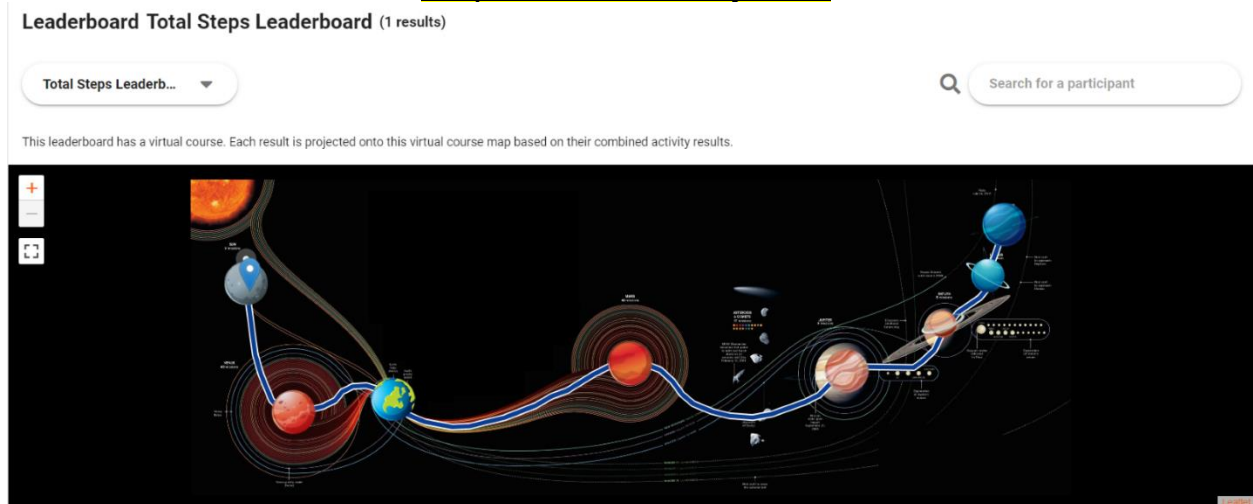
1. On the upper green navigation bar, click on the person icon in the top right corner to pull down the Welcome list.
2. Click on My Profile.

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.

Map of the Solar System



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!

Collecting Badges

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.