Summer 2017 HealthTrails

Web address: https://usgwellbeing.healthtrails.com

Program length: 8 weeks; 56 days

Program goal: 400 virtual miles

*Registration start date/launch (first date participants can register): Monday, June 5

Participant start date (first date participants record progress): Monday, June 19

Registration end date: Monday, July 17

Last day of the program: Sunday, August 13

Social/Additional Features
- Mobile app feature
- Trail Talk (wall feature)
- Trail Mates (buddy feature)
- Individual Leaderboard
- Tip Test mileage (3 miles for a correct tip quiz answer)
- Campus Leaderboard

Device Integration (There will be no Fitbit subsidies)
- Fitbit®
- Garmin
- Jawbone
- Movable
- Sony
- Yoo

Team Competition
- Enrollment start date (first date to create/join teams): Monday, June 5
- Enrollment end date (last date to create/join teams): Monday, July 17
- Competition start date: Monday, June 19
- Length of competition: 8 weeks; 56 days
- Team size: 4-10
- Freeze team scores date (3 days after competition ends); Wednesday, August 16 at 11:59 PM CST
Health Behaviors

- **Steps**
  - Goal: 6,000/day, 4 days/week
  - Max counted toward trail: 25,000 steps/day, 7 days/week
  - Description: Aim for 10,000 steps or more a day for the greatest health benefits, including lowering your risk for many chronic conditions. You may record as many steps as you’d like, but to encourage consistency a maximum of 15,000 steps a day will count toward your movement on the trail.

- **Sleep**
  - Goal: 6-8 hours, 5 days/week
  - Max counted toward trail: 1/day, 7 days/week
  - Description: Most adults require 7-9 hours of sleep to recharge. Quality sleep not only helps you feel revived when you wake, but it can also improve memory and recall, regulate appetite and the release of certain hormones, and protect/repair muscles as well as your immune system (1 sleep session of 7-9 hours a day will count toward your movement on the trail).

- **Self-Compassion**
  - Goal: 1x/day/5 days
  - Max counted toward trail: 2x/days 7/week
  - Description: Practicing self-compassion — being kind and mindful with yourself — contributes to well-being and promotes successful behavior change. It’s also easier to be kind to others when you’re giving yourself the same treatment. Replace negative self-talk with thoughts like these: “It’s OK; you gave it your best shot.” “Everyone has a hard time with stuff like this.” “That was rough; you need a little space right now.” Making this a habit takes practice; start today with self-compassion meditations and exercises. Aim for 1 or more moments of self-compassion a day. You can record as many as you want, but to encourage consistency, a maximum of 2 moments a day will count toward your movement on the trail.

*Everyone must register as a new participant using your UGA email address. You cannot use your previous account. If you downloaded the mobile app to your phone during the previous HealthTrails Challenge, you will need to delete that app before you can register.*