What is Active For Life?

- Flexible, 10-week team-based worksite physical activity program
- Team-based approach, with ability to set individual goals
- Receive a point for each minute of physical activity – counts toward individual and team goals
- Participants, Team Captains, and Directors provide encouragement to succeed
- Based on the Stages of Change Theory and the American Cancer Society (ACS) Guidelines for Physical Activity
Using the Join A Team Button

- Go to [www.activeforlife.org](http://www.activeforlife.org), click Join A Team, enter **South Central Regional Library Council** in the company name and **Healthylibs** in the company password and then "Continue".
Find the team you want to join

JOIN A SOUTH CENTRAL REGIONAL LIBRARY COUNCIL TEAM

<table>
<thead>
<tr>
<th>Team Name</th>
<th>Team Captain</th>
<th>Team Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cohocton on the Move</td>
<td>Hope Decker</td>
<td>Cohocton NY</td>
</tr>
<tr>
<td>Healthy Fairview</td>
<td>Fairview Library</td>
<td>Margaretville</td>
</tr>
<tr>
<td>Penn Yan Public Library</td>
<td>Shawn McConnell</td>
<td>Penn Yan Public Library</td>
</tr>
<tr>
<td>Reactives</td>
<td>Jean Jenkins</td>
<td>Lourdes Hospital</td>
</tr>
<tr>
<td>SCRLC in Motion</td>
<td>Nora Hardy</td>
<td>Ithaca</td>
</tr>
<tr>
<td>Southern Tier Library System</td>
<td>Lauren Moore</td>
<td>Painted Post</td>
</tr>
<tr>
<td>The GPL Cats</td>
<td>Sara Knobel</td>
<td>Groton Public Library</td>
</tr>
<tr>
<td>Tina's Twizzlers</td>
<td>Tina Winstead</td>
<td>Newfield</td>
</tr>
</tbody>
</table>

JOIN SELECTED TEAM »»
Complete the Invitation Process

- If you DO NOT have an ACS Account, choose “REGISTER”

Accept terms of creating an ACS Account
Participant Invitation

- Receive the email invitation to join a team

Hello,

I’d like to invite you to be a participant on my team (ACS Demo Team 1) in the ACS Demo Active for Life campaign.

Active for Life is a 10-week program designed by the American Cancer Society to encourage people to be more physically active on a regular basis.

As a participant, you will be a part of a team that competes with other teams to reach or exceed physical activity goals. Information and tools are available in the Active For Life site once you have accepted the invitation.

Click here to accept the participant invitation.
https://www.activeforlife.org/Default.aspx?invite=2dab584-faf5-4f06-b4f8-e9462adb5662

Thank you

- Click on the Link or copy the link in its entirety and paste it in your browser, press return/enter
Complete Pre-Challenge Survey

PRE-CHALLENGE SURVEY

1. There are three levels of physical activity for which you may choose:
   - Bronze (10-29 minutes per day, 5 days per week)
   - Silver (30-59 minutes per day, 5 days per week)
   - Gold (60+ minutes per day, 5 days per week)

   The ACS recommended level of physical activity for adults is at least 30 minutes of moderate activity on five or more days of the week. In the space provided, please indicate the number of minutes of physical activity per day (assuming five days per week) that you plan to attain.

2. On a scale of 1 to 10, where “10” is “highly motivated” and “1” is “not at all motivated”, how motivated are you now to reach your goal?

3. Please rank the top three reasons you decided to participate in this challenge (rank the most important reason as #1).

   Ranking #1: [Please select a value]  
   Comments: [Add comments]

   Ranking #2: [Please select a value]  
   Comments: [Add comments]

CREATE GOAL

My Activity Goal

Company: [Enter company name]
Team Name: [Enter team name]
Start Date: 12/27/2010
End Date: 3/8/2011
Target Activity: [Enter target activity] Minutes Per Day

- Gold Level: 60+ minutes per day
- Silver Level: 30-59 minutes per day
- Bronze Level: 10-29 minutes per day
## ACS Demo Team 1

**Team Captain:** ACS Demo

**Number of Participants:** 0

**Top Performer:** (0min)

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### Activity Tracker

**Week #1: 12/17/2010 – 12/23/2010**

**Enter Minutes of Physical Activity Each Day**

<table>
<thead>
<tr>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
</tr>
</tbody>
</table>

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### Campaign News

**Weekly Newsletter - Week 1 (12/17/2010):**

Welcome to Week 1. We're kicking off the campaign. Click the Link to view the PDF for the default ne...

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**Not every campaign will have bonus points**

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**Company Logo, company message**

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**American Cancer Society Demo**

Welcome to the American Cancer Society’s Active For Life program. This area is a space where your company can personalize a message for your AFL participants. You can also link to other sites in this company message, click here. We hope you enjoy the Active For Life program.

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**Customizable Campaign news**
Optional Food and Weight Trackers

- Information you enter in the food, BMI and weight trackers are optional and **confidential**. This information does not show up in reports at the team, campaign or company level. You are the only one who can see this information.
Customize Your Dashboard

- Customize your dashboard by clicking “Customize My Dashboard” at the top left hand corner of your screen
  - Choose available tools to add to your dashboard
  - Once the tools are added to your dashboard, click “Close Customization”
  - You can rearrange the tools on your dashboard by clicking on the tool in the upper blue bars, holding down the left mouse button and dragging to another location on your dashboard
Logging Physical Activity

- Enter the amount of minutes of physical activity you completed in corresponding date. Click “Save”
- You can log physical activity in the past up to two weeks but you cannot log activity for future dates.
- To access a previous week, click the orange left arrow
Campaign Tools

- Click “Campaign Tools” then click on “Manage Profile”

Participant Management

Update information for Participant

- Company: Heather Test 2
- Email: test@cancer.org
- First Name: ACS
- Last Name: Test Participant
- Display Name: AC3 Test Participant
- Employee ID:
- Phone Number:
- Gender: Male
- User Type: Online

Email Notifications: Yes

Last Login: 12/30/2010 10:52:20 AM

Campaign:
- Testing 2
- Program Director: AFL Test4
- Campaign Start Date: 12/3/2010
- Campaign End Date: 2/10/2011
- Allow Bonus Points: No
- Team Name: B and E
- Team Captain: Shea Test
- Has Completed Survey: Yes

If you want to stop or start getting automatic motivational emails from AFL, indicate no or yes in the Email Notifications field.

Your Team Captain's Name
Campaign Tools

- To edit your available goals, click “Edit Goals”
- The activity goal can not be changed, you can change your confidential weight and nutrition goals if applicable

My Activity Goal

- Company: B and B
- Team Name: B and B
- Start Date: 12/3/2010  End Date: 2/10/2011
- Target Activity: Minutes Per Day

My Weight Goal

- Height: on Campaign start date (12/3/2010)
- Initial Weight: on Campaign start date (12/3/2010)
- Target Weight Loss: Pounds by Campaign end date (2/10/2011)

My Nutrition Goal

- Target Servings of Fruits and Vegetables Per Week:
- Target Servings of Whole Grains Per Week:
My Reports

- Clicking “My Reports” will display your Activity Trend report, click the report title to see your report.
Help Features

- The Help Button is role specific and has step by step instructions on how to do common participant tasks.

Participant Help

Here you'll find information related to your participation in the Active For Life program.

- How do I join the current campaign?
- How do I customize my dashboard?
- What are bonus points?
- Who is my Team Captain?
- Who is my Program Director?
- Can I change my goal?
- Can I keep tracking my activity after the 10 weeks is over?
- Where is the manual?
Future Sign Ins

- Each time you are ready to sign in to Active For Life, go to [www.activeforlife.org](http://www.activeforlife.org)
- Click “Sign In” to access Active For Life
- **Do not** attempt to sign in through the Join a Team button (or invitation link)
Need More Help?
Contact your Team Captain
or activeforlife@cancer.org