

## 2022 USA Games Fitness Challenge Frequently Asked Questions

### What are the dates of the Fitness Challenge?

The Challenge begins January 10<sup>th</sup>, 2022 and ends May 29<sup>th</sup>, 2022. Please log-in and connect your device prior to this date so that you can start the Challenge right away!

### How do I enter my steps?

If you have a fitness tracking device (such as Fitbit, Garmin, or Apple Watch), you can do this automatically! Please follow the instructions under “How do I connect my device?” to learn how to connect your device. If you don’t have a device, you can manually add your steps by going to [www.sofitnow.specialolympics.org](http://www.sofitnow.specialolympics.org) and clicking on the “Challenges” tab.

HOME MY HEALTH **CHALLENGES** RESOURCES ▾

Click on “The Road to USA Games” image.



Underneath the date, you can add your steps, physical activity minutes, or choose a physical activity that you completed. Please be sure to only enter this if you do not have a fitness device. Please also only enter steps through these instructions, not using the “home” tab.

### How do I connect my device?

1. From the home screen ([sofitnow.specialolympics.org](http://sofitnow.specialolympics.org)), click “Connect Your Gadgets”

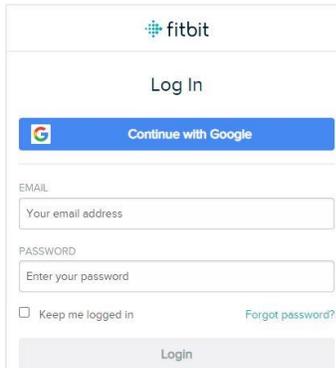


2. A: If you have a Fitbit, click the red button “Click to allow access to your Fitbit activity information” underneath Fitbit.



Click to allow access to your  
Fitbit activity information

You will then enter the email address and password you used to set up your Fitbit account.



The image shows the Fitbit login interface. At the top is the Fitbit logo. Below it is a "Log In" heading. There is a blue button labeled "Continue with Google". Underneath are two input fields: "EMAIL" with the placeholder "Your email address" and "PASSWORD" with the placeholder "Enter your password". Below the password field are two links: "Keep me logged in" (with an unchecked checkbox) and "Forgot password?". At the bottom is a grey "Login" button.

If you have never set up your Fitbit, please see either <https://www.tomsguide.com/us/fitbit-tips,review-2954-4.html> or <https://www.youtube.com/watch?v=logJAgRr738> to learn how to set this up on either a computer or a Smartphone.

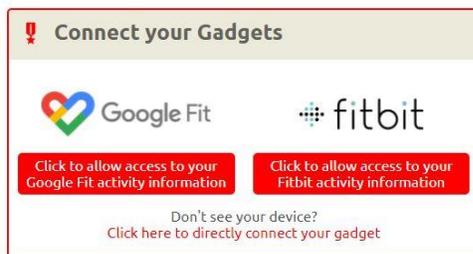
B. If you have a device that uses Google Fit (such as Polar, Wahoo, or Misfit), click the red button “Click to allow access to your Fitbit activity information” underneath Google Fit.



C. If you have an Apple Watch, click the red button “download guide” to follow step by step instructions.



D. For any other device (such as Garmin), click the red text “Click here to directly connect your gadget” underneath “Don’t see your device?” on the home screen. Follow the step by step instructions.



### **I forgot my password. How do I reset it?**

1. From the [sofitnow.specialolympics.org](https://sofitnow.specialolympics.org) webpage, click the red “log in” button.

## Been here before?

Click the **Login** button and sign in.



2. Next, click the blue text "Forgot UserName or Password."

Log In

User Name:

Password: [Forgot UserName or Password?](#)

Log In Cancel

3. You will then be prompted to enter your username. Type in your user name, then hit "next."

Reset Your Password

Step 1

**\* Enter your username.**

Please enter a username

Next

[If you have forgotten your username, click here](#)

*If you are encountering difficulties please use the contact information below.*

Special Olympics Fit Now Administration  
Email: [fitness@specialolympics.org](mailto:fitness@specialolympics.org)

4. You will then be prompted to answer your security question and enter your email address used for your SO Fit Now account. Hit "Next". If you don't remember your security question, email [fitness@specialolympics.org](mailto:fitness@specialolympics.org) for a new temporary password to be emailed to you.

Step 2

Answer the following questions:

**My favorite sport**

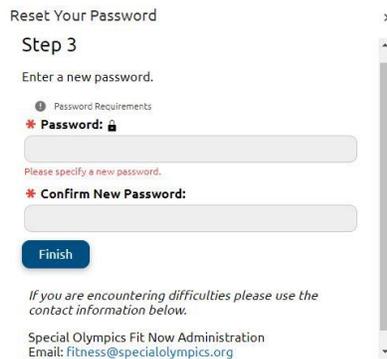
**Email:**

Next

*If you are encountering difficulties please use the contact information below.*

Special Olympics Fit Now Administration  
Email: [fitness@specialolympics.org](mailto:fitness@specialolympics.org)

5. Lastly, choose a new password and hit “Next”. This will be your new password to use each time you login.



### I forgot my username. How do I reset it?

1. From the [sofitnow.specialolympics.org](http://sofitnow.specialolympics.org) webpage, click the red “log in” button.

### Been here before?

Click the **Login** button and sign in.



2. Next, click the blue text “Forgot UserName or Password.”



3. You will be prompted to enter your username. Click the blue text “click here” next to “If you have forgotten your username, click here.”



4. You will then be prompted to enter your email address. Enter your email address and press “submit.”

Forgotten Username Request

Enter the email address that you used when you created your profile. If you did not provide an email address when you created your profile we will not be able to send your account information. Please contact your site administrator instead.

**\* Enter your email address**

Please enter a valid email address

Submit

If you are encountering difficulties please use the contact information below.

5. You will receive an email with your username.

Forgotten Username Request

✓ Your username information has been sent to the email address provided. If you do not receive your email or if you are having difficulties please contact your site administrator.

If you are encountering difficulties please use the contact information below.

Special Olympics Fit Now Administration  
Email: [fitness@specialolympics.org](mailto:fitness@specialolympics.org)

### What is the Lifestyle Survey? How do I complete the Lifestyle Survey?

The Lifestyle Survey is an important questionnaire for Special Olympics to learn more about you! Taking this important survey before you start the Fitness Challenge on January 10<sup>th</sup> and again anytime between May 16-30 will help us be able to learn more about your health as you begin the USA Games Fitness Challenge!

1. At the top of the [sofitnow.specialolympics.org](http://sofitnow.specialolympics.org) webpage, click on “MY HEALTH”.



2. You will then be prompted to begin the Lifestyle Survey. To begin, hit the red “next” button and answer each of the questions.

Lifestyle Survey

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**Welcome**

Special Olympics is trying to learn more about the health of our athletes. The Lifestyle Survey can provide an understanding of health behaviors at different times.

On the following screens, you will be asked to answer a few questions about your health, including your eating, drinking, and physical activity habits. The survey has 15 questions. Please choose an answer for each question. There is no right or wrong answer. You can skip any questions that you do not want to answer.

If you need help with this survey, please feel free to ask a friend for support.

PREVIOUS NEXT SAVE Welcome

3. Continue until you reach the “finished” screen.

Lifestyle Survey

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**Finished!**

Thank you for completing the Lifestyle Survey. Your answers have been submitted.

PREVIOUS NEXT SAVE Finished!

Thank you for taking time to help Special Olympics learn more about you!