

Family Fitness Challenge with wellness4one

Inviting your family and friends to take a fitness challenge is a fun way to get everyone back in shape. wellness4one.com makes the process of creating a family and friend fitness challenge and then keeping track of progress simple:

1. To start, someone will need to sign up for a membership to wellness4one.com. Free memberships are available at: <https://www.wellness4one.com/screening.aspx>
2. Fill out the screening information and click **Continue**. Then, fill out the new member information and click **Continue**.
3. On **My wellness4one Page**, click the **Training Partner Admin** hyperlink.
4. On the **Training Partner Admin** page, click the drop down box next to **Training Partners** and select **Invite New Partner**.
5. Enter the email addresses of anyone that you would like to invite separated by a semicolon. You may also change the message to anything you like. When you are finished, click **Send Invitations**.
6. All of your invitees will receive invitations via email. Each person will need to click on the link in their email and become a member of wellness4one.
7. Once all of your invitees have joined, you can send them a fitness challenge. To do this, click on the **Partner Fitness Challenge** on the **My wellness4one Page**.
8. On the **Partner Fitness Challenge** page, click the drop down box next to **Challenge Name** and select **Add New Challenge**.
9. Give the new challenge a name and then select the training partners you would like to invite. Enter the date the challenge should start and end and then select the fitness aspect the challenge will cover. You can select multiple categories and this is a good idea since some people may not want to lose weight or fat and may just compete on time spent working out. When you are finished, click **Create Challenge and Send Invitations**.
10. After your training partners accept the challenge, you will be able to track each other progress by clicking **Reporting** on the main menu, selecting the **Fitness Challenge** report and then clicking the **Get Report** button.

NOTE: Every member should perform a checkup at the start and end of each challenge to record body fat and weight. Time spent working out should be recorded in the **Workout Log** to get credit in the system.

NOTE: You may invite new partners to join the challenge even after it has started by going back to the **Partner Fitness Challenge** page and inviting more members.