

Cape Cod Municipal Health Group Summer Steps Challenge



To successfully complete this challenge you will need to log 196,000 steps within 4 weeks (that's an average of 7,000 steps/day)

Registration will run from July 16th – July 29th

Program will run from July 23rd – August 20th

Follow these steps to register and choose your team for this challenge:

1. Log into your ahealthyme account (go to www.ahealthyme.com/login).
2. Click on the “**Sign up**” button in the challenge widget on the ahealthyme dashboard.
3. Click “**Select existing team**” and choose the team you’d like to join from the drop-down list. *You’ll be able to see who has joined the team so far.*
4. Click “**Sign up now.**”



TEAMS WERE COMBINED FOR THE 2018 CHALLENGE:

Barnstable County	Town of Barnstable	Town of Orleans
Cape Light Compact	Town of Brewster	Town of Provincetown
CC Collaborative	Town of Chatham	Town of Sandwich
CC Lighthouse Charter	Town of Dennis	Town of Truro
CCRTHS	Town of Eastham	Town of Wellfleet
Dennis-Yarmouth RSD	Town of Falmouth	Town of Yarmouth
Monomoy RSD	Town of Harwich	UCCRTHS
Nauset RSD	Town of Mashpee	


Teams include all Fire, Police, Water Districts, DPW, Admin, and Schools (other than regional school districts) within a town. This will make the challenge a little more fun and competitive this year!!

If you have any questions, concerns, or problems please contact Deanna Desroches, Wellness Consultant at capecodhealthyconnections@gmail.com or 508-631-7263.

Logging Your Steps and Linking Your Fitbit!

Registration will run from July 16th – July 29th
Program will run from July 23rd – August 20th

Logging your steps on ahealthyme:

1. Log into your ahealthyme account (www.ahealthyme.com/login.)
2. Click  in the Challenge Widget. You'll see this right on the ahealthyme homepage when you log in.
3. Enter your steps.
4. Click “Update” to save your activity.

Have a Fitbit®? Link it to ahealthyme To Use it for this Challenge

If you'd like to use your Fitbit® you must link it to ahealthyme. This establishes a connection between your device and your ahealthyme account. Follow the steps outlined below or by viewing our [video tutorial](#) on the ahealthyme website, in the “Support” tab under “Fitbit Support.”

1. **First-time Fitbit® users:** Register your device on Fitbit.com. Registration is a one-time process.

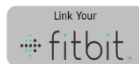
Already have a Fitbit.com account? Move to Step 2.

Get started: Visit <http://www.fitbit.com/setup> and follow the instructions provided with your device.

Optional (but recommended): Download the Fitbit app on your mobile device and follow these instructions: <http://www.fitbit.com/devices>.

2. Log into your ahealthyme account (www.ahealthyme.com/login).

3. Click on the gray Fitbit® widget.



4. Enter Fitbit.com account email address and password, then click “Log In.”
5. On the next screen, click the pink “Allow” button. This allows ahealthyme to access your Fitbit® data. *Please Note: You have the right to uncheck any boxes you wish, however, you must at least allow access to activity and exercise for ahealthyme to read the steps collected by your Fitbit.*

REMEMBER: Complete these steps by **August 20th!!** The Steps Challenge starts **July 23rd!**

If you have any questions, concerns, or problems please contact Deanna Desroches, Wellness Consultant at capecodhealthyconnections@gmail.com or 508-631-7263.