

# Take the 2014 Healthy Futures Middle School Challenge!



**Step 1** Register at [www.hfchallenge.org](http://www.hfchallenge.org)  
Click on: "Register – check your spam folder!"

STEP 1

**Step 2** Create a Username and enter your email  
Click on "Get Started!"

STEP 2

**Step 3** Check your email for your password  
Make sure to check your spam folder if the email is not in your inbox.

STEP 4

**Step 4** Log in using your Username and Password. Fill out your profile!  
Make sure to read and click on "I have read and agree to the terms & conditions."

**Step 5** Fill out your Activity for the day!  
Enter your activity and minutes of light, moderate, and vigorous activity. Enter the number of sugary drinks you had that day.

**Step 6** Check your weekly activity or edit the current week's entries  
Click on the dropdown menu.

**Step 7** Log 4 days of 30 minutes of physical activity outside of school per week for a chance to win a hoodie! Complete all 6 weeks and be entered to the final grand prize drawing!

STEP 6



STEP 7



**WARNING:** YOU MAY EXPERIENCE A NATURAL RESULT OF GOOD HEALTH!

Register for the challenge today at [www.hfchallenge.org](http://www.hfchallenge.org)