

SO Fit Now User Guide

sofitnow.specialolympics.org



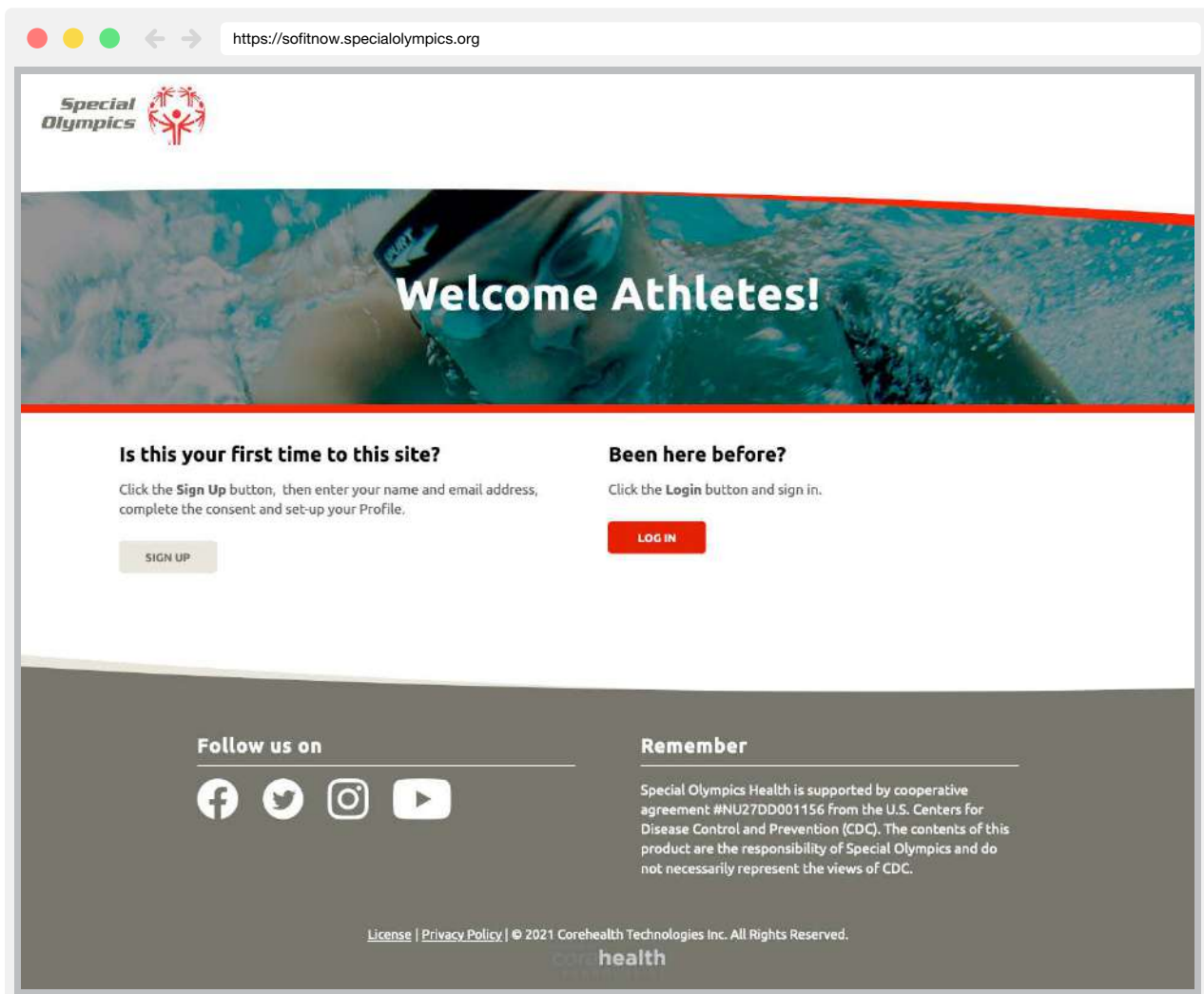
Special Olympics



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1. Login into SO Fit Now Login



SO Fit Now is a portal you can access from anywhere - using a desktop computer or your favorite mobile device, created to help athletes take charge of their own health and fitness by providing necessary education, social support, opportunities and tracking of progress.

Is this your first time?

To create a **SO Fit Now** account you must use a web browser. Access the portal through the following URL: sofitnow.specialolympics.org

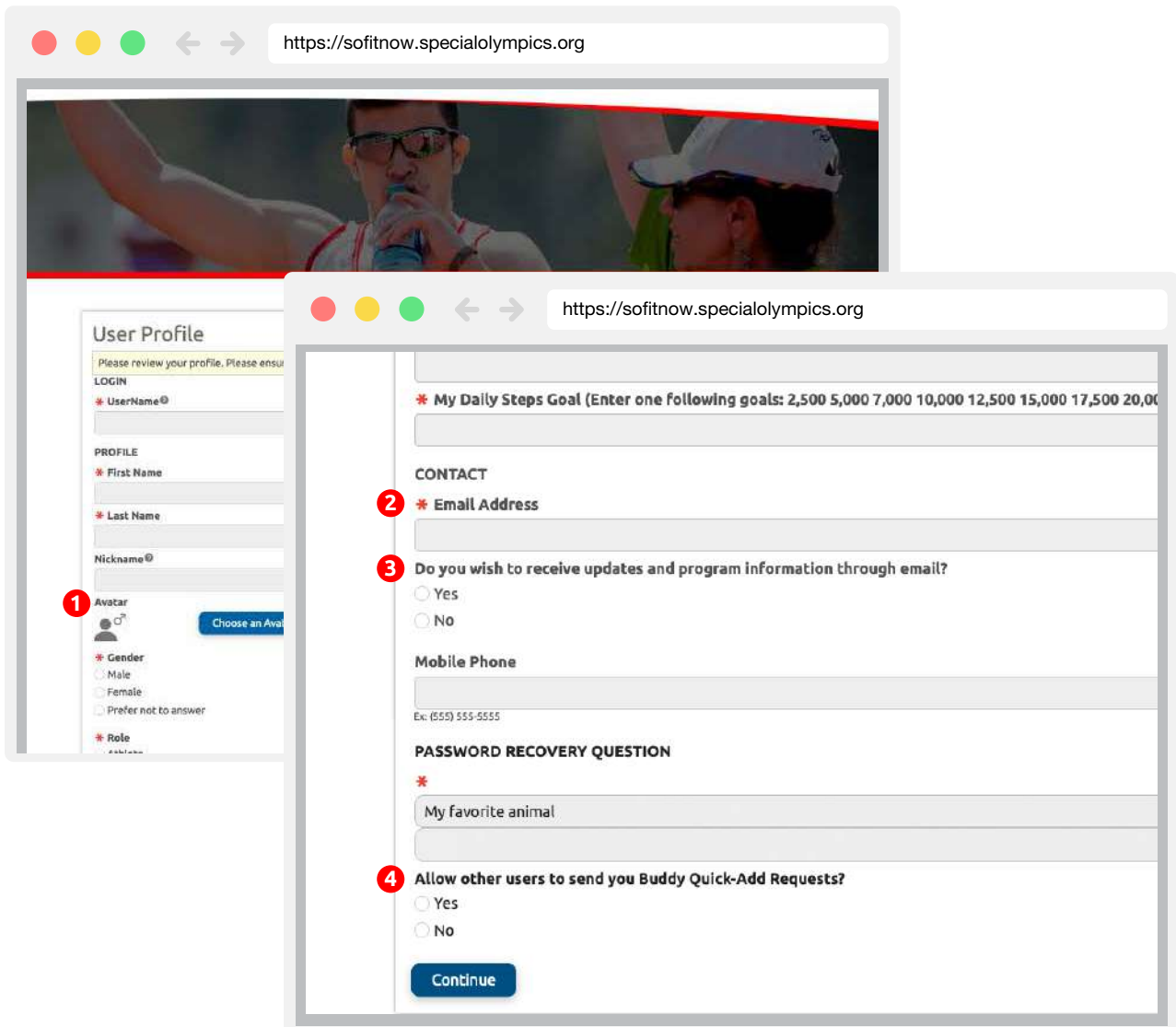
STEP 1. Click the **Sign Up** button, then enter your First and Last name and email address, and click on the **Lookup Account** to verify your eligibility. Contact us at fitness@specialolympics.org if you are having difficulties or cannot find your account.

STEP 2. Accept the **Software License** and **Privacy Policy**, then click the **OK** button.

Already registered?

Click the **Log In** button and enter your username and password to log in. Forgot your username or password? Follow the prompts to recover and reset your password or contact us at fitness@specialolympics.org if you are encountering further difficulties.

1. Login into SO Fit Now Login



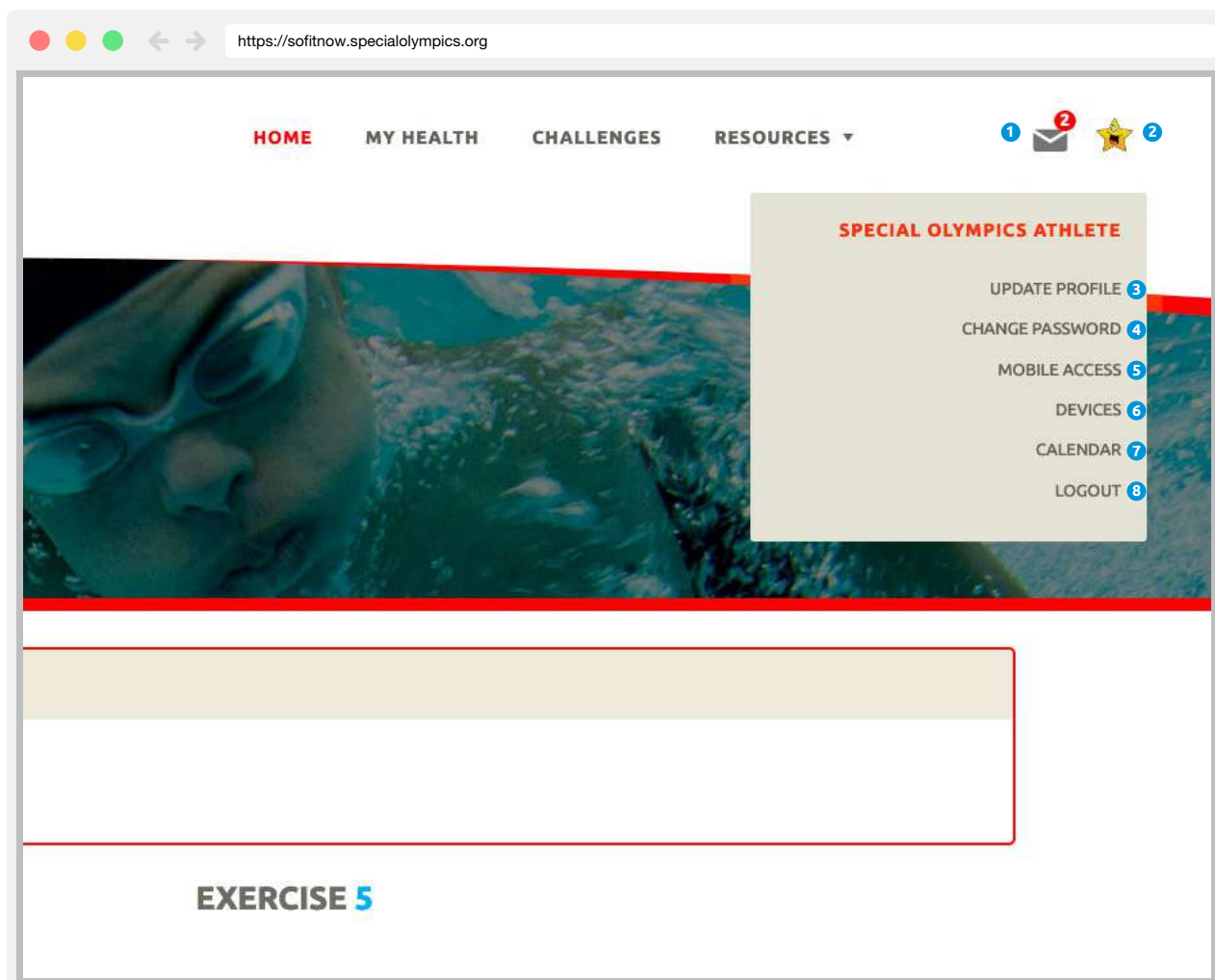
STEP 3. Review and complete your User Profile. You need to answer the items with a **red star (*)** next to them. Other boxes are optional.

- 1 Avatar.** You can upload or choose an avatar to represent you and your interactions with other using the SO Fit Now portal.
- 2 Email communications.** Stay up to date with updates and program information by clicking Yes.
- 3 Password recover question.** Choose a question and answer that is easy to remember in the case that you forget your password.
- 4 Buddy Requests.** Allow other athletes and coaches to send you buddy requests in order to motivate and encourage each other in your respective fitness journeys.

When you have finished the user profile, including all required boxes, click continue.

STEP 4. You are now logged in and ready to enjoy all the possibilities of the **SO Fit Now** Portal.

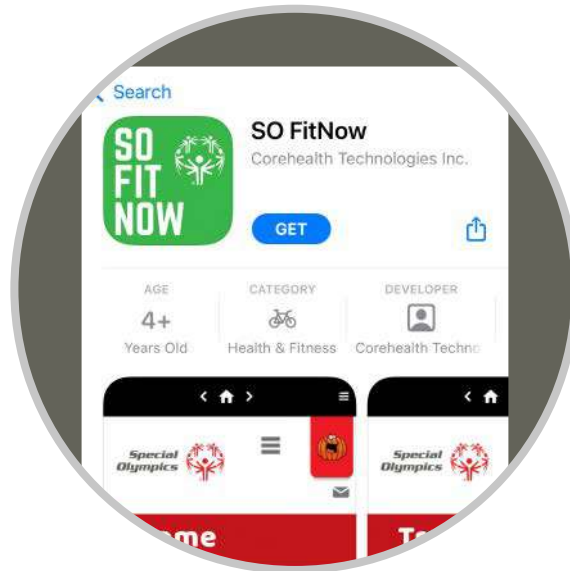
2. Navigating the User Profile Menu



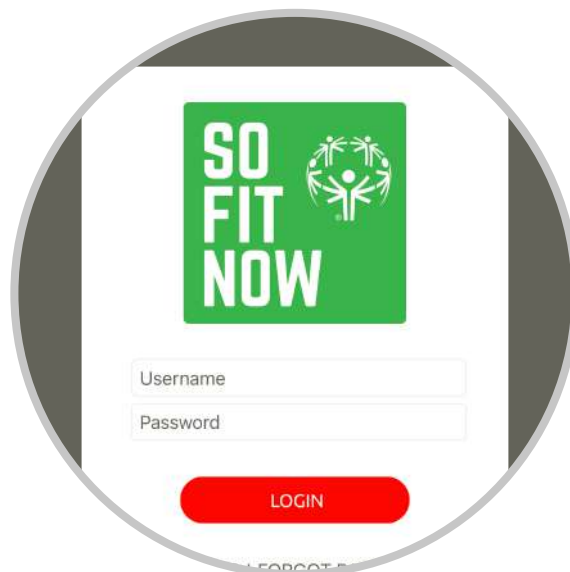
- 1 Clicking on the **mail icon** directs you to an inbox where you can send and receive messages from other athletes, coaches and program administrators. A red circle with a number on the mail icon indicates you have message waiting to be reviewed.
- 2 This is where your chosen **avatar** will appear. Hovering over (or clicking it on a mobile device) your avatar will present you with a number of options.
- 3 Click to update your profile.
- 4 Click to change your password.
- 5 Click to create a code to access the portal via a mobile device. In addition to a web browser, you can access your **SO Fit Now** Portal using your favorite mobile device. See more about mobile access on **Page 08**.
- 6 Click to add and manage authorized fitness gadget.
- 7 Click to view your calendar.
- 8 Click to close your session.

3. Mobile access

STEP 1. Search for the **SO FitNow** in your mobile app Store. Download and install.



STEP 2. open the app on your phone and **enter your Username and Password.** It may take a moment to connect to your account.



4. Navigating the Home Page

Special Olympics

HOME MY HEALTH CHALLENGES RESOURCES

Home

1 My Updates

Event: Social Hour is in 2 days.
Event: FIT 5 training is in 3 days.

EXERCISE 5

DAILY TOTAL

2 Today's Steps

12765
STEPS

ADD

Today's Minutes

102
MINUTES

ADD

3 Connect Your Gadgets

Click the link and have it automatically update your steps!

CONNECT GADGET

4 My Fitness Badges

1,000 points Earn: 2,500 points Earn: 5,000 points Earn: 10,000 points Earn: 15,000 points

- 1 My Updates:** This box will inform you about upcoming events, new messages from your buddies, health goal and challenge progress, and suggest activities to improve your fitness and earn points. Click on highlighted text to act or learn more about the message.
- 2 My Physical Activity:** Manually track your daily steps and physical activity, and review your daily and total progress. To add steps, click **ADD** in the Today's steps area and follow the directions. To add physical activity minutes, click **ADD** in the Today's Minutes area and follow the directions.
- 3 Connect your Gadgets:** You can connect your favorite device or fitness tracking app to automatically track your steps and or minutes of physical activity. To connect a device or fitness tracking app, click on **Connect Gadget** and follow the instructions. Note that some apps and devices take up to 24 hours to establish a connection and share data.
- 4 My Fitness Badges:** This box will show you the Fitness Badges you have earned as you earn fitness points. The badges will change colour when you have earned the required points to reach a new level.

4. Navigating the Home Page

The screenshot shows a web browser window with the URL <https://sofitnow.specialolympics.org>. The page is divided into two main sections, each highlighted with a red box and a numbered callout.

5 My Fitness Points

The 'My Fitness Points' section displays a total of 1,160 points, labeled as 'Level 1 FITNESS'. It includes a 'FITNESS AWARD LEVEL' badge. The breakdown of points is as follows:

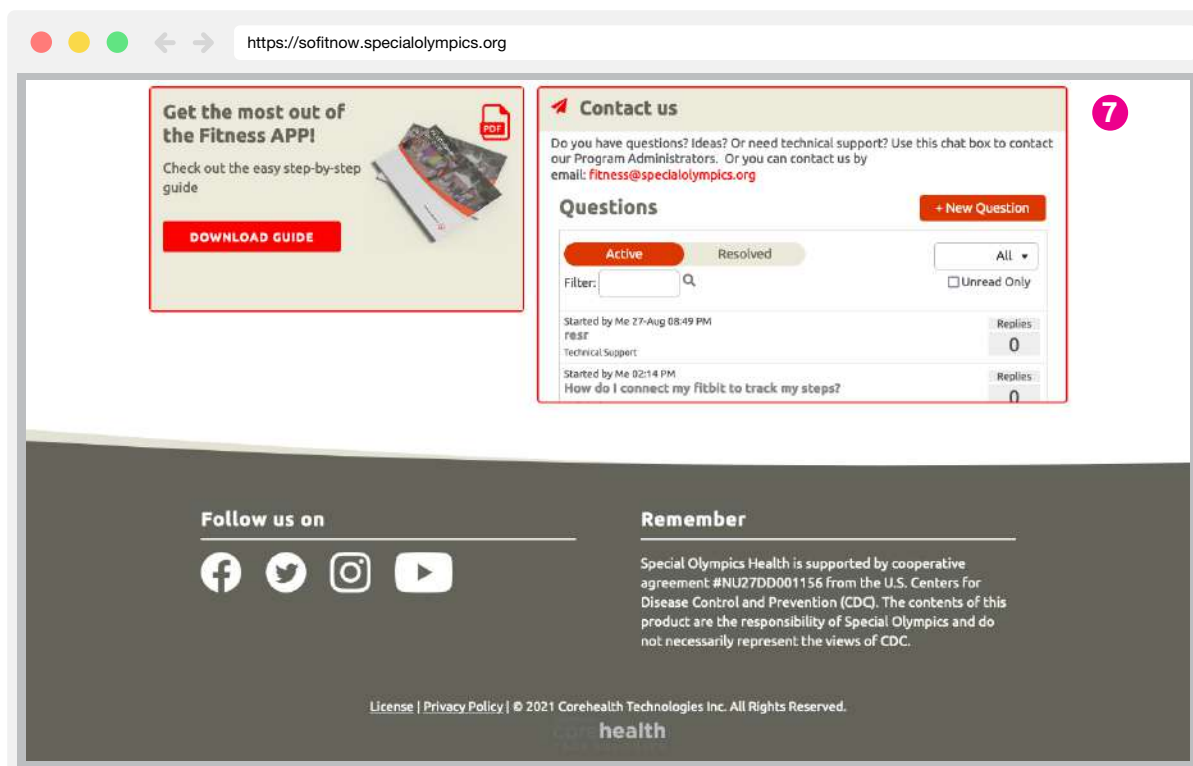
Category	Points Earned
Physical Activity	437
1 point for every 1,000 steps completed per day	337
100 points for creating a Health Goal	100
Nutrition and Hydration	14
2 points for every bottle of water drank	6
2 points for every serving of fruit and vegetables consumed	8
Strong Minds	106
100 points for creating a Personal Affirmation	100
2 points for every Strong Minds activity completed	6
Healthy Habits	503
250 points for completing the Lifestyle Survey	250
1 point for each day with a login to the Fitness App	3
50 points for attending an event	0
250 points for joining a challenge	250
Social Activity	100
50 points for adding a buddy	50
50 points for creating a buddy challenge	50
100 points for completing buddy challenge	0
10 points for posting to the message board	0
Total	1,160

6 Event Calendar

The 'Event Calendar' section shows a calendar for August 2021. The time zone is set to '(UTC-05:00) Eastern Time (US & Canada)'. The calendar view is set to 'Day'. The calendar shows dates from 25 to 31. There are two events listed: 'Social Hour' on August 30 and 'FIT 5 training' on August 31. The calendar also includes filters for 'Private Event', 'Owner', 'Registered', and 'Full'.

- 5 My Fitness Points:** To earn Fitness Badges, you will have to earn fitness points. This box will provide you with a breakdown of the activities and actions you can complete to earn fitness points, and the points earned to date. Click on highlighted text to act or learn more about the actions you can take to earn points.
- 6 Event Calendar:** The calendar will present you with in person and virtual events and activities you can join. Click on events posted on the calendar to learn more information, register, or contact the organizer. Click **Day, Month, Week or Agenda** to scroll between different views.

4. Navigating the Home Page



- 7 Contact Us:** Do you have questions? Need help connecting a device, tracking activities, or accessing the portal on your mobile device? Get help with these and other technical issues by submitting a question to the SO Fit Now Administrative team. To submit a question, click New Question, select who the question is directed to, type your question and click send. A Member of the Administrative team will be in touch to assist you. Check this box for a reply!

Note.

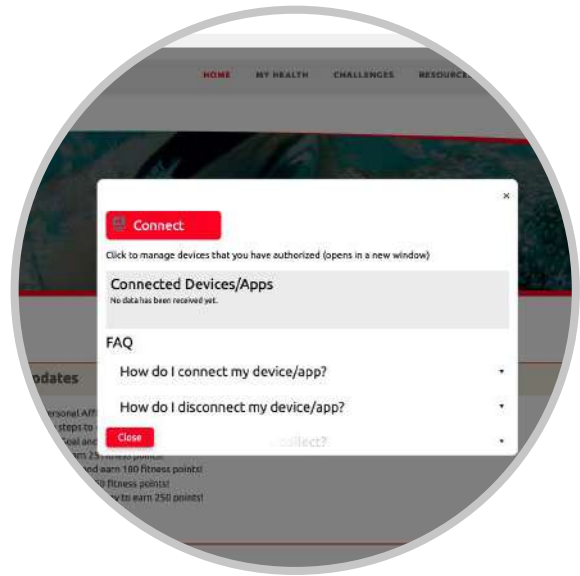
Throughout the **SO Fit Now** Platform on mobile devices, you can collapse the widgets by clicking on the small arrows to the right of the widgets. This can be very useful to facilitate the navigation.

5. Devices and Apps

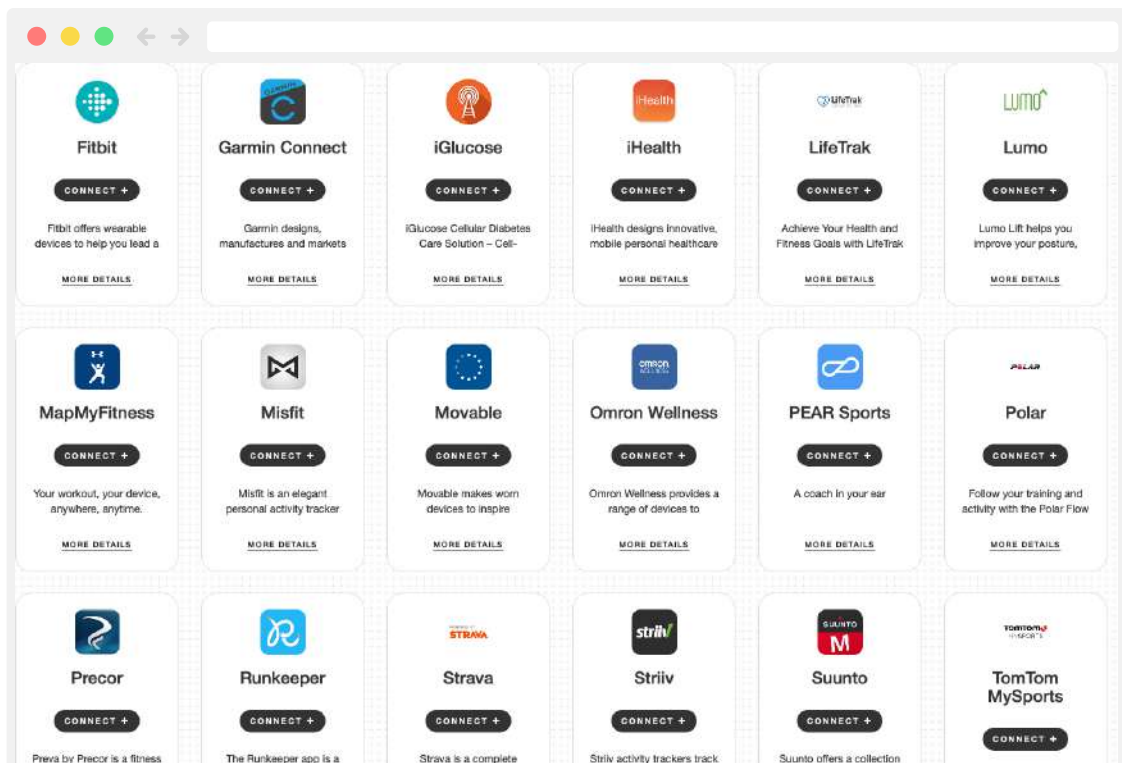
STEP 1. Click the avatar at the top of the Home page. **Click Devices.**



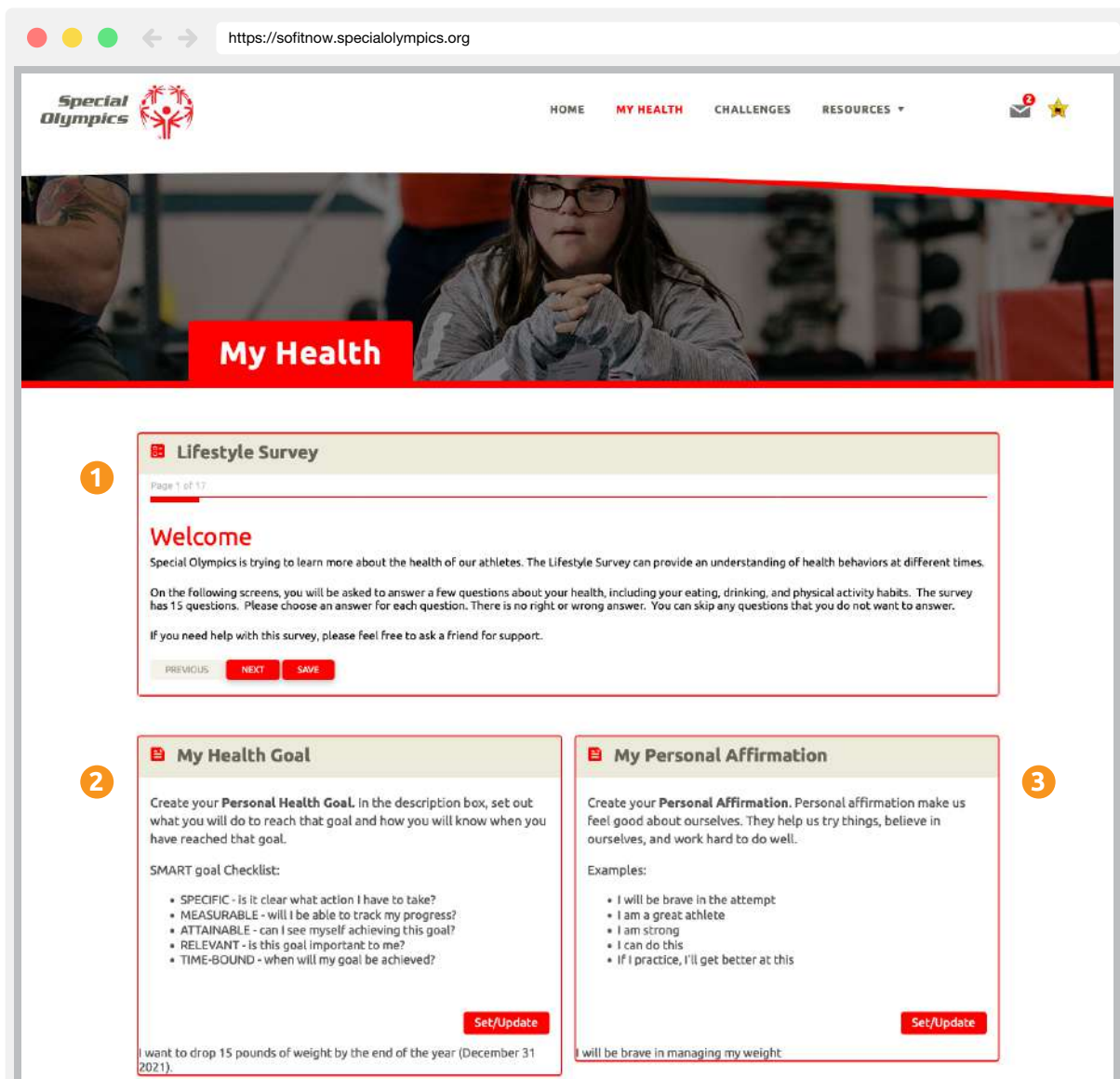
STEP 2. **Click Connect**, in the modal window to manage your device. It will open in a new window.



STEP 3. Here you will find a list of compatible devices. Clicking **CONNECT +** will take them to a login page for that device/app.



6. Navigating the My Health Page



Click on **My Health** at the top menu to navigate to the page. This page contains tools and trackers to help athletes take charge of their own health and fitness.

- 1 Lifestyle Survey:** 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. The survey has 15 questions and takes 5-10 minutes to complete. Click on **Next** to start the survey. 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.
- 2 My Health Goal:** This box displays your personal health goal. To create or update a goal, click on **Set/Update** and set your SMART health goal in the description text box. You can also set reminders to keep your goal on track.
- 3 My Personal Affirmation:** This box displays your personal affirmation. To create or update a personal affirmation, click on **Set/Update** and set your personal affirmation in the description text box. You can also set reminders.

6. Navigating the My Health Page

4 My Health Data

My CURRENT weight is
187.0
POUNDS
UPDATE

My CURRENT blood pressure is
125/81
MMHG
UPDATE

5 DRINK 5

Water bottles per day

TODAY I drank
3
bottles of water
ADD ONE REMOVE ONE

My Drink 5 Activity
60%

6 EAT 5

Total fruits and vegetables per day

TODAY I ate
4
fruits and vegetables
ADD ONE REMOVE ONE

My Eat 5 Activity
80%

7 MIND 5

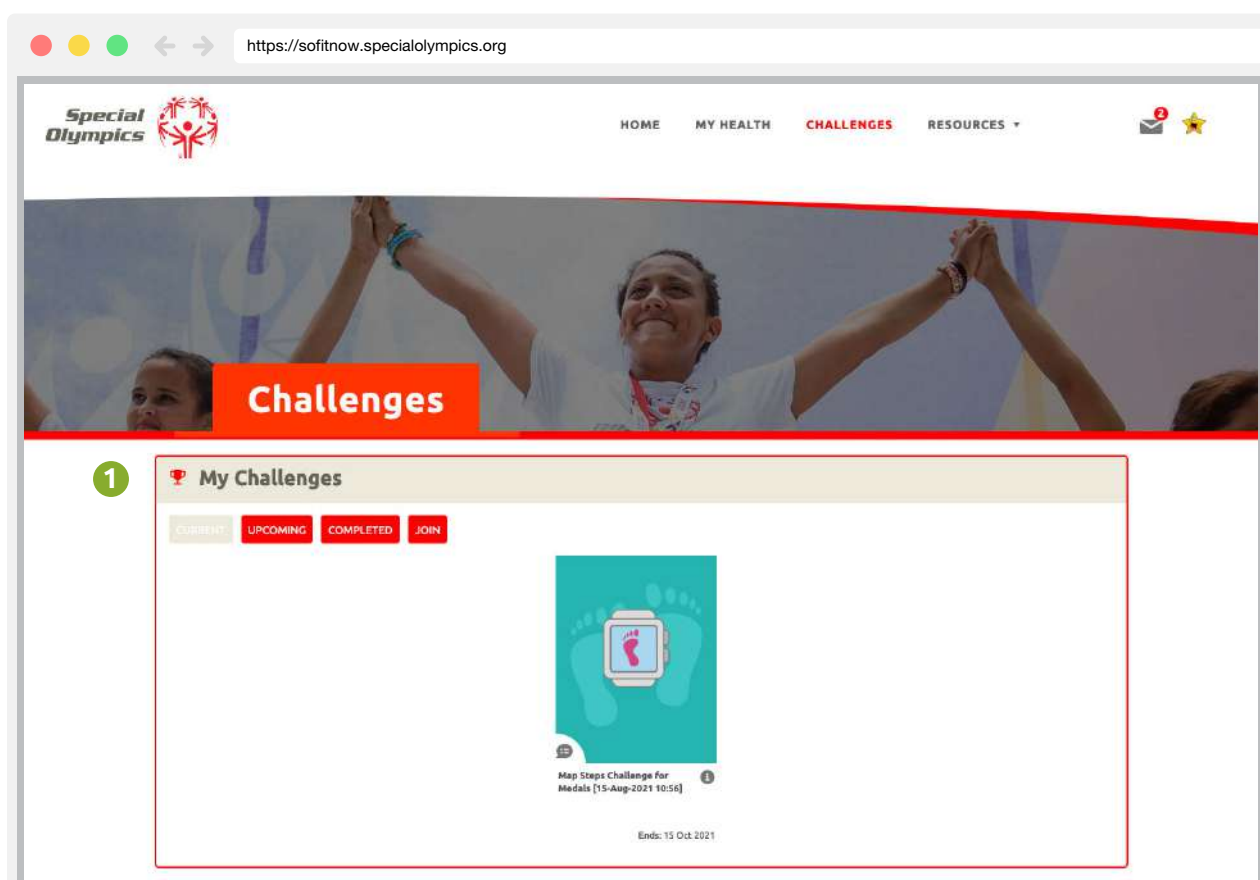
Click [here](#) to check the Strong Minds Activities

TODAY I did
3
strong minds exercises
ADD ONE REMOVE ONE

My Mind 5 Activity
60%

- 4 My Health Data:** There are two health data trackers available to you: weight and blood pressure. The numbers shown indicate the weight and blood pressure from the last entered date. To update your weight or blood pressure, click **Update** and follow instructions.
- 5 Drink 5 Tracker:** Track your daily hydration to meet the daily target of 5 water bottles. Click on **Add** for every bottle of water you drank today. See your daily progress on the circle chart.
- 6 Eat 5 Tracker:** Track your daily fruits and vegetables intake to meet the daily target of 5 servings of fruits and vegetables. Click on **Add** for every serving of fruits and vegetables you ate today. See your daily progress on the circle chart.
- 7 Mind 5 Tracker:** Track your Strong Minds activities to improve and maintain your emotional health. Click on **Add** for every Strong Minds activity you completed today. See your daily progress on the circle chart.

7. Navigating the Challenges Page



Click on **Challenges** at the top menu to navigate to the page. This page contains fitness challenges and tools to engage with athletes and coaches in the pursuit of health and well-being.

1 My Challenges: This box enables you to scroll through four options.

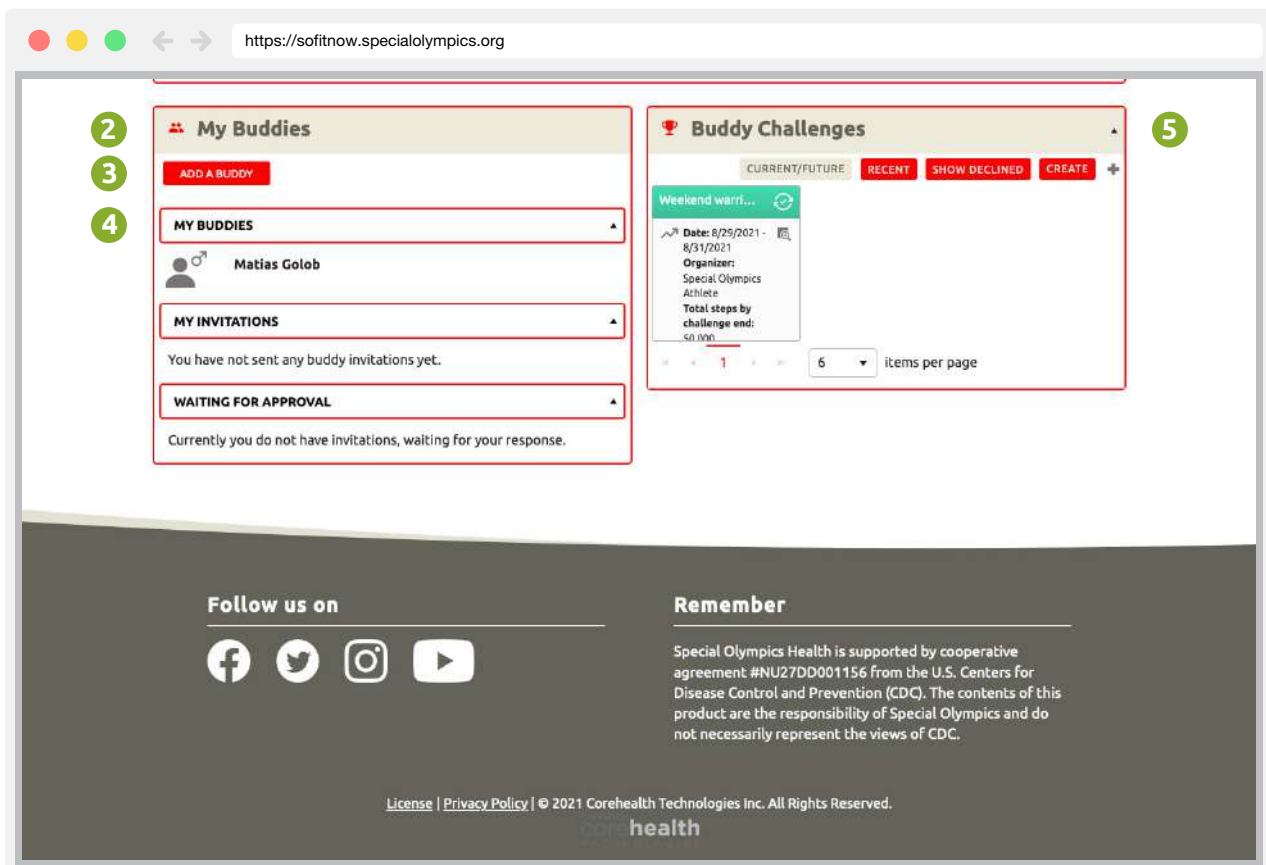
The **Current** tab displays fitness challenge(s) you are participating in. Click anywhere on the challenge image to go to the challenge, where you can track your activity, view your progress and leaderboards, and interact with other participants.

The **Upcoming** tab displays fitness challenge(s) that will be starting in the near future. Click anywhere on the challenge image to learn more about the challenge.

The **Completed** tab displays fitness challenge(s) that you have participated in. Click anywhere on the challenge image to review your activity, progress and standing for any completed challenges.

The **Join** tab displays fitness challenge(s) available for you to join. Click anywhere on the challenge image to go to the challenge, where you can learn more about and join the challenge.

7. Navigating the Challenges Page



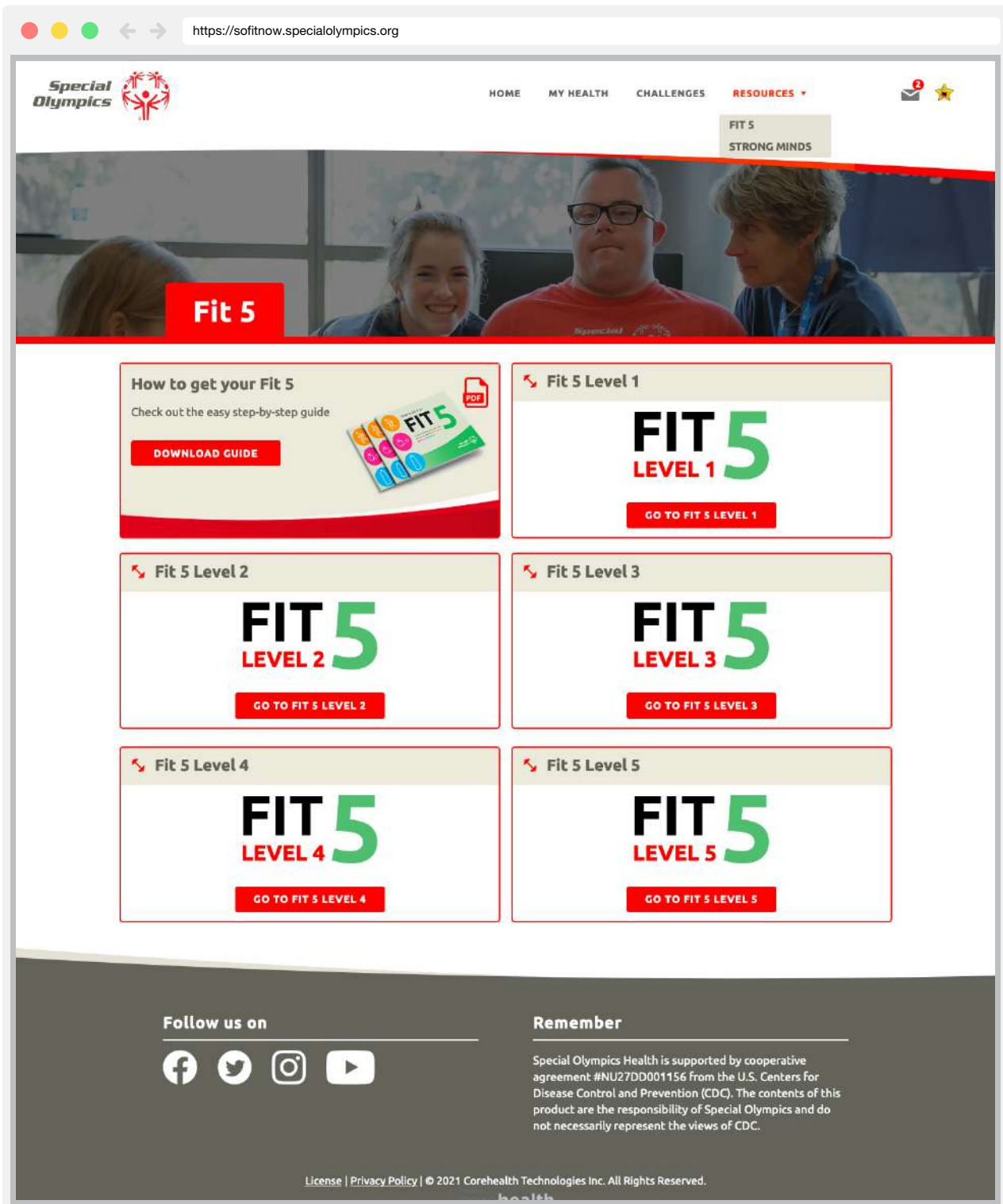
- 2 **My Buddies:** This tool is in place to help you connect with other athletes and coaches.
- 3 **Adding Buddies:** You can send a buddy invite via email by clicking on the **Add a Buddy** button and following instructions. You can also add buddies directly on challenge leaderboards and message boards. To allow others to find you and add you via leaderboard or message board you must select the Buddy Quick-Add Requests option, which you can modify in **Update Profile**.
- 4 The **My Buddies** tab will show you your buddies. Hover over a buddies' avatar to send them a message via the buddy talkboard or view their challenge rankings.

In the **My Invitations** tab you will find buddy requests you have sent to other athletes and coaches waiting for acceptance.

In the **Waiting for Approval** tab you will find invitations from athletes and coaches wishing to add you as a buddy.
- 5 **Buddy Challenges:** Motivate your buddies to be physically active, eat healthy, and practice healthy habits by creating a steps-based or dare challenge. Click the Create button and follow the instructions to create a new challenge for you and your buddies.

This box enables you to scroll through four options. The **Current/Future** tab shows buddy challenges you are participating in or have been invited to participate in. The **Recent** tab shows buddy challenges you participated in. The **Show Decline** tab shows buddy challenges you declined to participate in. Click the **Create** button and follow the instructions to create a new challenge for you and your buddies.

8. Navigating the Resources Pages



Hover over **Resources** in the main menu to navigate to one of two pages: 1) **Fit 5**, and 2) **Strong Minds**. These pages contain guides, videos, activities, and tips to participate in the Fit 5 and Strong Minds Programs.