## GENERAL INFORMATION

**Q:** What is Strive for Five?

**A:** A free, five-week wellness program specially designed for faculty & staff.

**Q:** What does the Strive for Five program help me achieve?

**A:** The Strive for Five program helps you set health goals, track progress towards these goals, and provides accountability so you can achieve them.

**Q:** How does the program work?

**A:** This program is completely online. You will register and track your progress at wellness.ua.edu. You will also receive weekly emails full of useful information, tips, recipes, and advice.

**Q:** Is Strive for Five a qualifying WellBAMA program?

**A:** Yes!

**Q:** How many of the goals should I choose?

**A:** Each individual should pick a minimum of 2 goals (but you may choose them all if you would like).

**Q:** Do I have to choose the same goals as my teammates?

**A:** No, you will choose & track goals individually, but continue to support each other’s goals.

## REGISTRATION & TRACKING

**Q:** Where do I go to register and where do I go to track my progress?

**A:** Registration and tracking are conveniently located online. They are accessible through your individual wellness portal (wellness.ua.edu).

**Q:** Can I register as an individual or do I have to be on a team?

**A:** You can register as an individual if preferred; the maximum for a team is 5.

**Q:** Do I have to register myself or can my captain add me on his/her team?

**A:** Individuals participating in the program must register themselves (adding to any team you prefer online) but everyone must still complete their own online tracking.

**Q:** How often do I have to track my progress?

**A:** The online wellness portal must be used to track daily progress in the program. This tracking will be available during the current week only.

**Q:** Can I enter my progress online at the end of the 5 weeks?

**A:** No, the online tracking will be closed for previous weeks. You must track your progress during the current week.

## CAPTAINS

**Q:** What is the team captain’s role?

**A:** A team captain’s role is to motivate the members of their team; that’s it!

**Q:** Can a captain enter their teammates’ progress?

**A:** No, each individual must track their own progress.

**Q:** Can I track my progress on a paper copy?

**A:** This is an online program designed to be easy to access via any computer or smart phone. If you need special assistance with tracking, please contact the office.