

SO Fit Now User Guide

sofitnow.specialolympics.org



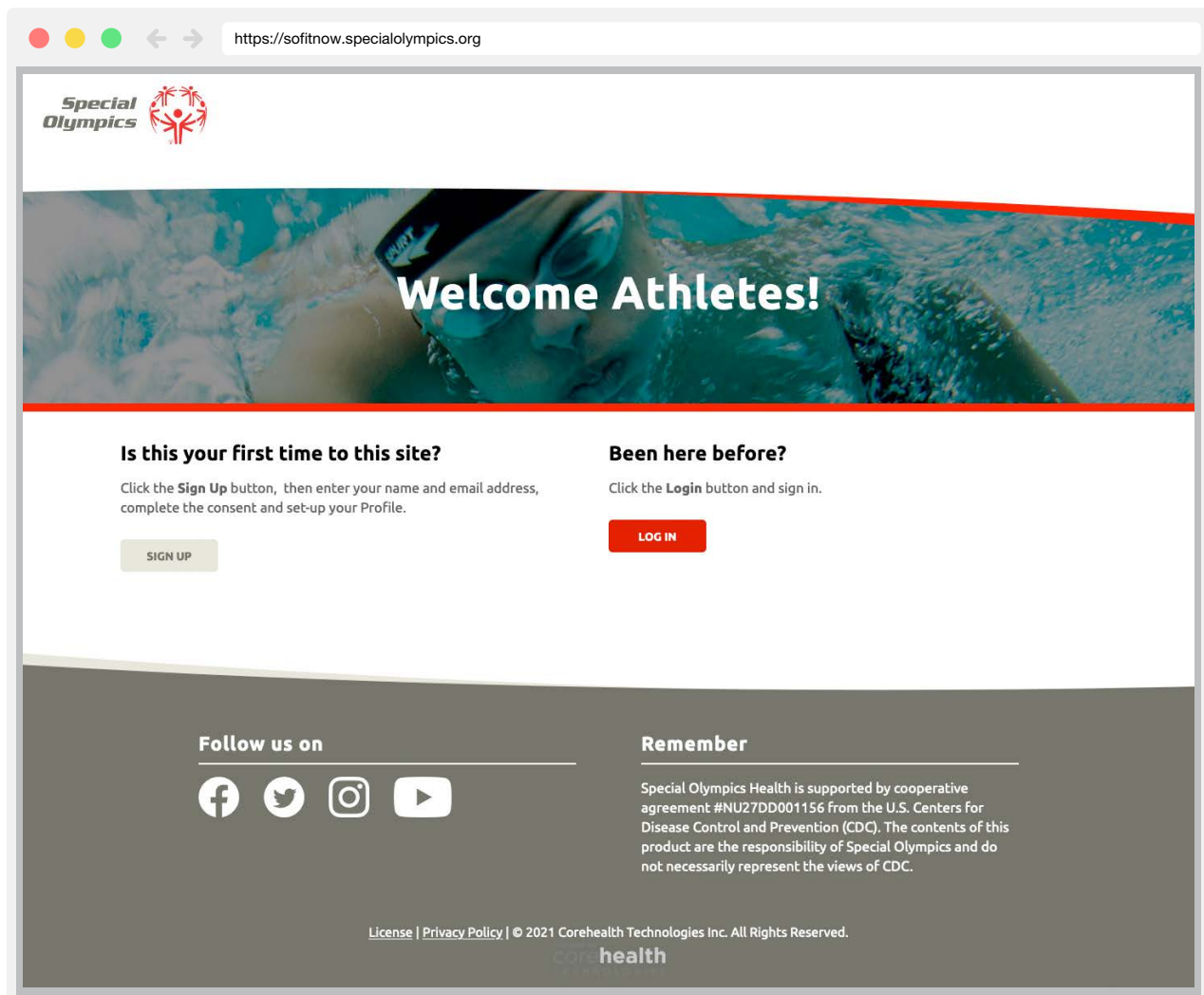
Special Olympics



Index

1. Login into SO Fit Now Login	03
2. Navigating the User Profile Menu	05
3. Mobile access.....	06
4. Navigating the Home Page	07
5. Devices and Apps	10
6. Navigating the My Health Page	11
7. Navigating the Challenges Page	13
8. Navigating the Resources Pages	15

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

The screenshot shows a web browser window with the URL <https://sofitnow.specialolympics.org>. The page displays a "User Profile" form. A red banner at the top shows two athletes. The form is divided into sections: LOGIN, PROFILE, CONTACT, and PASSWORD RECOVERY QUESTION. Numbered steps are indicated by red circles with numbers 1 through 4. Step 1 points to the Avatar section. Step 2 points to the Email Address field. Step 3 points to the "Do you wish to receive updates and program information through email?" question. Step 4 points to the "Allow other users to send you Buddy Quick-Add Requests?" question. The form includes fields for Username, First Name, Last Name, Nickname, Gender, Role, and a Password Recovery Question. A "Continue" button is at the bottom.

User Profile

Please review your profile. Please ensure all required fields are completed.

LOGIN

* Username@

PROFILE

* First Name

* Last Name

Nickname@

1 Avatar

Choose an Avatar

* Gender

☐ Male

☐ Female

☐ Prefer not to answer

* Role

☐ Athlete

CONTACT

2 * Email Address

3 Do you wish to receive updates and program information through email?

☐ Yes

☐ No

Mobile Phone

Ex: (555) 555-5555

PASSWORD RECOVERY QUESTION

* My favorite animal

4 Allow other users to send you Buddy Quick-Add Requests?

☐ Yes

☐ No

Continue

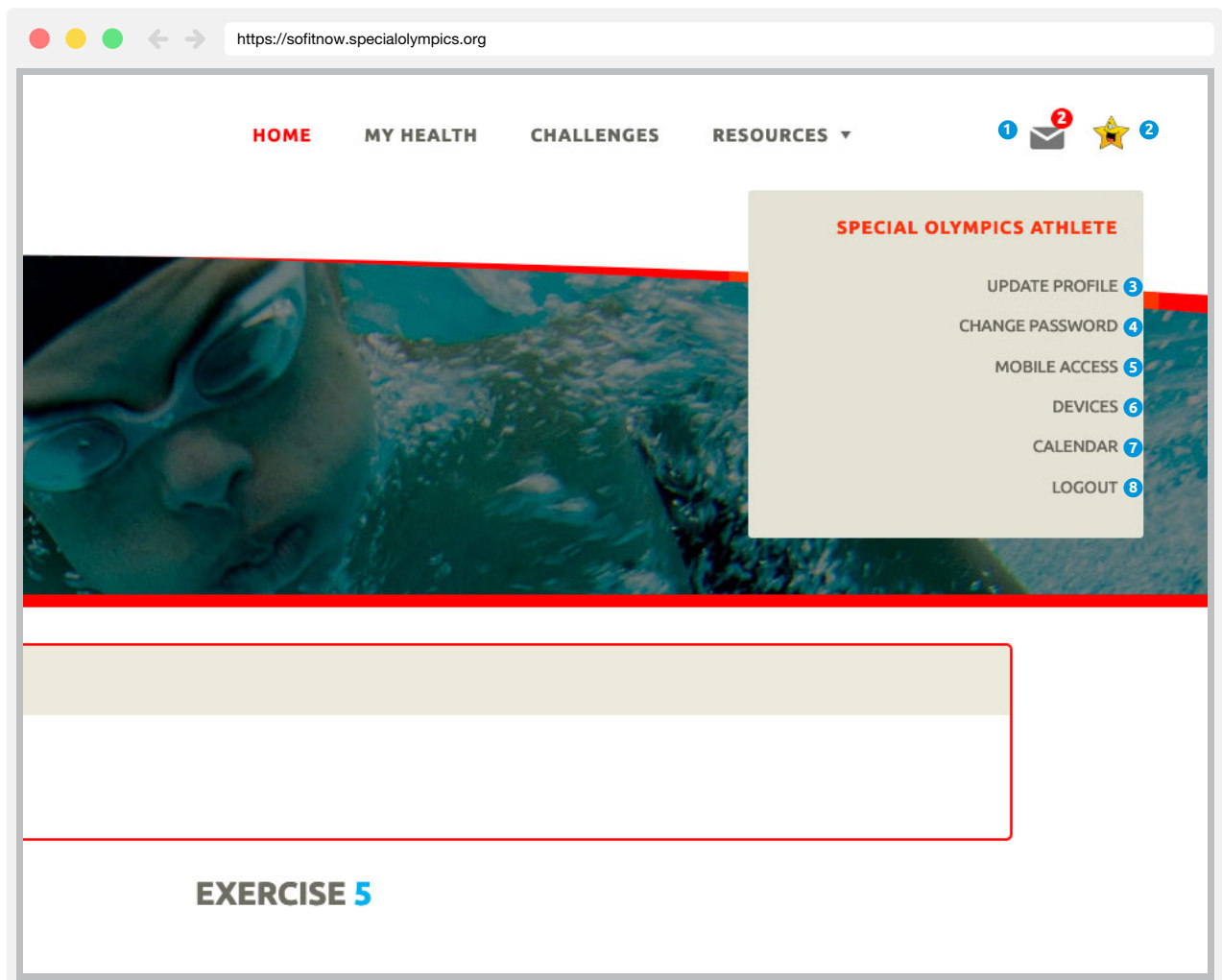
STEP 3. Review and complete your User Profile. You need to answer the items with a **red star (*)** next to them. Other boxes are optional.

- 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



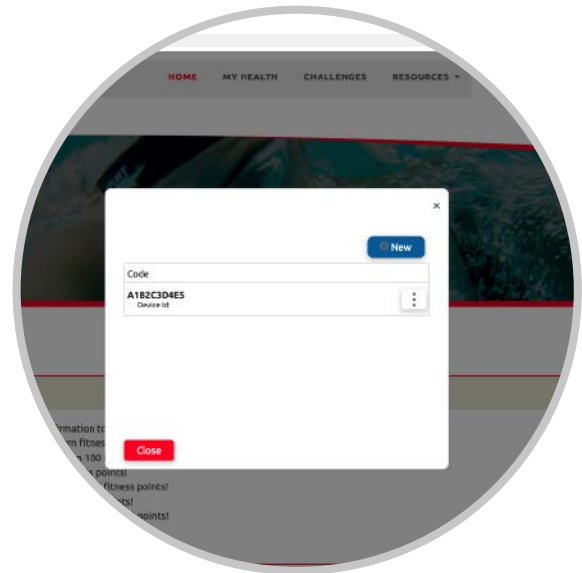
- 1 Clicking on the **mail icon** directs you to an inbox where you can send and receive messages from other athletes, coaches and program administrators. A red circle with a number on the mail icon indicates you have message waiting to be reviewed.
- 2 This is where your chosen **avatar** will appear. 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

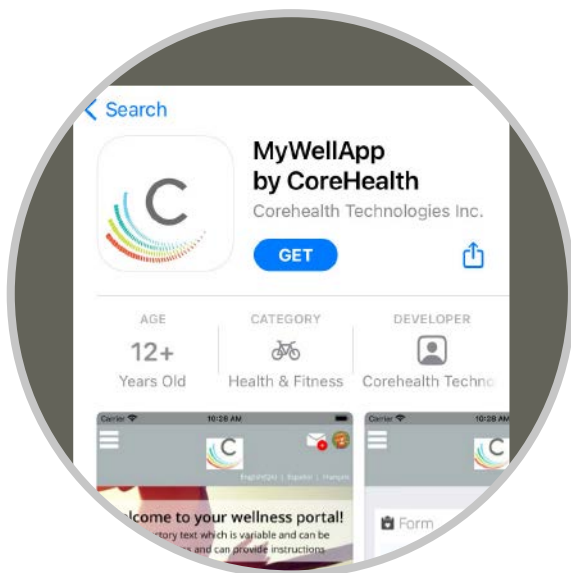
STEP 1. Click the avatar at the top of the Home page. **Click Mobile Access.**



STEP 2. Click **New**, to generate a new mobile access code.



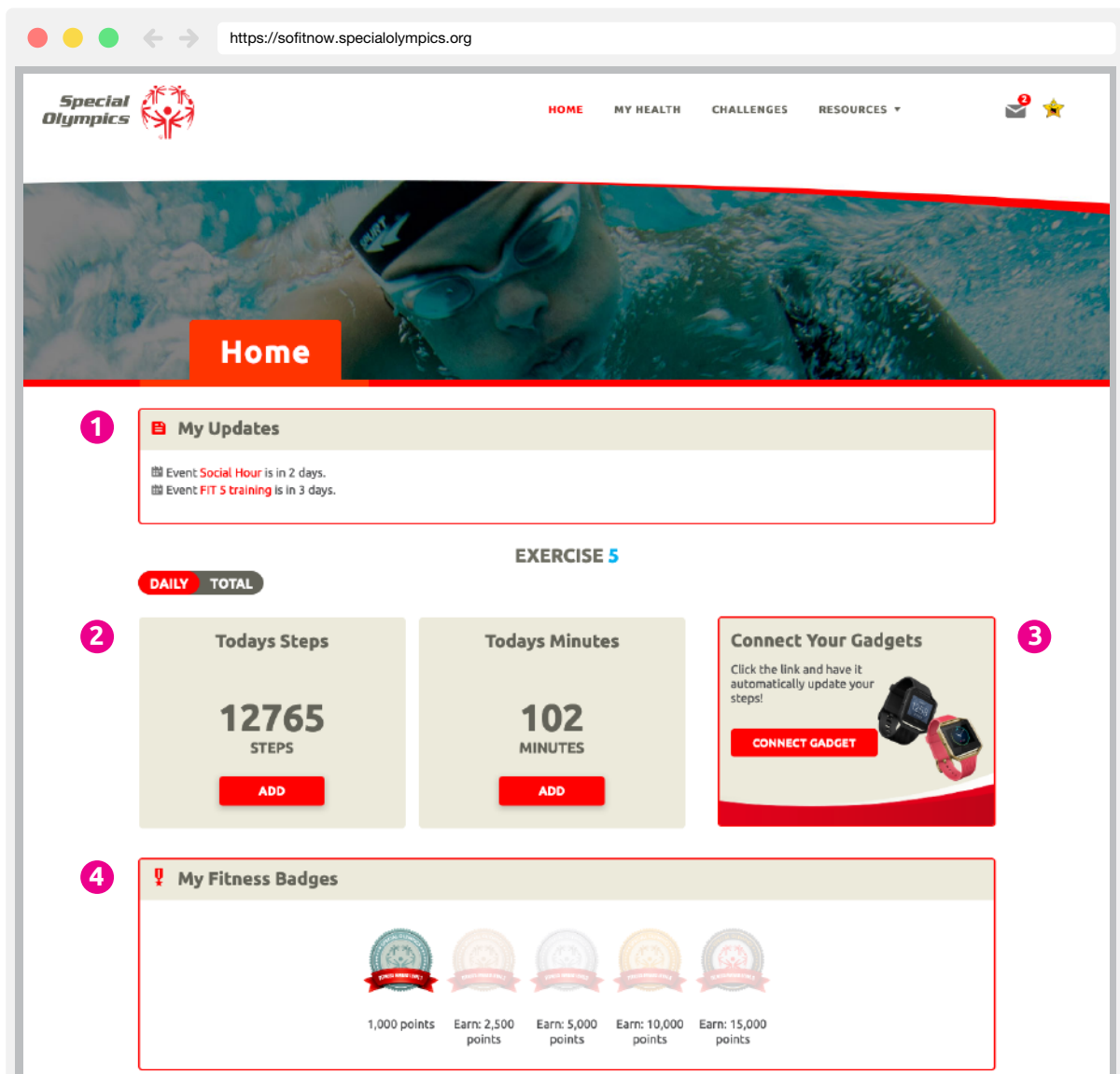
STEP 3. Search for the **MyWellApp** in your mobile app Store. Download and install.



STEP 4. open the app on your phone and **enter the access code**. It may take a moment to connect to your account.



4. Navigating the Home Page




- 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

https://sofitnow.specialolympics.org

5 My Fitness Points

 **1,160**
Level 1 FITNESS

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

Time zone for displaying appointments: (UTC-05:00) Eastern Time (US & Canada)

All Categories

Today August 2021

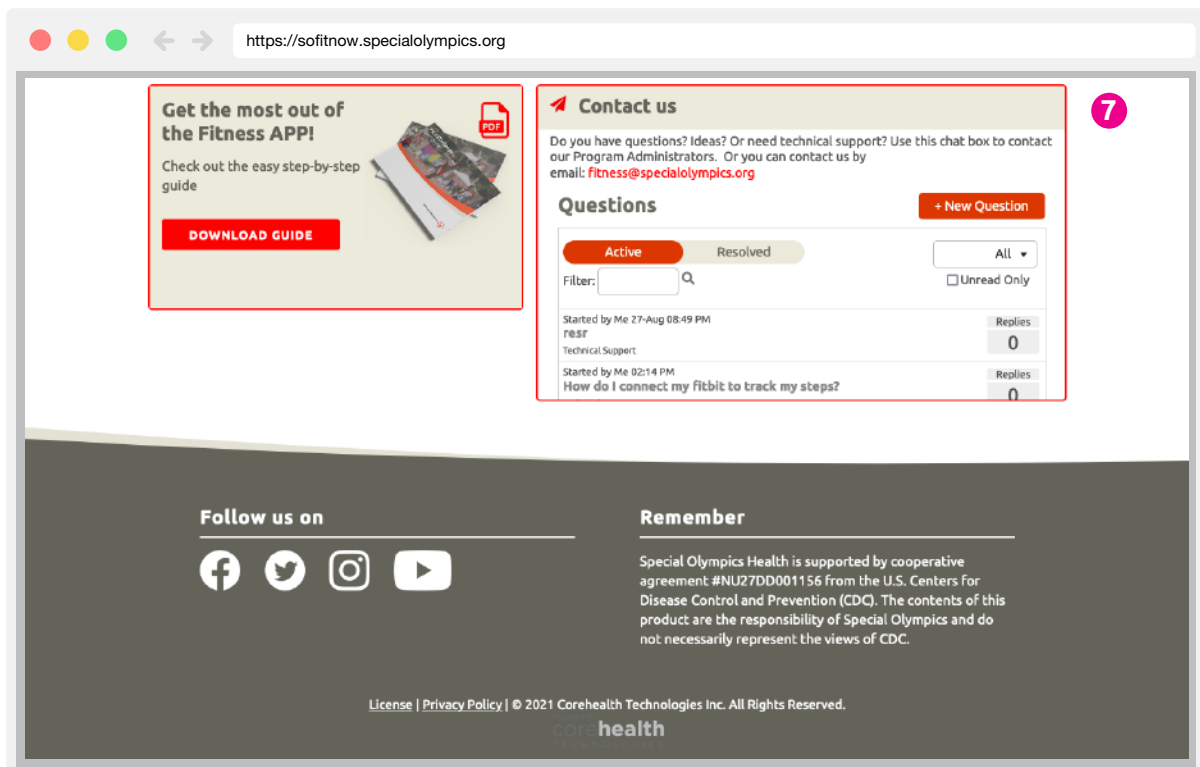
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	30	31
01	02	03	04	05	06	07
08	09	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	01	02	03	04

 Social Hour  FIT S training

Private Event Owner Registered 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.

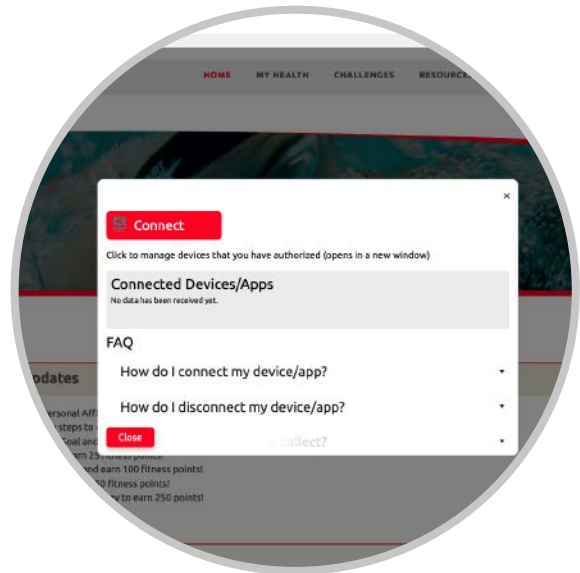
Throughout the **SO Fit Now** Platform on mobile devices, you can collapse the widgets by clicking on the small arrows to the right of the widgets. This can be very useful to facilitate the navigation.

5. Devices and Apps

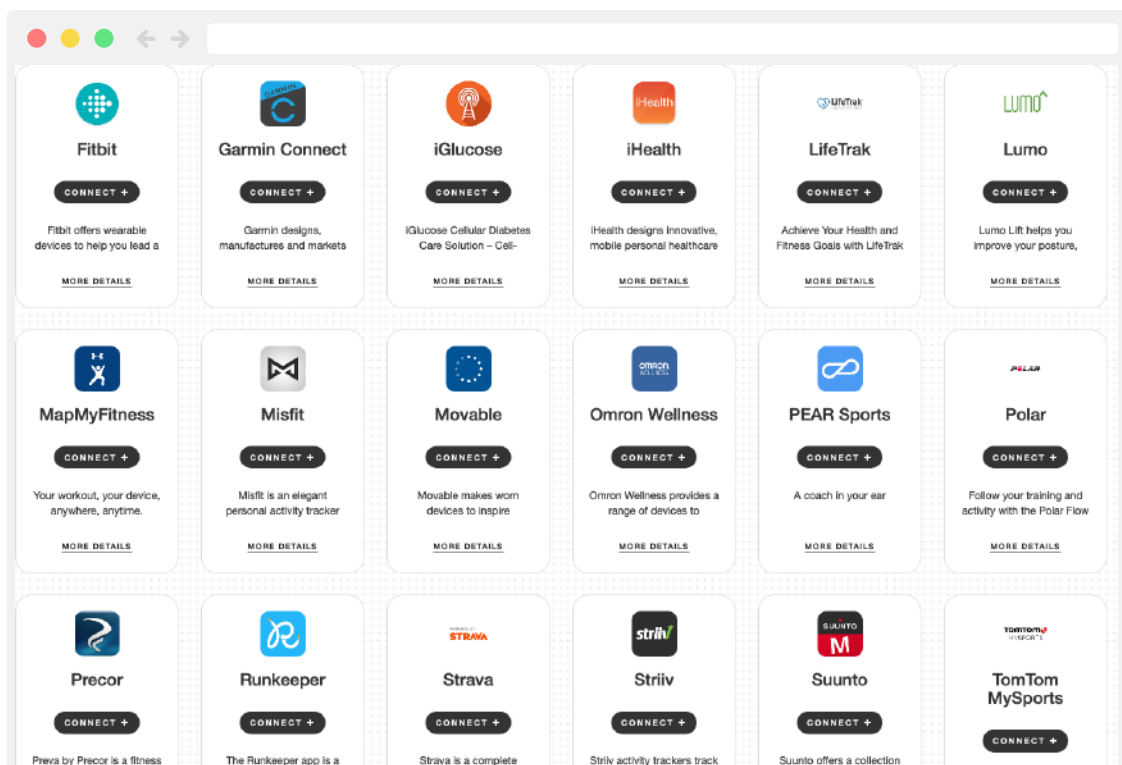
STEP 1. Click the avatar at the top of the Home page. **Click Devices.**



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

The screenshot shows the 'My Health' page on the Special Olympics SO Fit Now website. The page features a navigation bar with 'HOME', 'MY HEALTH', 'CHALLENGES', and 'RESOURCES'. A large banner image shows a young person with glasses. Below the banner, there are three numbered sections: 1. Lifestyle Survey, 2. My Health Goal, and 3. My Personal Affirmation. Each section has a 'Set/Update' button.

1 Lifestyle Survey
Page 1 of 17
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

2 My Health Goal
Create your **Personal Health Goal**. In the description box, set out what you will do to reach that goal and how you will know when you have reached that goal.
SMART goal Checklist:
• SPECIFIC - Is it clear what action I have to take?
• MEASURABLE - Will I be able to track my progress?
• ATTAINABLE - Can I see myself achieving this goal?
• RELEVANT - Is this goal important to me?
• TIME-BOUND - When will my goal be achieved?
Set/Update
I want to drop 15 pounds of weight by the end of the year (December 31 2021).

3 My Personal Affirmation
Create your **Personal Affirmation**. Personal affirmation make us feel good about ourselves. They help us try things, believe in ourselves, and work hard to do well.
Examples:
• I will be brave in the attempt
• I am a great athlete
• I am strong
• I can do this
• If I practice, I'll get better at this
Set/Update
I will be brave in managing my weight.

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

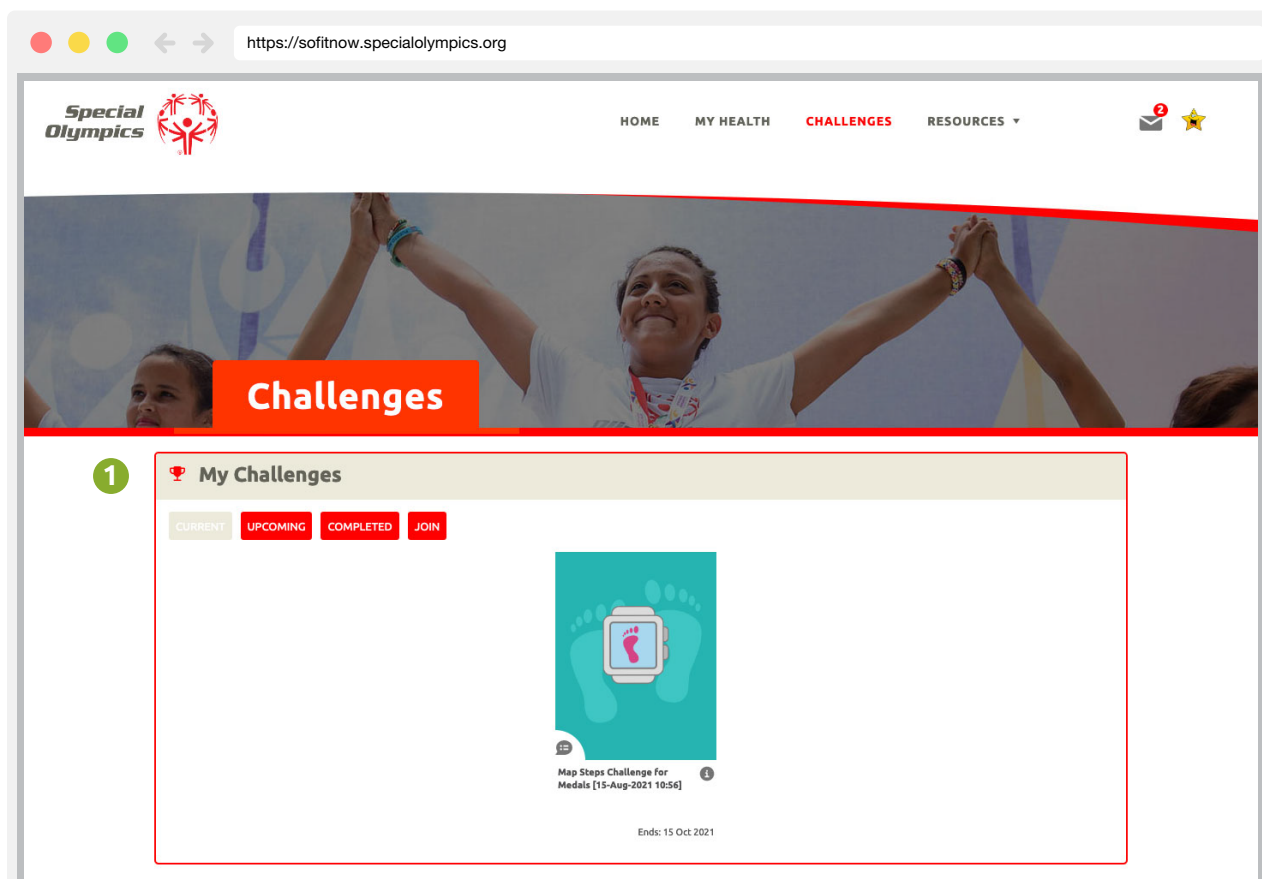
The screenshot shows a web browser window with the URL <https://sofitnow.specialolympics.org>. The page is titled "My Health Data" and features four main sections, each with a numbered callout (4, 5, 6, 7) on the left.

- Section 4: My Health Data** contains two boxes. The first box shows "My CURRENT weight is" with a large number "187.0" and "POUNDS" below it, and an "UPDATE" button. The second box shows "My CURRENT blood pressure is" with a large number "125/81" and "MMHG" below it, and an "UPDATE" button.
- Section 5: DRINK 5** features a blue box with a water bottle icon and "Water bottles per day". To the right, a white box shows "TODAY I drank" with a large number "3" and "bottles of water", and "ADD ONE" and "REMOVE ONE" buttons. Further right, a "My Drink 5 Activity" box shows a circle chart with "60%".
- Section 6: EAT 5** features a pink box with an apple and carrot icon and "Total fruits and vegetables per day". To the right, a white box shows "TODAY I ate" with a large number "4" and "fruits and vegetables", and "ADD ONE" and "REMOVE ONE" buttons. Further right, a "My Eat 5 Activity" box shows a circle chart with "80%".
- Section 7: MIND 5** features a teal box with a head and speech bubble icon. To the right, a white box shows "TODAY I did" with a large number "3" and "strong minds exercises", and "ADD ONE" and "REMOVE ONE" buttons. Further right, a "My Mind 5 Activity" box shows a circle chart with "60%".

Below the MIND 5 section, there is a link: "Click [here](#) to check the Strong Minds Activities".

- 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.

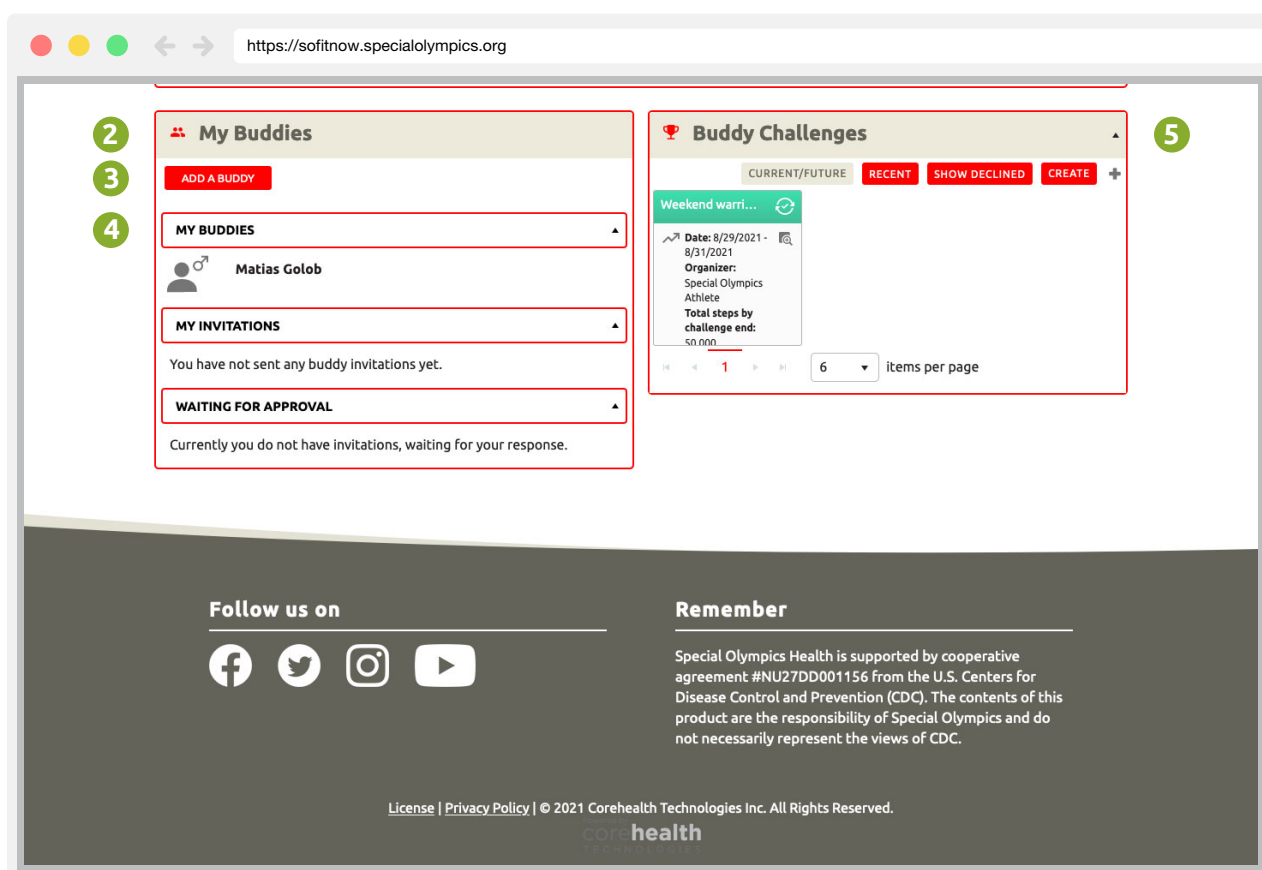
The **Current** tab displays fitness challenge(s) you are participating in. Click anywhere on the challenge image to go to the challenge, where you can track your activity, view your progress and leaderboards, and interact with other participants.

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

The screenshot shows the 'Resources' page for the 'Fit 5' program on the Special Olympics website. The page features a navigation bar with 'HOME', 'MY HEALTH', 'CHALLENGES', and 'RESOURCES'. A dropdown menu under 'RESOURCES' shows 'FIT 5' and 'STRONG MINDS'. The main content area is titled 'Fit 5' and includes a 'How to get your Fit 5' section with a 'DOWNLOAD GUIDE' button. Below this are five cards for 'Fit 5 Level 1' through 'Fit 5 Level 5', each with a 'GO TO FIT 5 LEVEL X' button. The footer includes social media links (Facebook, Twitter, Instagram, YouTube) and a 'Remember' section with a disclaimer about CDC support.

Special Olympics

HOME MY HEALTH CHALLENGES RESOURCES

FIT 5 STRONG MINDS

Fit 5

How to get your Fit 5
Check out the easy step-by-step guide

DOWNLOAD GUIDE

Fit 5 Level 1

FIT 5
LEVEL 1

GO TO FIT 5 LEVEL 1

Fit 5 Level 2

FIT 5
LEVEL 2

GO TO FIT 5 LEVEL 2

Fit 5 Level 3

FIT 5
LEVEL 3

GO TO FIT 5 LEVEL 3

Fit 5 Level 4

FIT 5
LEVEL 4

GO TO FIT 5 LEVEL 4

Fit 5 Level 5

FIT 5
LEVEL 5

GO TO FIT 5 LEVEL 5

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Remember

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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.