DAILY ENDORPHIN
Instructions

DAILY ENDORPHIN
Wellness Challenges

LIVE WELL SAN DIEGO
A DECADE OF
HEALTHY, SAFE, AND THRIVING
COMMUNITIES

5K 2020
WE'RE GOING VIRTUAL
LiveWellSD5K.com

in partnership with 211 SAN DIEGO
In the following guide, you will learn how to activate your Daily Endorphin account and log steps to score points. Each participant must activate their dashboard to be able to track and log their steps throughout the challenge. Points accumulated during the challenge will determine your score and the final winners.

**Activate Your Account**

1. Open the following link in your browser:
   https://www.dailyendorphin.com/de/signup/join/group/5640/6f4f1c

**IMPORTANT:** Do not go to the Daily Endorphin website to sign up. Please use the link above instead.

2. Click **Create an Account.** Enter your information in the required fields.

   - Email *
   - Confirm Email *
   - Password *
   - Confirm Password *
   - First Name *
   - Middle Initial
   - Last Name *

   By creating an account, you agree to our **Privacy Policy** and DailyEndorphin’s **Terms of Service.**

   Receive quarterly newsletters highlighting new features, tools and promotions?
   - Yes
   - No

   Receive administrative newsletter for updates and information specific to administering group challenges and wellness programs?
   - Yes
   - No

   * Required field
Activate Your Account

3. To submit, click **Create Account** and **Confirm** to join the **Live Well San Diego Virtual Steps Challenge**.

Select or Create a Team (Required)

1. Select an existing team to join or start your own by entering team name in the fillable box and clicking **Start Team**.
Link Your Device

You can link your mobile fitness device to Daily Endorphin to automatically upload your steps during the challenge. You can also enter your steps manually. (Manual entry instructions follow)

**NOTE:** You MUST sync your device from a browser (Safari, Google Chrome, Microsoft, Firefox, etc).

After you create your account, click **Link your Device** on the confirmation screen.

Instructions will pop up for common fitness tracking apps. Select the device you are using or click **I DON'T SEE MY DEVICE** if your device is not listed.

Follow the instructions to link your fitness device. If you have questions, view FAQs via the link in the bottom left corner of the popup.
Manually Log Your Steps

1. Log in at https://www.dailyendorphin.com/de/signup/join/group/5640/6f4f1c or in the mobile app.

2. If you are accessing Daily Endorphin from a web browser, select the Steps tab under the date. If you are accessing Daily Endorphin from the mobile app, select Exercise & Wellness Log and then the Wellness tab and enter your steps at the bottom.

3. Enter the number of steps for the day.

4. Click Log It! to enter that activity.

You can log your steps for the week on a web browser. Click Week Log, which will allow you to log activities for up to 7 days prior.
**Track Your Progress!**

Points are awarded once you reach 5,000 steps.

1. Click **Expand** located in the bottom right of your dashboard under **Challenge Details** to see where you rank among your teammates.

2. Click the **Challenge Board** tab in the lower area of your dashboard to view the challenge standings and see how you rank against other teams.
**Helpful Tips**

Once activated, you may log-in to your account at: https://www.dailyendorphin.com/de/signup/join/group/5640/6f4f1c

Bookmark this URL for easy access during the challenge. If you forget your password at any time during the Challenge, you can reset it by following the instructions on the challenge log-in page.

**Questions?**

Contact DailyEndorphin at support@dailyendorphin.com or reach out to one of the group administrators listed on the leaderboard page in the challenge details section.