

# MOVE OR BUST

Challenge Activity



VS.



- If you **do not** currently have an account with Daily Endorphin, please be sure to click on the invite link found in the body of the “Move or Bust” Challenge announcement to join this challenge. Here you will be welcomed and walked through registration.
- Note: You may still have an account if you participated in past challenges. If your password has been forgotten, you may request a new one on the site log in page.
- If you **have an account**, click on the challenge link. You may then choose to join this challenge found in the “My Groups & Challenges” area on your “Dashboard” or go back in through the link provided.
- Once you click on the challenge link you will be asked to choose the county or city’s team. Please click on the City team link.
- Once enrolled, play around on the site and become familiar with the activity log. You may begin by sorting through the activities listed, choosing activities to default on your “Dashboard” and recording ahead of time.
- The challenge begins on **Monday, September 21**. At this time minutes recorded on your “Dashboard” at DailyEndorphin.com will then, and only then begin to count towards the challenge. Feel free to use the site prior to this start date to track personal information (all personal info is confidential besides minutes during the challenge).
- All prior week minutes will need to be recorded each **Monday before noon** to count for the week prior and included in the weekly report. Note: If you are out of town and or are unable to obtain internet access, you may connect with me at (218) 730-5201 or [ahohenstein@duluthmn.gov](mailto:ahohenstein@duluthmn.gov) to help record minutes (I will need your user Daily Endorphin user id and password to do so).
- Note:** You may add and track other activities and nutrition on the Daily Endorphin site for your own personal record without affecting the challenge. You will have a paid membership for the year. I encourage you to use this site throughout as you prefer tracking your exercise progress, nutrition intake, and/or creating your own individual or group challenges.

