GO MOVE

6TH ANNUAL CHALLENGE

2018

FEBRUARY 1 — FEBRUARY 28
Calling all faculty and staff! Help USF win the 6th annual Go Move Challenge by tracking your minutes of movement to determine which Jesuit institution is the most active.

How to Register:
• Visit GoMoveChallenge.org
• Click “LOG IN/REGISTER”
• In the “REGISTER” box, create a new account with your valid university email address, even if you played last year
• Click “SUBMIT”

How to Play:
• MOVE! Engage in any intentional exercise that causes a moderate increase in breathing or heart rate
• Visit GoMoveChallenge.org
• Log in with your email address and password
• In the “LOG MY WORKOUT” box, enter your movement activity, number of minutes, and day(s)
• Click “LOG IT” when finished

#GoMoveChallenge, #GoUSFca