

10,000 STEPS HEALTH CHALLENGE

GUIDE FOR PARTICIPANTS

Thank you for getting involved in the 10,000 Steps Health Challenge. The Challenge is a great opportunity to become more active, lose weight and waist girth and participate in a fun initiative with colleagues, community members or friends.

NEW 10,000 Steps Members: How to Join

1. Go to the 10,000 Steps website www.10000steps.org.au and select [Sign Up](#).
2. Enter your details to create your own account, we encourage you to use an organisational email address if you are part of a workplace group. Please note down your password as you will need it to login.
3. Select that you would like to register as a participant.
4. You will be asked to verify your email address by checking your emails and clicking on the link provided.
5. Complete the last required details needed to create your account.
6. Your account will now be created and you can access your [Dashboard](#).
7. On your Dashboard, click on the Add Health Measures card.
8. Enter in your current height, weight and waist measurements, and add your goals.
9. Select which Health Challenge you would like to join from the drop down menu.

EXISTING 10,000 Steps Members: How to Join

If you are already a member of the 10,000 Steps website, you can join the Challenge by doing the following:

1. Go to the 10,000 Steps website www.10000steps.org.au and select [Login](#).
2. Login with your email address or username and password.
3. On your Dashboard, click on the Add Health Measures card.
4. Enter in your current height, weight and waist measurements, and add your goals.
5. Select which Health Challenge you would like to join from the drop down menu.

If you have previously completed the Health Measures Getting Started form you can join a Health Challenge by clicking on the View Health Measures Dashboard card, go to [Settings](#) and choose the Health Challenge you want to join from the drop down menu.

Viewing the Challenge

View your Health Challenge progress from the Health Challenge dashboard card. This card automatically appears once you have joined a Health Challenge. Your steps, weight and waist girth loss will automatically contribute to your team's total from this date. Please note: Your individual data will not be shown.

View the Challenge progress here:
<https://www.10000steps.org.au/south-west-health-challenge/>



Logging Steps

To contribute your steps during the Challenge you will need to log steps in your own online 10,000 Steps account. Only steps logged since the start of the Health Challenge will contribute to your team's total. It is your responsibility to be actively involved and regularly log steps on the 10,000 Steps website.

To log your steps for the day click on the [plus sign on the Dashboard](#) and enter the number of steps you have walked or the activity in minutes. Alternatively, you can click on the [Step Log](#) button on your Dashboard which enables you to enter steps and activity in minutes for numerous days. Entering activity in minutes will add the estimated step conversion onto your daily total, increasing your step count.

To connect your 10,000 Steps account with Fitbit, please go to your [Tracker Details](#) in your 10,000 Steps account. Once your 10,000 Steps account is linked with your Fitbit account, you can sync your Fitbit steps by clicking on the sync icon on the right side of the Dashboard.

On the Dashboard you can set your own [step goal](#), view your own [step statistics](#), participate in monthly [Challenges](#) and connect with [Friends](#). These features can help you to keep motivated to be physically active during the Challenge.

Instructions:

[Logging Steps and Activity](#)

[Syncing with Fitbit](#)

[Recording Extra Activities](#)

Logging Weight and Waist Girth

To contribute to the Challenge weight and waist girth changes, you will need to log your weight and waist girth on a regular basis in your personal 10,000 Steps account.

We recommend logging your weight and waist girth on the first day of the Health Challenge. This will be your baseline from which weight and waist girth loss is calculated. Then we encourage you to enter your measures every Friday or on a weekly basis.

To log weight and waist girth click on the View Health Measures card on your Dashboard. Enter your weight and/or waist measurement and then press save. Alternatively you can click on the Weight and Waist tabs and click on previous dates in the table to add entries.

In the Health Measures section you can view your recent weight and waist measures, reset your goals or view your progress by clicking on the Weight and Waist tabs.

Instructions:

[Logging Weight and Waist girth](#)

Support

- For help using the 10,000 Steps website, please view the [Support section](#).
- If you need assistance with the 10,000 Steps website please contact the [Project Office](#).

