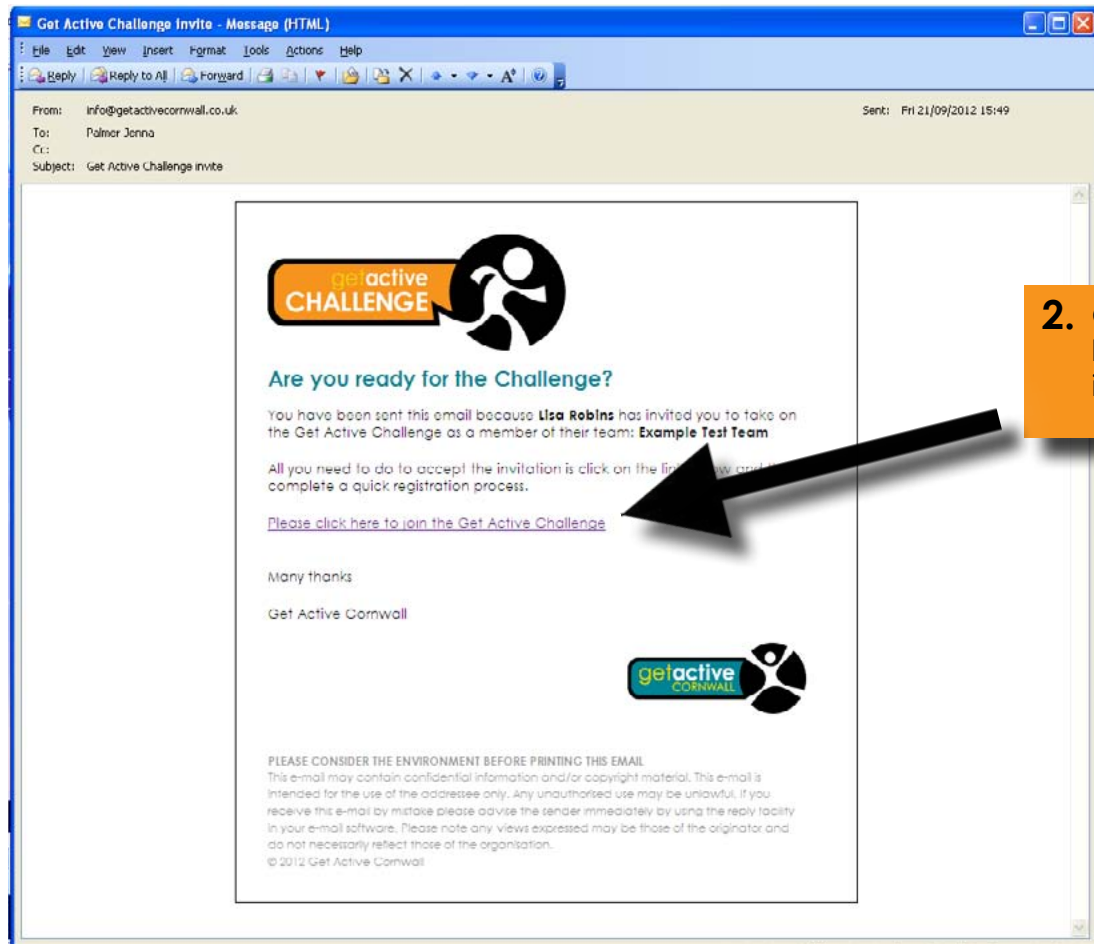


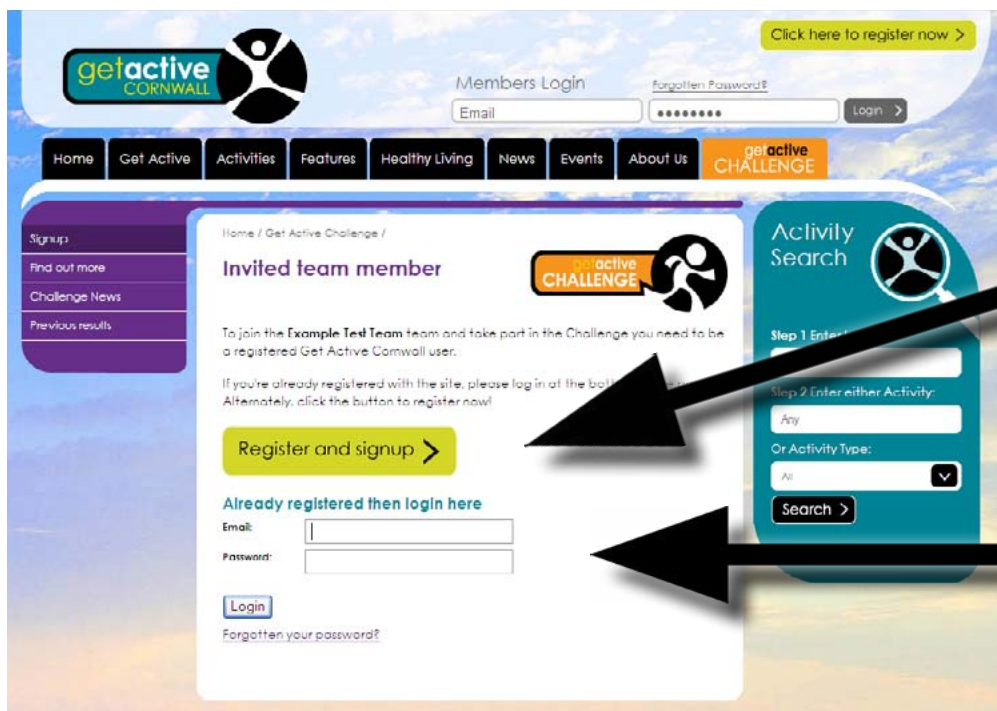
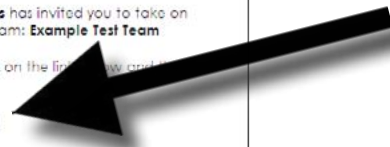
How to accept an invitation to join a team



1. When your Team Captain invites you to join their team, you will receive an email notification similar to the one below:



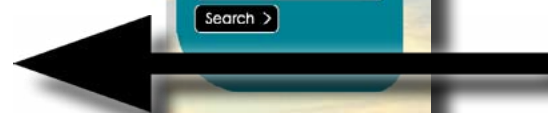
2. Click on the link within your invitation



3. If you are not already registered with the website, click on 'Register and Signup'



If you have previously registered with the website, log in here



6. Complete the following sign up form and then click on the green button at the bottom to continue to the next page.

The screenshot shows the 'Challenge Signup' page. At the top, there is a navigation bar with 'Home', 'Get Active', 'Activities', 'Features', 'Healthy Living', 'News', 'Events', 'About Us', and 'getactive CHALLENGE'. A 'Members Login' section includes fields for 'Email' and 'Password', with a 'Login' button and a 'Forgotten Password?' link. A 'My account' and 'View wish list' link are also present. The main content area is titled 'Challenge Signup' and includes a 'Manage challenge' sidebar with links for 'Find out more', 'Challenge News', and 'Previous results'. The main text explains the challenge and includes a questionnaire with three questions about physical activity. A search bar on the right is titled 'Activity Search' and has two steps: 'Step 1 Enter location:' and 'Step 2 Enter either Activity:'. It also has a dropdown for 'Or Activity Type:' and a 'Search' button.

getactive CORNWALL

Members Login

Forgotten Password?

Email

Login

My account > View wish list >

Home Get Active Activities Features Healthy Living News Events About Us getactive CHALLENGE

Manage challenge

Find out more

Challenge News

Previous results

Home / Get Active Challenge /

Challenge Signup

Before you get started on the Challenge we would like to invite you to participate in a quick evaluation project which we are working on with the Cornwall & Isles of Scilly NHS. We would also like to ask you to participate in a short questionnaire at the end of the challenge too.

We would like to assure you that your responses will remain confidential.

About you

1) Firstly, think about all the vigorous activities that you did in the last 7 days. (Vigorous physical activities are those that take hard physical effort and make you breathe much harder than normal.)

During the past week, on how many days did you do vigorous physical activities like heavy lifting, aerobics or highly energetic sport for at least 10 minutes at a time?

days per week

If no vigorous physical activities, please skip to question 3

2) How much time did you usually spend doing vigorous physical activities on one of those days?

hours minutes per day

Don't know/Not sure

3) Think about all the moderate activities that you did in the last 7 days. (Moderate activities refer to those that take moderate physical effort and

Activity Search

Step 1 Enter location:

Step 2 Enter either Activity:

Any

Or Activity Type:

All

Search >

Visit this clubpage

9. You'll now see the following screen, your Challenge Management page, which means you have successfully signed up to the Challenge!

Your Team Captain will need to activate your membership in the team before you can log any activity... so, give them a nudge!

The screenshot shows the 'Manage challenge' page. At the top, there is a navigation bar with 'Home', 'Get Active', 'Activities', 'Features', 'Healthy Living', 'News', 'Events', 'About Us', and 'getactive CHALLENGE'. A 'Members Login' section includes fields for 'Email' and 'Password', with a 'Login' button and a 'Forgotten Password?' link. A 'My account' and 'View wish list' link are also present. The main content area is titled 'Manage challenge' and includes a 'Manage challenge' sidebar with links for 'Your activity log', 'Your team', 'View challenge', 'Find out more', 'Challenge News', and 'Previous results'. The main text explains the challenge management area and includes a 'Your team' section with a 'Cancel request' link and a 'Your activity log' section. A search bar on the right is titled 'Activity Search' and has two steps: 'Step 1 Enter location:' and 'Step 2 Enter either Activity:'. It also has a dropdown for 'Or Activity Type:' and a 'Search' button.

getactive CORNWALL

Members Login

Forgotten Password?

Email

Login

My account > View wish list >

Home Get Active Activities Features Healthy Living News Events About Us getactive CHALLENGE

Manage challenge

Your activity log

Your team

View challenge

Find out more

Challenge News

Previous results

Home / Get Active Challenge /

Manage challenge

Welcome to the Challenge management area where you can manage your team and log your physical activity.

You are awaiting approval from your Team Captain:

You will therefore see under the 'Your Team' heading that you are awaiting approval from your team captain, who will have been sent an email notifying them you have accepted their invitation. Once approved, you'll be all set to log your minutes and steps.

Your team

You are awaiting approval to join

Example Test Team.

[Cancel request](#)

Your activity log

You are not currently eligible to log any activities. Reasons include: your organisation is not approved, you don't have a team of 3, you have no challenges currently running.

Activity Search

Step 1 Enter location:

Step 2 Enter either Activity:

Any

Or Activity Type:

All

Search >

Challenge Progress

Click the link below to view the main Get Active Challenge landing page.

[View progress >](#)