



# How to Submit Daily and Weekly Video Challenges

After logging into your profile page, you will see the Daily and Weekly Team Challenge sections under the points.

For Daily Challenges, a new challenge will appear each day, Monday - Friday.

For Weekly Video Challenges, a new challenge will appear once a week, on Monday morning.

**Daily Team Challenge (every day - posted Monday to Friday, 100 points each)**

**Daily Challenge**

Did You Know – Jumping as a form of exercise helps to improve coordination and cardio. You can find a variety of ways to jump (*jump rope, jumping jacks, burpees, hopping from side to side*).

Send us a photo of 3 teammates doing jumping activities from their homes.

**Did you complete today's challenge?**

To verify the bonus points, please let us know where you have posted your challenge photo or video. Choose from one of the options below and click the 'submit' button.

Twitter
  Facebook
  Email

**Submit**

## STEP 1

Once your Team has completed the Daily and/or Weekly Video Challenge, your Team Captain needs to verify where the challenge photo/video has been submitted in order to receive the bonus points.

Select one of the options listed: Twitter, Facebook or Email

Click the 'Submit' button.

**Did you complete today's challenge?**

To verify the bonus points, please let us know where you have posted your challenge photo or video. Choose from one of the options below and click the 'submit' button.

Twitter
  Facebook
  Email

**Submit**

## STEP 2

A thank you message will appear, confirming that your points have been added.

The Team Challenge bonus points appear under 'Your Team's Points' section at the top of your profile page.

*Note: The Team Challenge bonus points are not averaged.*

**Thank You!**

Your team submitted today's challenge and will now receive 100 bonus points.

Team Challenge (Bonus Points) have been added and appear under your team's points section.

**Your Team's Points**

Kate ..... 0

**Team Challenge (Bonus Points) ..... 100**

**Total Score ..... 100**

Every team's total score is averaged. This is done to keep the activity challenge fair for everyone, no matter the size of your team.

Questions? Visit the **FAQ page** on the website or email: **FHTtoMOVE@guelphfht.com**

