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: Getting started is easy:

1. Register for the Strive For Five program through your wellness portal.
2. Starting September 16, track your attempts to achieve the 2 or more goals you have chosen.
3. Check your weekly emails for tips and resources to help you achieve your goals.

*A qualifying program to earn WellBAMA Rewards.

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.

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.

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**Team Captains**

**Registration & Tracking**

**General Information**

**Program Guide**

Track Your Goals
September 16 - October 20


5 Weeks. 2 Goals.
A New YOU!

Office of Health Promotion & Wellness | wellness.ua.edu/striveforfive | wellness@ua.edu | 348-0077