



striveforfive

2017 Program Guide

Eat. Sleep. Think. Move. Drink

This qualifying WellBAMA Rewards program has been designed to fit your schedule!

- **One email each week to help you meet your goals**
- **Easy online tracking**
- **Online tracking is required & must be updated weekly**
- **Individuals must track their own progress**



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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.