



## Join Boston College's **Spring Walk Across Campus!**

### **Join us for a team step challenge**

The Spring edition of the "Walk Across Campus," (WAC) is right around the corner, and this semester, the WAC will again be hosted on the IncentFit app. BC's WAC program has successfully promoted friendly competition while building solid camaraderie amongst peers throughout BC. Our beautiful campus offers many areas to enjoy taking steps. For instance, when leaving from the 129 Lake building, two loops around Chandler Pond equals two miles, as does completing one loop around the reservoir when you leave from the Margot Connell Recreation Center. We hope last semester's Team Leaders will return to lead their team and recruit even more participants! Teams and Team Leaders from the fall have been populated into the IncentFit app.

### **Step Challenge Dates**

April 1st through May 31st

### **Your Challenge Goal**

Take steps every day toward your well-being! The goal is to take steps every day with the objective of moving towards a HEALTHIER YOU. We suggest aiming for 10,000 steps per day. If that is too high, try increasing from your current level, if able. If you exceed that already, terrific- aim higher! We hope to see you as we all Run, Roll, Cycle and Walk Across Campus!

If you need assistance, please contact Living Well Support at [LivingWellSupport@point32health.org](mailto:LivingWellSupport@point32health.org) or by phone at **(877) 594-7183**, Monday - Friday, 9 a.m. - 5 p.m. EST.

***Check for updates at BC Health and Wellbeing***



## How do I get started in the walking challenge?

If you already have an IncentFit account please login with your email and password and skip down to "How do I join the Challenge".

If you do not have an IncentFit account download the IncentFit app from the App Store or Google Play or visit [www.incentfit.com/login](http://www.incentfit.com/login).

- At the IncentFit home screen, enter your Email and click/tap "Next."
- You will then be prompted to enter in the following **Signup Code: BostonCollege (case sensitive)** and click/tap "Check Code"
- You then will be asked to confirm entry of your email address, and create a password. **Please remember this information as you will use those credentials to log in.** You will also be asked to enter your first and last name.

## How do I join the challenge?

- Log into your IncentFit account, and click/tap **Challenges** from the main menu.
- Teams from the Fall challenge have been preloaded into IncentFit, for this semester.
- Find your team and hit the "Join Team" button. Maximum number of team participants will be capped at 20.

\*\* If your screen displays "No Challenge Available" upon your initial log in, you may need to update your app via these four quick steps:

- Log out of the IncentFit app (three lines in the top left corner > My Account > Logout)
- Log back in using your registered email. You may be asked to confirm your last name and set a new password.
- Connect your device (three lines in the top left corner > My Account > Apps & Devices)
- Join the Walk Across Campus Challenge (three lines in the top left corner > Challenges > Walk Across Campus > Join)

## How can I sync a step/fitness tracker app/device?

- Log in to your IncentFit account and select **My Account > All Apps & Devices** from the menu (three lines in the top left corner of app).
- Locate your app/device on the list.
- Click "Start Auto Syncing" and follow the on-screen instructions. Be sure to read all the information when connecting, as some devices have specific instructions. For most devices, you must share "Profile" and "Exercise/Activity" to sync properly.

Note: Google Fit/Samsung Health (Android) and Apple Health (iPhone) are free apps that turn your phone into a pedometer. To sync data from these services, be sure to open the IncentFit mobile app or log into the IncentFit website every few days. Most other tracker services such as Fitbit and Garmin will sync automatically every 24 hours once synced with your IncentFit account.

## Which apps and devices are supported?

IncentFit syncs with many popular fitness trackers and mobile apps, some of which are free.

To view the most up-to-date list, please visit the "All Apps & Devices" section of your IncentFit account. Examples include: Apple Health, Fitbit, Google Fit, and iHealth.

## What if I don't have a smartphone?

If you have a mobile tracking device such as a Fitbit but do not have a smartphone, you can still sync that device through the IncentFit website. Visit [incentfit.com/login](http://incentfit.com/login).

## What can I see in the IncentFit platform?

- Challenge details including:
- Challenge rules
- Team and individual leaderboard
- Individuals on each team
- Total steps and daily average steps
- Chat



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