

# Program Guide

Track Your Goals  
September 16 - October 20



Eat. Sleep. Think. Move. Drink.

5 Weeks. 2 Goals.  
A New YOU!

## 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](http://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! Track your goal progress for 5 weeks to receive program credit towards your WellBAMA Rewards requirements.

### 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](http://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.

## Team 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.

## 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.

