



Active & Healthy Challenge Step-By-Step Instructions

Team Captains sign up first:

1. Go to the [Own Your Own Health page](#) and click the Sign Up button
2. Scroll down and click **Agree** in the Licensing Agreement and the User Profile page will appear.
3. While completing the **User Profile** form, make sure you select **OYOH Physical Activity New Registration** in the **Which group do you belong to?** section. After completing the User Profile click **Save and Continue**.
4. You will then be taken to your **Welcome** page.
5. Captains must create the team by clicking on **Participate** at the top of the page and select **Join A Team**.
6. Captains will select **Create a Team** and complete the form and click **Create**.
7. Once team is approved, login with your username/password and your Welcome page will appear.
8. In the **My Challenges** box, click on **Join a Challenge**.
9. Scroll down and locate the **National Minority Health Month Active & Healthy Teams Challenge link**, then hover your mouse over the link and click **“more”** at the right of the page.
10. Select **Add a Team**, locate team and click **Add to Challenge** and your team will be added to the Challenge.
11. Click on the link and see your team at the bottom of the page under **My Challenge Progress**.
12. Send the members of your team the team name and password and have them sign up.

To Join a Team:

To join a team, follow steps 1-3 above and on your Welcome page, click **Participate** at the top of the page and select **Join A Team**. Do a search for your team, and after locating your team click on the team name and click the link **Join**. All your info will be transferred to that team.

Individual Sign-ups

1. Go to the [Own Your Own Health page](#) and click the Sign Up button.
2. Scroll to the bottom of the Licensing Agreement and click **Agree**.
3. While completing the **User Profile** form, make sure you select **OYOH Physical Activity New Registration** in the **Which group do you belong to?** section. After completing the User Profile click **Save and Continue**.
4. You will then be taken to the **Welcome** page. In the **My Challenges** box, click **Join Challenge**.
5. Scroll down and click **Minority Health Month Active & Healthy Individuals Challenge**.
6. Then, click **Join Challenge**.



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