



Race the Globe: Trailblazer Trek

A Healthy at Hopkins Movement Challenge

Registration Instructions

Follow these steps to register for Race the Globe: Trailblazer Trek.

1. **First things first, log into the Healthy at Hopkins app.** Click [here](#) for instructions on how to verify your account if you have not done so.

2. **Next, register for Race the Globe: Trailblazer Trek.**
 - a. Select Challenges on the left-hand side navigation.
 - b. Select Join Challenge.
 - c. Create or join a team.
 - i. If you wish to be a team captain, choose Create New Team. Team captains have the option to open spots on their team to the public or privately invite individuals to join their team. Public spots allow employees across the enterprise to view and join any team with open spots.
 - ii. If you do not wish to be a team captain, you can join a team by accepting an invite from a team captain. You can also select Browse Teams to search for open spots on public teams.
 - d. Remember, teams must have a minimum of five and a maximum of eight members. If your team does not have at least five members by Oct. 7, you will not be able to start the challenge on time. If you are having trouble getting enough team members, consider opening spots to the public so individuals looking for a team can join yours.

3. **Connect your tracker to sync your steps during the challenge.** If you do not have a tracker, that is OK! You can manually log your physical activity (i.e., cardio, strength, etc.) each day. Daily steps from synced trackers and/or manually logged physical activities all count during the challenge.
 - a. Click [here](#) for instructions on how to connect your tracker to sync your steps during the challenge.

4. **Plan to attend the virtual Kickoff Walk with your team on Oct. 7 from noon to 12:15.** Click [here](#) to join the Kickoff Walk.