

1. If you already have a President's Challenge account, log in at www.presidentschallenge.org and look up your group in the "My Challenge" application using the group name below.

STUDENTS: *(join this team if you're a student)*

NNU Students Rule

EMPLOYEES: *(join the team of the VP in charge of your sector)*

NNU Team Alexander

NNU Team Berggren

NNU Team Cook

NNU Team Fullerton

NNU Team Pearsall

NNU Team Peterson

NNU Team Webb

2. If you don't already have an account, create a free one by following these steps:

- a. Go to www.presidentschallenge.org
- b. Click on "Register Now" and select "Create An Individual Account"; then follow the on-line instructions to create your personal profile and login; click "Register"
- c. Choose your challenge:
 - * Presidents Active Lifestyle Award+
 - OR
 - * Presidents Champions Award

3. Then, add yourself to your VP's group:

- a. From the "My Challenge" page, choose "Groups"
- b. Search for your VP's group (see team names above)
- c. Click on link and then select "Join this Group"
- d. You're IN!

4. Get active and then **log in your activity time**; the points will build up fast!

It's going to be fun but the best reward will be **good health!**