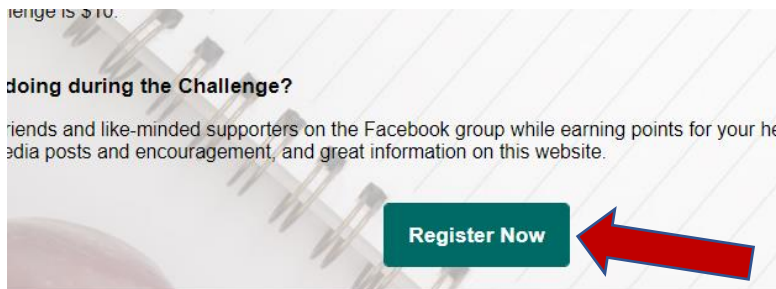


Living Well Challenge Help Guide Registration

1. On the Living Well Challenge Home Page, click Register Now.



2. Create an Account.

UAEX Living Well Challenge Registration

What is The UAEX Living Well Challenge?

LWC is an 8-week online healthy habits accountability challenge. It will provide friendly competition and the online accountability YOU need to make your journey toward living well a success!

What is the goal?

The goal is to help you adopt simple behaviors that will result in a long-term healthy lifestyle.

What is involved?

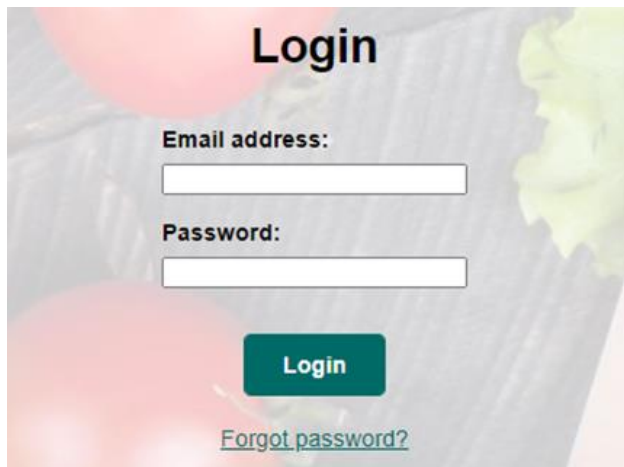
- Each week, you will have the opportunity to earn points and prizes for making healthy choices.
- We will help you set goals.
- We will provide proven strategies that will help you succeed.

Create Account

First name: <input type="text"/>	Last name: <input type="text"/>
Password: <input type="password"/>	Password confirmation: <input type="password"/>
Address: <input type="text"/>	
City: <input type="text"/>	
State: <input type="text"/>	Zip: <input type="text"/>

State: <input type="text"/>	Zip: <input type="text"/>
Phone: <input type="text"/>	Email address: <input type="text"/>
Display name: <input type="text"/>	County: <input type="text"/>
Ethnicity: <input type="text"/>	
Race: Check ALL that apply	
<input type="checkbox"/> American Indian/Alaskan Native	
<input type="checkbox"/> Asian	
<input type="checkbox"/> Black/African American	
<input type="checkbox"/> Native Hawaiian/Pacific Islander	
<input type="checkbox"/> White	
<input type="checkbox"/> Not Disclosed	
Gender: <input type="text"/>	Birthdate: <input type="text"/>
Height: <input type="text"/> in	Weight: <input type="text"/> lbs
	Waist: <input type="text"/> in
Create Account	

3. Log In to your account.



Login

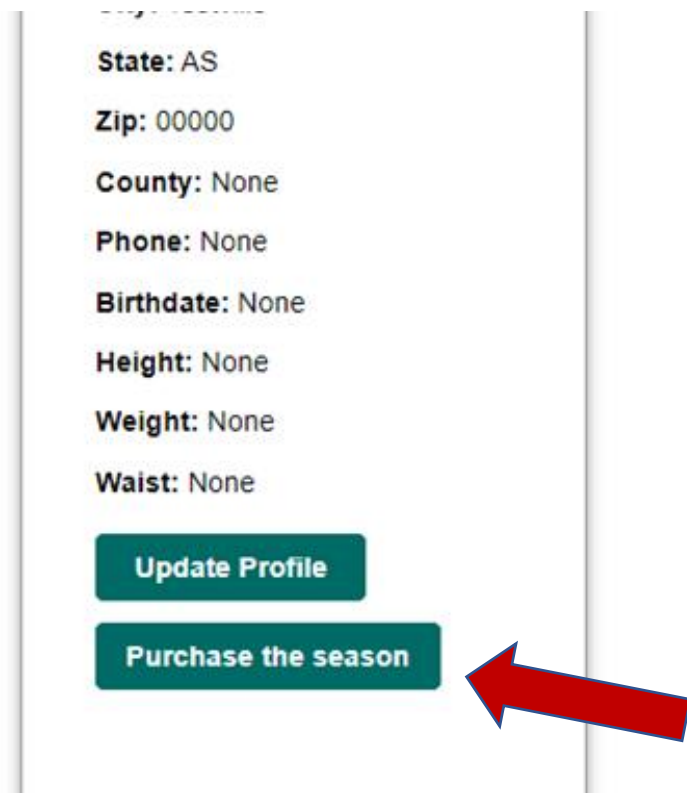
Email address:

Password:

Login

[Forgot password?](#)

4. Select “purchase the season”.



State: AS

Zip: 00000

County: None

Phone: None

Birthdate: None

Height: None

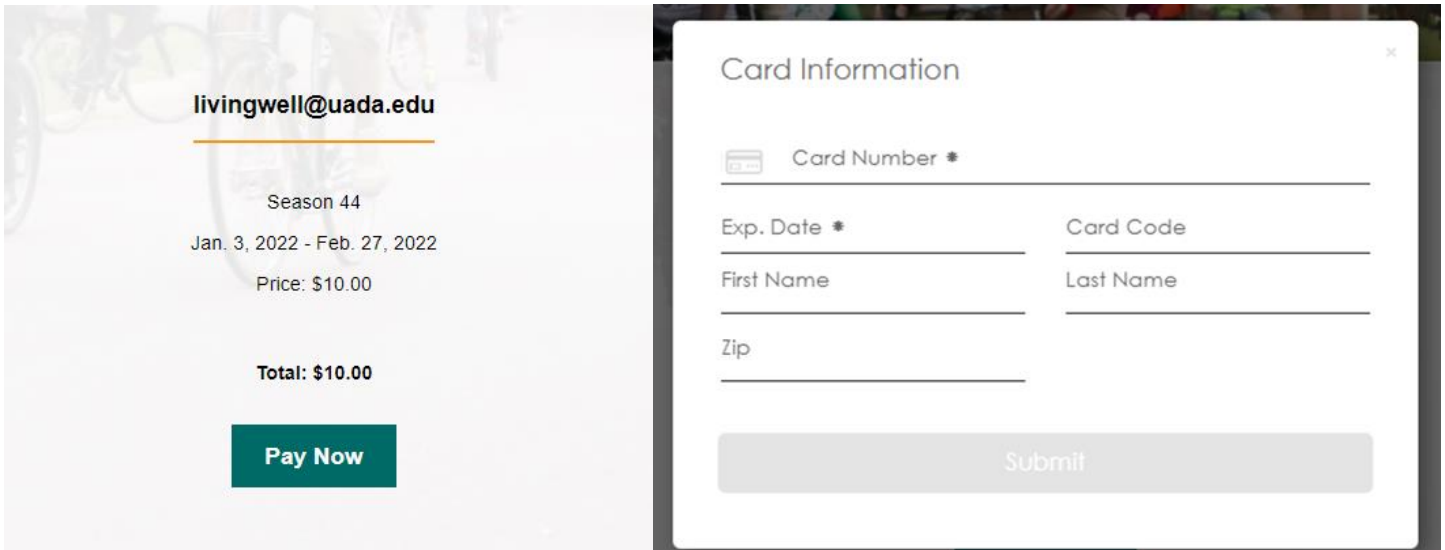
Weight: None

Waist: None

Update Profile

Purchase the season

5. Select “Pay now” and enter your credit card information. Once your payment has been processed, you will be redirected to your dashboard.



livingwell@uada.edu

Season 44
Jan. 3, 2022 - Feb. 27, 2022
Price: \$10.00
Total: \$10.00
Pay Now

Card Information

Card Number *

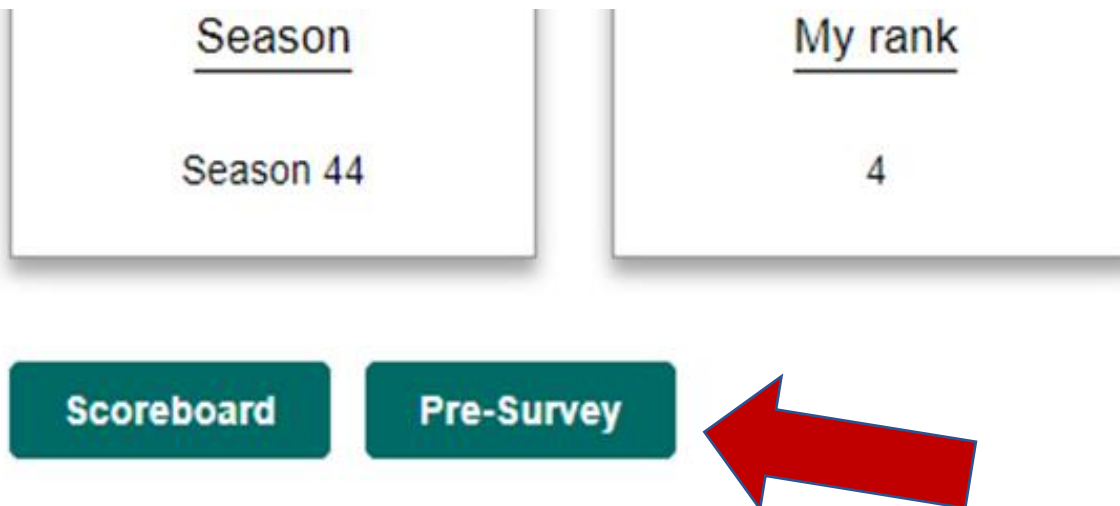
Exp. Date * Card Code

First Name Last Name

Zip

Submit

6. Complete Pre-Survey. The pre-survey will open in a new tab.



Season
Season 44

My rank
4

Scoreboard Pre-Survey

7. Go into your account dashboard weekly to report your points! Select the edit button on the week you want to report.

Weeks



	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Prep a Healthy Meal/Meals at Home	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eat 5 cups of Fruits and Vegetables	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Get 7-8 Hours of Sleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Physically Active 30 Minutes a Day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
No Sugar Sweetened Drinks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="button" value="Uncheck All"/>	<input type="button" value="Check All"/>	<input type="button" value="Check All"/>	<input type="button" value="Check All"/>	<input type="button" value="Check All"/>	<input type="button" value="Check All"/>	<input type="button" value="Check All"/>

Bonus Points

Take 'Before' pictures and send in - Front, Side, and Back Views

Pro Tip: For best results, wear the same form-fitting active wear/swimwear for taking before and after photos.

Front Image



Back Image



Side Image



If you have any questions, please contact us at livingwell@uada.edu. Visit our [living well contact page](#) to report technical issues.