

February 1 – 28, 2023

Calling all faculty and staff! Help your team win the **eleventh annual Go Move Challenge** by recording your minutes of intentional physical activity that gets the heart pumping to determine which Jesuit institution is the most active. Will Santa Clara win for the 5th year in a row? Awards go to the university which tracks the most minutes, the university which averages the highest number of minutes per participant, and the university with the highest average number of minutes per region. Learn more at <https://youtu.be/xk8YPf3pgto> or click play below:



HOW TO JOIN THE CHALLENGE

- Register at www.GoMoveChallenge.org, even if you participated last year
- Click the "LOG IN / REGISTER" button on the top menu bar
- In the "REGISTER" box, enter your university email address and other required information, including your university
- In the "Division/College" box, click on your division/college (ie School of Law, School of Ed, Student Life, Provost Office...) from the drop-down. If you don't see your Division/College, choose "Other" and enter the name of yours
- Click the "SUBMIT" button when finished
- You will receive a confirmation email with your user email and password

HOW TO LOG MINUTES

- Starting February 1, visit www.GoMoveChallenge.org
- Click the "LOG IN / REGISTER" button on the top menu bar
- In the "LOG IN" box, enter your email address and password
- In the "LOG MY WORKOUT" box, select the intensity of your workout and description and enter the number of minutes, and select a single date or date range for logging multiple days
- Click the "LOG IT" button when finished
- Users can delete minutes that were entered in error

CHALLENGE RULES AND TIPS

- Challenge runs from February 1 – 28. Minutes will not be accepted after the challenge ends.
- Get inspired and motivated by creating a team of up to 4 (including yourself) to compete against other teams at your university to see which one averages the most minutes!
- Use the Go Move Challenge social media sites to share photos, and tag photos #GoMoveChallenge
- Open the mobile-friendly challenge website from your phone's browser to enter minutes on the go!
- Read the challenge FAQ at www.GoMoveChallenge.org/FAQ