

ZipFit 2009 Perseverance Award Registration Instructions

General Award Information:

- All ZipFit teams are eligible for the Perseverance Award. If teams need to make changes to their roster, contact Melissa at mgsmith@uakron.edu or x7580 with updated registration information.
- The Perseverance Award will be determined by physical activity points for the team that accumulates the most points from the 12-week period of June 1 to August 23. The winning team will be awarded 2 tickets for each team member to the Homecoming Football game against Ohio University on October 10.
- Only physical activity points will be used for this award; there will be no bonus options. Physical activity points will be earned through self-report activity.
- To participate, each team member must join the ZipFit 2009 *America On the Move* group. Instructions for registration are below. The website can record daily steps from a pedometer or physical activity minutes, which it will convert to steps.

America On the Move Registration Instructions

1. Go to www.americaonthemove.org*
2. Click "Get Involved, Join Today" (the big red tab)
3. Select "I am an individual..." when asked "What best describes you?"
4. Select "Join a Group" when asked "What would you like to do?"
 - a. Enter your Group Registration Code: **RZI149296**
5. When completing the registration information, use your ZipFit Team Name on the address line. If you are unsure of your team name, please check with your team captain or the ZipFit team listing at http://www3.uakron.edu/onat/srwc/wellness/zipfit2009/ZipFit_2009_Team%20Rankings.pdf.
6. Follow the instructions on the screen to complete your registration. Use June 1 as your challenge start date. (You will make a second challenge date in July for the rest of the summer.)
7. Once complete, explore the site for useful tools. I recommend the following: choose an interactive trail to complete in 42 days, use the Challenge Buddies option to connect with your teammates, and view success stories.
8. Begin recording your activity daily.

**NOTE: If ZipFit participants do not have daily or almost daily access to a computer to log activity, contact Melissa (mgsmith@uakron.edu or x7580) for paper versions of physical activity tracking logs.*