February 1 – 28, 2021

Calling all faculty and staff! Help your team win the ninth annual Go Move Challenge by recording your minutes of movement to determine which Jesuit institution is the most active. Awards go to the university which track the most minutes, the university which averages the most number of minutes per participant, and the region with the most minutes. 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 division or college/school
- 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 type of activity, add an activity description, 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
- Starts: 12:00 a.m. Pacific Time on Friday, February 1, 2021
- Ends: 11:59 p.m. Pacific Time on Thursday, February 28, 2021 (NOTE: Minutes will not be accepted after the challenge ends.)
- Use the Go Move Challenge social media sites to share photos: FB, Insta, Twitter
- 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

Participants who reach 400 active minutes in the challenge will receive custom Xavier Wellbeing athletic shoes!

Questions? Contact your TriHealth Workplace Wellbeing & Fitness Team:
Brad Clark
Brad_clark@trihealth.com | 937-626-8692