Team Registration (Captains)

Step One:

Captains must register first by logging onto oyohla.com and click on “Sign Up For All Challenges Here”

On the next page click the “Sign Up” box and a popup screen will appear. Check box for Consent and click Ok.
Everyone must complete the “User Profile.” While completing the Profile form, you may choose an animated Avatar that will show up next to your nickname.

On the Profile Form, you will be asked: “Which group do you belong to?” Make sure you scroll down the list and choose “OYOH Physical Activity New Registration.” Complete the entire form then click Save and Continue.
You will then be transported to your *Welcome page.*
Under ‘My Challenges’, select and click on the **SOPHE 2020** challenge.

**Count Steps**
- Enter number of steps: [ ]
  - [ ]

**Count Activities**
- Choose an activity:
  - [ ]
- Enter minutes:
  - [ ]

**Update Your Weight**
- Enter weight:
  - [ ]
- Update:
  - [ ]

On the next page click “Join Challenge.” in the blue box.
After clicking Join Challenge in the blue box, a password is required. Enter "sophe" (lowercase) when prompted.

To create a team, after clicking "Join Challenge" in the blue box and entering your password, a pop-up screen will appear. Click on "Create A Team" link.
Complete the team form and click "Create" at the bottom of page.

You will then be sent to the Challenge page.

SOPHE 2020
Start: Thursday, February 20, 2020
End: Friday, March 20, 2020

[Image of Challenge page]

[Image of SOPHE 2020 sidebar with links to Challenge List, Activity Tracker (map), Challenge Help Instructions, and Open Message Board]

[Image of conference details]

Thursday, February 20
You should see your team at the bottom under 'My Challenge Progress.'

How to Sign up Team Members

All team members must sign up individually the same as captains. Make sure they remember their username and password. Once team members successfully sign up, on their Welcome page “Under My Challenges” select and click “SOPHE 2020 Challenge.” Click on “Join Challenge” in the blue box. A pop-up screen will appear.
Search and click on your team. Then, click “Join” at the bottom of the page. Your info will be transferred to your team. To verify that you joined the team successfully, scroll to the bottom of the page and look for your team. Click on your team and see your avatar and nickname along with your team mates.

How to Enter Steps
On your Welcome page, if you have a pedometer or smart device, you may enter steps in the Count Steps box and click ADD.
In the Count Activities box, you may choose an activity and enter the number of minutes it took to complete your activity and click ADD. The Minutes you enter will be converted into Steps and Miles.

Participants may use the Fit Bit to sync with the OYOH system, or click on the Google Fit Dashboard at the bottom of the Welcome page to see which smart devices Google supports.

Own Your Own Health has an app called, “MyWell App” by Core Health that looks exactly like the website and will sync with the online site.

How to Sync the MyWell App

Step One: Download the MyWell by Core Health app to your smart phone.
Step Two: Logon to your account with username and password. At the top of your Welcome page, click on your animated avatar and select “Mobile Access” and click “New.” A code will appear. Then copy the code and put it into the app on your smart phone. Give it a minute or two to successfully sync with your device.