

# INDIVIDUAL

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Step-by-step instructions for registering as an individual not yet part of a group or to create an individual profile for group members in the DoD “Leap into Fall” (LIF) Physical Fitness Challenge:

- Access the President’s Challenge website for individuals  
[http://www.presidentschallenge.org/login/register\\_individual.aspx](http://www.presidentschallenge.org/login/register_individual.aspx)
- Choose a username (please use first/last name if participating in DoD Challenge as an individual and want to receive a certificate upon completion; rank is optional for military)
- Choose/complete password
  - o Use “wellness” if participating in DoD’s Challenge and want to receive a certificate upon completion
  - o Choose your own password if not interested in certificate
- Enter group information (name/ID number) as provided by group leader if you were invited to join a particular group
- Enter personal information (only DOB, gender, city, state, and zip are required)
- Select your current activity level and fitness goal
  - o Beginners: Active Lifestyle
  - o Already moderately active: Presidential Challenge
  - o Currently active at least 1 hour per day, 5 days per week: Advanced performance Presidential Challenge
- Record username and password from next screen
- Select favorite activities
- To join a group click on “Your Groups” tab at top
  - o Enter group information if known and not entered above
  - o Click on “Find a group” if you don’t know specific details
    - If participating in DoD’s challenge, select State: Virginia, Group Type: Government, City: Arlington, Group Name: DoD LIF Challenge: Air Force,
    - Write down Group Name then click on “join group”
    - Group ID number completes automatically, type in Group Name, then “Add”
- Log your activity by clicking tab at top left
  - o Select Type of Activity
    - Clicking Favorites will allow you to choose from activities you identified above
    - Click other choices to select other activities
  - o Record date and time (minimum 15 minutes)
- ENJOY BECOMING MORE FIT