Are you up for the **CHALLENGE**?

Calling all **Boston College faculty and staff**! This is our first year participating in the eighth annual **Go Move Challenge** to determine which Jesuit institution is the most active. Awards go to the university which track the most minutes, the university that averages the most number of minutes per participant, and the region with the most minutes. Learn more at [https://youtu.be/xk8YPf3pgto](https://youtu.be/xk8YPf3pgto)

**HOW TO JOIN THE CHALLENGE**
- Register at [www.GoMoveChallenge.org](http://www.GoMoveChallenge.org), even if you participated last year
- Click the "LOG IN / REGISTER" button on the top menu bar
- In the "REGISTER" box, enter your university email address and other required information, including your division or college/school
- Click the "SUBMIT" button when finished
- You will receive a confirmation email with your user email and password

**HOW TO LOG MINUTES**
- Starting February 1, visit [www.GoMoveChallenge.org](http://www.GoMoveChallenge.org)
- Click the “LOG IN / REGISTER” button on the top menu bar
- In the “LOG IN” box, enter your email address and password
- In the “LOG MY WORKOUT” box, select the type of activity, add an activity description, enter the number of minutes, and select a single date or date range for logging multiple days
- Click the “LOG IT” button when finished
- Users can delete minutes that were entered in error

**CHALLENGE RULES AND TIPS**
- Starts: 3:00 a.m. Eastern Time on Friday, February 1, 2020
- Ends: 2:59 a.m. Eastern Time on Thursday, February 28, 2020 (NOTE: Minutes will not be accepted after the challenge ends.)
- Open the mobile-friendly challenge website from your phone’s browser to enter minutes on the go!
- Read more about the challenge FAQ at [www.GoMoveChallenge.org/FAQ](http://www.GoMoveChallenge.org/FAQ)

Let’s make this first year with the Go Move Challenge a good one. **We are BC!!**