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Green Livin' Challenge

1. What is the goal of the “*Green Livin*” Challenge?

The goal of the “Green Livin” Challenge is to strengthen your relationship with the environment. This 3-week challenge will explore our impact on the planet and how we can improve our lifestyles to support our health and this beautiful planet. For successful completion participants must:

- A. Drink AND log 8 servings (eight 8 oz glasses/64 ounces) of Water per day for 15 days of the challenge.
- B. Complete all weekly tasks by Monday, July 23rd.

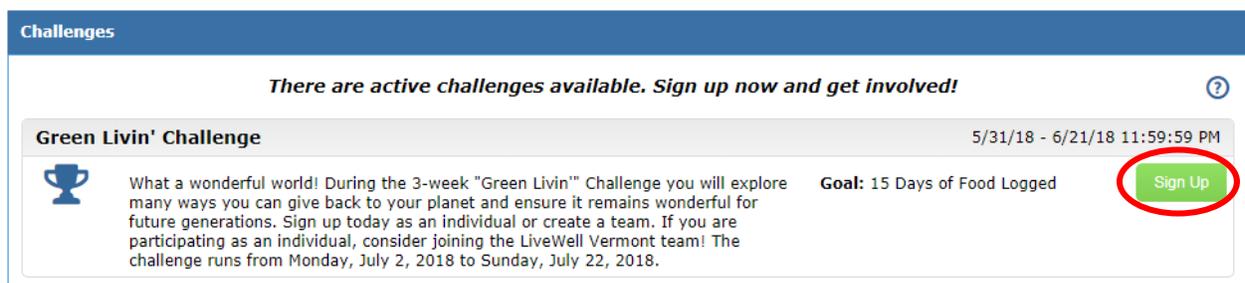
2. When is the “Green Livin” Challenge?

The challenge begins Monday, July 2nd, 2018 and runs for 3-weeks finishing on Sunday, July 22, 2018.

3. How do I register for the challenge?

Registration opens Monday, June 18, 2018 and closes on Sunday, July 8, 2018.

- A. Log into the [Wellness Portal](#)
- B. Click the “Sign Up” button in the Challenge Bar



The screenshot shows a user interface for challenges. At the top, a blue bar contains the word "Challenges". Below this, a message states "There are active challenges available. Sign up now and get involved!". A specific challenge, "Green Livin' Challenge", is highlighted. It includes a trophy icon, a detailed description of the challenge, a goal of "15 Days of Food Logged", and a date range of "5/31/18 - 6/21/18 11:59:59 PM". A green "Sign Up" button is prominently displayed and circled in red.

- C. Choose “Create your own team” or “Select your team”. **If you are participating solo**, consider joining the LiveWell Vermont Team! Once you have created a team name, the system will give you the option of inviting others to join your team. Simply click on the link to invite others, which will create an Outlook email to do so. If choosing to “select your team”, you will have the ability to see your team members who have already signed up. You can also still participate as a solo team.

D. Click “Sign Up Now”

My Team

Select your team:

LiveWell Vermont (my cur) ▼

Teammates:

The selected team has no members currently enrolled in this challenge

Create your own team: ⓘ

Primary challenge on dashboard ⓘ

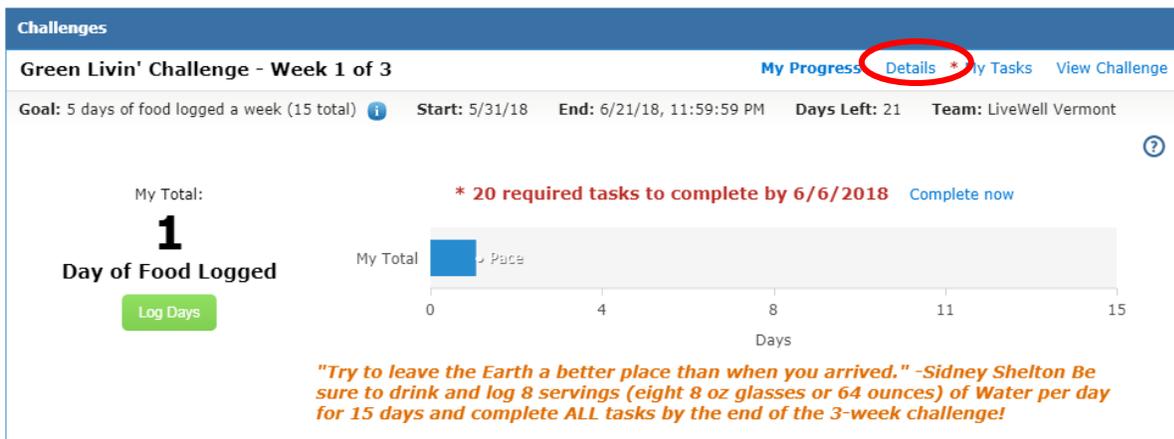
Make Primary Challenge

Sign Up Now Close

4. How do I unregister from the challenge?

A. Log into the [Wellness Portal](#)

B. Click on “Details” in the Challenge Bar



C. Scroll to the bottom of the page and click “unregister”

D. Select “OK”

Goal
Log:
8 serving(s) of Water
a day for at least 5 days a week. 15 days of food logged total

Start/End
5/31/18 - 6/21/18

Sign Up Period
5/17/18 - 6/6/18 (sign up date: 5/31/2018)

Concurrent
No - cannot be taken with other challenges

My Team
LiveWell Vermont

My Teammates

SOV

Primary challenge on dashboard ⓘ
Yes

Unregister

Close

5. How do I complete my weekly tasks?

A. Log in to the [Wellness Portal](#)

B. Click on “My Tasks” on the Challenge Bar

Challenges

Green Livin' Challenge - Week 1 of 3 [My Progress](#) [Details](#) *** My Tasks** [View Challenge](#)

Goal: 5 days of food logged a week (15 total) ⓘ Start: 5/31/18 End: 6/21/18, 11:59:59 PM Days Left: 21 Team: LiveWell Vermont ⓘ

My Total: **1** Day of Food Logged [Log Days](#)

* 20 required tasks to complete by 6/6/2018 [Complete now](#)

My Total Pace

0 4 8 11 15
Days

"Try to leave the Earth a better place than when you arrived." -Sidney Shelton Be sure to drink and log 8 servings (eight 8 oz glasses or 64 ounces) of Water per day for 15 days and complete ALL tasks by the end of the 3-week challenge!

C. Or scroll down your page to “My To-Do List”

Challenges

Green Livin' Challenge - Week 1 of 3 [Details](#)

[Log Your Food](#) **Do this now**
Due: 06/06/2018

* [Watch "Green Livin'" Challenge Video](#) **Do this now**
Required: 06/06/2018

* [Read: "Green Livin'" Challenge FAQ](#) **Do this now**
Required: 06/06/2018

* [Drink and log 8 servings \(eight 8 oz glasses...](#) **Do this now**
Required: 06/06/2018

D. New weekly tasks will load every Monday.

Note: All tasks for the current week must be completed before the next week's tasks will load. If you are "overdue" on tasks, please note that there is a 24-hour delay for a new week's tasks to load.

E. If the task requires you to watch a video or read a blog article, click on the image and then click on play if it's a video. You may need to do that for multiple pages, depending on the task. Once you read the blog or watch the video, be sure to return to the Image page by clicking on the back arrow on the top left of the page. Then click "Close" to have the task close out on your "To Do List".

6. How do I log water?

Use the water tracker on the front page of the portal when you sign in. Please note this water tracker will track the water intake for only that current day.



Alternatively, you can log your water using the Challenge Tracking Page. This is also the method you should use if you are not logging every day and need to backlog. Under the challenge bar, click on "Log Days".



Once directed to the Challenge Page, select the date for which you are logging at the top, and then add your water using the "Water Tracker". Each click of the "+" sign adds 8 ounces of water.

Once you are finished, select 'Close' to return.

Nutrition Challenge

Date: ◀ Today 06/01/2018 ▶

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Green Livin' Challenge

Objective
1) Drink and log 8 servings (eight 8 oz glasses or 64 ounces) of Water per day for 15 days and 2) Complete ALL challenge tasks. Logging must be dated no later than Sunday, July 22, 2018. Tasks must be completed by Monday, July 23, 2018.

Description
The LiveWell "Green Livin'" Challenge will focus on your relationship with the environment! Are you aware of your energy usage, food waste or how to properly recycle? This three week challenge will explore our impact on the planet and how we can improve our lifestyles to support our health and this beautiful planet. To complete this challenge you must drink and log 8 servings (eight 8 oz glasses or 64 ounces) of Water per day for 15 days and complete all challenge tasks. Tasks and logging are designed to support your overall nutrition and health goals.

Goals

Calories	Carbs	Protein	Fat
0	0	0	0
Consumed			
1525	191	76	51
Recommended			
1525	191	76	51
Remaining			

[Nutritional Summary](#) | [Meal Planner](#)

Food Groups

Water

Water Tracker

Today's Cups: 0

Water +

0 Serving(s)

Carbonated Mineral Plain Seltzer

7. What do I need to do to earn wellness incentive points?

Successful completion of a wellness challenge rewards you 60 points toward the 2018 *Wellness: Your Way* Incentive Program. Successful completion is:

- i. Drink & log 8 servings (eight 8 oz glasses/64 ounces) of Water per day for 15 days of the challenge. Final logging of water must be dated no later than the last day of the challenge on July 22nd.
- ii. Completing all weekly tasks by Monday, July 23rd.

8. When will I receive incentive points from the challenge?

60 points will be awarded by close of business on July 24th for those who successfully complete the challenge. You can see your points reflected on your “**Incentive Summary**” page, which can be found under the “Incentives” tab on the dashboard.

Take Action	Possible Points	Earned Points
Cardiovascular activity (1 point for every 45 minutes logged, up to 1 point per day)	45	4
Good Eatin' (4-wk Challenge: May 7-June 3)	80	0
Green Livin' (3-wk Challenge: July 2-July 22)	60	0

Remember you must complete the Health Assessment AND Wellness Score Survey before you are eligible to earn any incentive payout or chance for drawings. These need only be done once this incentive year as the points carry forward to the next trimester. The 100 points you earn for completing Get Started have no monetary value but make you eligible. To earn the points/financial incentive, you must earn an additional 100 points per trimester.

9. How can I find out challenge standings?

A. Log-in to the [Wellness Portal](#)

B. Click “View Challenge” in the Challenge Bar.



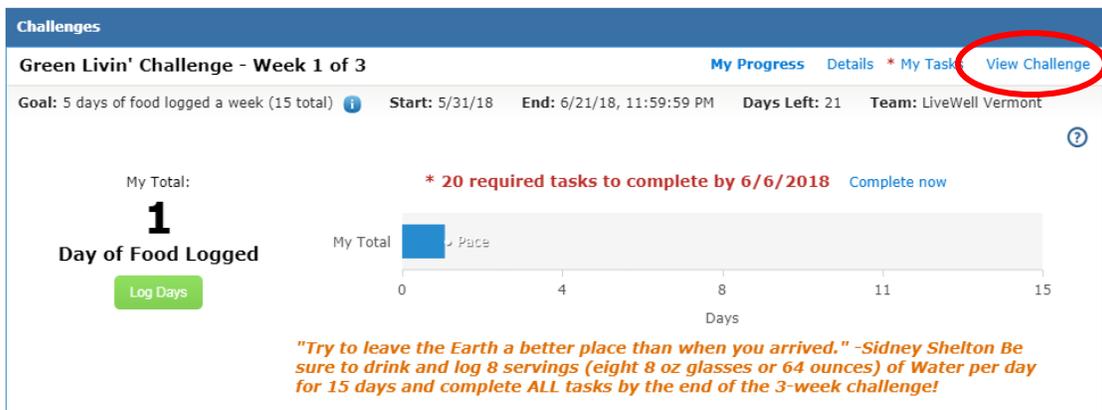
C. Scroll down to “Standings” box on the bottom-left of the page.

D. You can view standings for all participants, all teams or just your team.

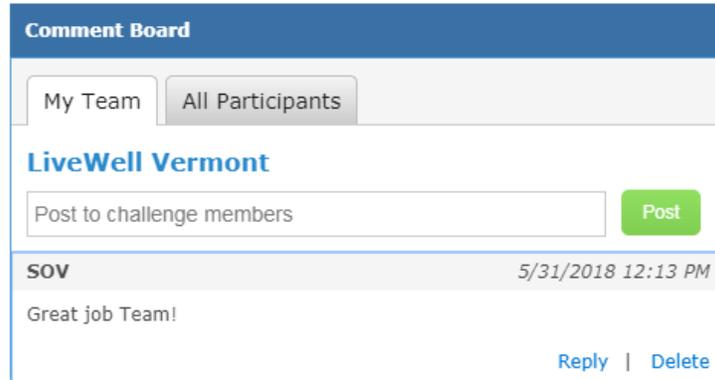
10. How can I communicate with other participants?

A. Log into the [Wellness Portal](#)

B. Click “View Challenge” in the Challenge Bar



C. Scroll down page to the bottom-right of the page to view: “**Comment Boards**”.



The screenshot shows a 'Comment Board' interface for 'LiveWell Vermont'. At the top, there are two tabs: 'My Team' and 'All Participants'. Below the tabs is a text input field with the placeholder text 'Post to challenge members' and a green 'Post' button. A comment from 'SOV' is displayed, dated '5/31/2018 12:13 PM', with the text 'Great job Team!'. At the bottom right of the comment, there are links for 'Reply' and 'Delete'.

11. Who should I contact with questions?

- Email: DHR.LiveWellVermont@vermont.gov
- Phone: (802) 828-7308