

Get Fit Texas!

Quick Start Instructions



Step 1: What is the Get Fit Texas! Challenge

- Ten-week competition from **January 22 – March 31, 2024.**
- Participants must achieve 150 minutes of physical activity per week for at least six of the ten weeks to complete the Challenge.
- Organizations compete to have the highest percentage of total full-time employees (FTEs) complete the Challenge.

Step 2: Complete Registration

- Register at getfittexas.org/register.
- Registration is required each year.

Step 3: Navigate the Get Fit Menu

- **Dashboard:** Site home page that shows your progress, challenge contact information, and agency leader board.
- **Enter New Activity:** Submit individual records of physical activity.
- **Wearable Device:** Import recorded wearable device activities into your Get Fit activity log.

Step 3 (continued):

- **View History:** Displays each physical activity record you have submitted during the Challenge.
- **Calendar:** A wellness events calendar with opportunities for you to maintain your health and well-being.
- **Edit Profile:** Edit profile information at any time without losing or altering physical activity data previously entered.
- **Share Feedback:** Submit suggestions on how to improve the Challenge and the Get Fit Texas! website.
- **Share Your Story:** Share your successes, tips, tricks, or words of encouragement while participating in the Challenge.

Step 4: Participate in the Challenge

- Record physical activity data with the goal of filling six (hopefully more!) weekly stars to complete the challenge. Once you complete the Challenge, an icon will appear on the lower right-hand side of the Dashboard enabling you to view and download a Challenge Completion Certificate.

For questions, email wellness@dshs.texas.gov.