

Healthy Challenges Platform

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Been in Step it Up Before? Log in. → **User Name:** **Password:**
 New to Step it Up? Click Register. →
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NEW USER SIGN UP
 Register Here to create an Account.
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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!

Healthy Challenges Platform :: Challenge Enrollment

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

Biometric Measures

What is your height? ft. in.

What is your current weight? lbs.

Physical Activity

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

On those days, how many minutes per week do you exercise? minutes

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:

	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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Healthy Challenges Platform :: Challenge Enrollment

My CHALLENGES
REPORT My PROGRESS
ENROLL IN A CHALLENGE

Living Well Site
Invite Others
User Resources / Support
Health Information
Devices
User Info
Log Out

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",%20"",%20true,%20"",%20false,%20true))"

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

Then, click "Join Team."