



Millions of Minutes

Physical Activity Challenge

Creating Teams

To form a team to track company/school/social/organization members or for competition:

Contact Cheryl Martone at cmartone@gov.state.ri.us and provide the name of the organization or team you would like to register. Then have team members register individually through the Millions of Minutes Sign-In process on the Healthy Weight in 2008 homepage (www.healthyweightin2008.ri.gov).

If your employees/members have already registered individually before a team is established, send the name and e-mail addresses of team members and the team leader to cmartone@gov.state.ri.us. The team will be posted online within 48 hours.

Adding members after a team has been established:

New members can join an established team when they register by choosing the team/organization name on a drop-down menu.

How to include people who do not have an e-mail address on a team:

A team leader can register individuals who don't have e-mail addresses and log in the minutes of those members who don't have e-mail addresses. When registering such a participant, you may use a false e-mail address as long as it is in the proper format (i.e. joe@company.com), including the @ symbol and a dot before "com", "net", "org", etc. After the team member is successfully registered with a password, the team leader can go online and log in minutes for team members who don't have computer access. We would suggest that you have such team members use the weekly physical activity log and turn it in to the team leader on a regular basis.

Team size:

There is no limit to the number of people you may have on a team.