

Safari File Edit View History Bookmarks Develop Window Help
 Healthy Challenges Platform
 https://www.extracorn.com/Secure/Login.aspx?ReturnUrl=%2FAdmin%2FUsers%2FMyChallenges.aspx
 Healthy Challenges Platform
 UCSF University of California, San Francisco | About UCSF | Search UCSF | UCSF Medical Center

Log in to the site

User Name: Password:
 Recover User Name Reset Password Log In
 Keep Me Logged In

NEW USER SIGN UP
 Register Here to create an Account.
 Existing Users please log in above.
 Register

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UCSF step it up! Challenge

The holiday edition
Coming November 17
Through December 15th

Enjoy the holidays and stay healthy!

Earn points for walking, exercising, eating well, ...and enjoying a few treats!

Grand Prize Drawing: A \$500 airline gift Certificate!

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living well at UCSF My CHALLENGES
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Michael Cohn
 Upload Image

WEEKLY ANNOUNCEMENTS
 MY CHALLENGES
 REPORT MY PROGRESS
 REPORT MY WEIGHT
 CHANGE MY TEAM

Step it Up: Holiday Edition
(Challenge Info)

11/17/2014 12/15/2014 11:59:59 pm Central Time

Challenge has not started.

Starting Assessment
Completed
Click Here to Edit

Points Goal
Earn 600 points

Final Assessment
Available 12/5/2014

Challenge
Starting in 3 days

Team Rankings (115) Page 1 of 12 Results per page: 10

1		FresnoITS (4 members)	0 Points / Team Member
2		Individual Participants (306 members)	0 Points / Team Member
3		Team BASIC (5 members)	0 Points / Team Member
4		CB4601 (1 member)	0 Points / Team Member

Challenge
Step it Up: Holiday Edition

News Feed Add New Post

- 11/14/2014 7:14:06 PM
 Catherine Haorei enrolled and joined the 'MAC Step it up 3D' team!
- 11/14/2014 7:13:20 PM
 Louella Lee enrolled and joined the 'KidneysPlus' team!
- 11/14/2014 7:08:40 PM
 Joe Winer enrolled and joined the 'MAC Step it up 3D' team!
- 11/14/2014 7:04:50 PM
 amy lee enrolled and joined the 'KidneysPlus' team!
- 11/14/2014 6:55:32 PM
 Kendra Bechtel enrolled and joined the 'MAC Step it up 3D' team!
- 11/14/2014 6:55:05 PM
 Lucinda Morgan enrolled and joined the 'Rad Steppin' team!

Click "Change my Team"

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WEEKLY ANNOUNCEMENTS

MY CHALLENGES

REPORT MY PROGRESS

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CHANGE MY TEAM

Living Well Site

Invite Others

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YOUR CURRENT CHALLENGES
To change teams: click the "Leave Challenge / Change Team" link and then re-enroll in the challenge on your new team.

3 Results Results per page: All

Challenge	Team	Team Leader	Team Members
Leave Challenge / Change Team	Step It Up: Holiday Edition	Individual Participants	Show Team Members (308)

Click "Leave Challenge / Change Team"

Healthy Challenges Platform :: Challenge Enrollment

My CHALLENGES

REPORT MY PROGRESS

ENROLL IN A CHALLENGE

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ENROLL IN A CHALLENGE

Select a Challenge: [Step It Up: Holiday Edition](#) [View Challenge Information](#)

Post my enrollment on the Challenge News Feed

Share my challenge points graph during this challenge with:

My Friends My Team Members
 Yes, Share with My Friends Yes, Share with My Team Members

Biometric Measures

What is your height? * ft. in.

What is your current weight? * pounds

Physical Activity

On how many days of the week are you physically active? *

On those days, how many minutes of activity do you get? *

Join Team Create & Lead a New Team Join as an Individual (all individuals will be on an "Individual Participants" team.)

Select a team to join

Search teams by Team Name, Team Leader, or Team Members:

3 Results Results per page: All

	Team	Team Leader	Team Members
Join Team	Individual Participants		Show Team Members (307)
Join Team	LD Rockets	Helen Christensen	Show Team Members (10)
Join Team	ROCKIN' RADONC	MISTY REYES	Show Team Members (10)

Click here to join an existing team

OR, click here to create a new team.

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Run script: "WebForm_DoPostBackWithOptions(new%20WebForm_PostBackOptions("ctl005MainContent\$ucEnroll\$gyCompetitionGroups\$ctl0451bGroupAction",%20"true",%20true,%20"true",%20false,%20true))"

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Healthy Challenges Platform :: Challenge Enrollment
https://www.extracon.com/Admin/Users/Enroll.aspx
Healthy Challenges Platform :: Challenge Enrollment

My CHALLENGES
REPORT MY PROGRESS
ENROLL IN A CHALLENGE

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ENROLL IN A CHALLENGE
Select a Challenge: **Step it Up: Holiday Edition** [View Challenge Information](#)
 Post my enrollment on the Challenge News Feed
Share my challenge points graph during this challenge with:
My Friends: Yes, Share with My Friends
My Team Members: Yes, Share with My Team Members
Biometric Measures
What is your height? 5 ft. 08 in.
What is your current weight? 135 pounds
Physical Activity
On how many days of the week are you physically active? 2
On those days, for how many minutes are you active? 30
 Join Team Create & Lead a New Team Join as an Individual (all individuals will be on an "Individual Participants" team.)
Select a team to join
Search teams by Team Name, Team Leader, or Team Members: rock All Teams
3 Results Results per page: All

	Team	Team Leader	Team Members
Join Team	Individual Participants		Show Team Members (307)
Join Team	LD Rockets	Helen Christensen	Show Team Members (10)
Join Team	ROCKIN' RADONC	MISTY REYES	Show Team Members (10)

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Run script: "WebForm_DoPostBackWithOptions(new%20WebForm_PostBackOptions("ctl00\$MainContent\$ucEnroll\$gyCompetitionGroups\$ctl04\$1bGroupAction",%20true,%20true,%20false,%20true))"

Type in the name of the team or the name of anyone on the team and click "Search."

Then, click "Join Team."