

Get Fit Texas! Challenge

2025 Participant Instructions



TEXAS
Health and Human
Services

Texas Department of State
Health Services

Table of Contents

- What is the Get Fit Texas! Challenge? 3**
 - Why 150 minutes? 3
 - Competition Levels 3
 - Agency Size Categories..... 3
 - The Get Fit Texas! Website..... 4
 - Key Dates to Know 4

- Quick Start Instructions..... 5**
 - Step 1: Understand the Get Fit Texas! Challenge. 5
 - Step 2: Register for the challenge. 5
 - Step 3: Use the website’s menu to navigate. 5
 - Step 4: Record physical activity data. 6

- Get Fit Texas! Menu Options 7**
 - Registration 7
 - After You Register..... 7
 - My Progress..... 7
 - Leaderboard 7
 - Entering Activity Data..... 8
 - Wearable Device Data Entry 8
 - View History 9
 - Calendar 9
 - Edit Profile..... 9
 - Give Us Your Feedback 9
 - Share Your Story 10
 - Questions & Help 10

- Contact Information..... 11**

What is the Get Fit Texas! Challenge?

The Texas Department of State Health Services (DSHS) launched the Get Fit Texas! Challenge in 2013 to provide state employees with a fun way to make physical activity a routine part of their lives.

By accepting the challenge, state employees pledge to be physically active for 150 minutes per week for at least 6 of the 10 weeks.

The challenge is also an opportunity for state employees to participate in a friendly agency-to-agency competition.

The Get Fit Texas! Challenge is administered by the DSHS Statewide Wellness Coordinator. Each participating employer designates one or more Challenge Coordinator(s). **The Challenge Coordinator(s) for your employer is your primary contact(s) and will communicate about employer-specific decisions, such as offering incentives, etc.**

Why 150 minutes?

According to the [Physical Activity Guidelines for Americans](#), 150 minutes is the minimum amount of physical activity adults need per week to be healthy. Participants are encouraged to reach 150 minutes each week of the challenge and maintain this habit beyond the challenge.

Competition Levels

The 10-week competition has two levels:

Individual Level: Each participant strives to reach 150 minutes of physical activity per week for 6 out of 10 weeks on their own.

Group Level: State employers are divided into groups based on organizational size to see who finishes with the highest percentage of employees completing the challenge.

Agency Size Categories

- <51 Full-time employees
- 51 – 200 Full-time employees
- 201 – 500 Full-time employees
- 501 – 1,000 Full-time employees

- 1,001 – 5,000 Full-time employees
- 5,000+ Full-time employees

The Get Fit Texas! Website

The [Get Fit Texas! website](#) keeps track of your personal progress and achievements. It also tracks your employer’s performance versus other state employers.

If your employer offers a completion incentive, you likely will need to document your achievements with a challenge completion certificate. This automatically becomes available for download on the website dashboard page after you complete the challenge.

Key Dates to Know

- Monday, January 13, 2025: Registration opens.
- Monday, January 20, 2025: Challenge starts – begin logging physical activity minutes.
- Sunday, March 30, 2025: Challenge ends.
- Friday, April 4, 2025: Last day to log physical activity completed during the Challenge.
- Monday, June 30, 2025: Last day to download completion certificate.

Quick Start Instructions

Step 1: Understand the Get Fit Texas! Challenge.

- Ten-week competition from January 20 – March 30, 2025.
- Participants must achieve 150 minutes of physical activity per week for at least six weeks to complete the challenge. Weeks do not have to be consecutive but they must fall within the 10-week challenge timeframe.
- Organizations compete to have the highest percentage of total full-time employees (FTEs) complete the challenge.

Step 2: Register for the challenge.

Complete registration for the challenge online at <https://getfittexas.org/register>. You must complete registration every year.

Step 3: Use the website's menu to navigate.

More detailed information about the menu options is on page 6.

- **Dashboard:** The site home page shows your progress, challenge contact information, and agency leader board.
- **Enter New Activity:** Log your physical activity throughout the challenge.
- **Wearable Device Import:** Import recorded activities from wearable devices into your Get Fit Texas! activity log.
- **View History:** All physical activity records you have submitted during the challenge will be available throughout the challenge.
- **Calendar:** Access a wellness events calendar with live and pre-recorded opportunities for you to maintain your health and well-being.
- **Edit Profile:** Edit profile information at any time without losing or altering physical activity data previously entered.
- **Share Feedback:** Submit suggestions on how to improve the challenge and the [GetFitTexas.org website](https://getfittexas.org). For urgent requests for support, email your agency's Challenge Coordinator(s) or the Challenge Administrator (listed on the dashboard).
- **Share Your Story:** Share your successes, tips, tricks, or words of encouragement while participating in the challenge.

Step 4: Record physical activity data.

Participate in the challenge by recording physical activity data with the goal of filling six weekly stars to complete the challenge.

Get Fit Texas! Menu Options

Registration

Fill out the registration form at <https://getfittexas.org/register>. Please use your work email, if possible.

- Employers are listed alphabetically. Many employer names begin with Texas (e.g., Texas Dept. of State Health Services), so make sure to check the entire list. Email wellness@dshs.texas.gov if you can't find your employer.
- Subgroup is an optional dropdown for employers who wish to divide their employees by division, location, etc.
- Registration data (including subgroup) can be edited easily at any time by selecting Edit Profile from the menu options, even after you've entered physical activity data.

After You Register

After registering, participants see their personal dashboard page.

- My Progress (center area) shows your personal progress as you complete the challenge.
- The Leader Board (right area) indicates your employer's ranking within its size group.

My Progress

The dashboard section displays the physical activity minutes you have submitted for each week of the challenge. Once a weekly total reaches 150 minutes, that week's star will be filled in.

- The Enter Activity button takes you to the Enter New Activity screen.
- The View History button shows every data submission you've made throughout the challenge.

Leaderboard

The Get Fit Texas! Challenge is a competition between state employers of similar size. It is based on the percentage of full-time employees who complete the challenge.

The leaderboard shows this percentage in the Completions column and ranks employers' progress based on the percentage of employees who have achieved stars each week. Total organization minutes are listed only for fun.

At the beginning of week 8, the leaderboard will be hidden so the final result will be a surprise.

Entering Activity Data

To enter physical activity data, click on Enter New Activity from the menu options.

- Enter the Date, Minutes, and Type information. If you wish to make multiple submissions, click Add Another Activity.
- Click the Submit button when you are finished.
- All challenge data can be viewed and edited by clicking on View History from the menu options.
- After you submit your physical activity data, it will show up on the Dashboard page.
- Your minutes will be added to the total for the week in which they occurred.
- My Progress displays a running total of your submitted minutes.

Challenge Completion Certificate

After you complete the challenge, an icon will appear in the bottom right corner of the My Progress section. Click the icon to display and print a challenge completion certificate for your records.

- The certificate will be needed if your agency offers an incentive for completing the challenge.
- Your Challenge Coordinator will announce whether your agency offers an incentive and how to redeem it.

Wearable Device Data Entry

This option allows participants to automatically import physical activity from their wearable device to the Get Fit Texas! website.

1. Follow the instructions to "Add Wearable Provider" on the dashboard page to allow access to your physical activity entries. This will import any activities completed during the challenge to the Get Fit Texas! website.

2. After you are done, the “Add Wearable Provider” will be greyed out.
3. When you record an activity on your wearable device, it will automatically be imported into the challenge web site and you will receive an email confirmation.

Note: You can only have one wearable device connected. You can remove a device using Edit Profile.

Requirements and Terms of Service

- You must have an existing wearable device account to use this feature.
- We only collect activity data for the days you request and do not make any changes to your account data.
- This website does not have access to or store your wearable device password. You will enter directly into the wearable device site.
- You must specifically grant your wearable device permission to your data for the challenge.
- You can revoke permissions at any time on the wearable device settings page.

View History

View History displays all your individual data submissions throughout the challenge. You can view all entries and make changes to existing individual data entries if needed.

Calendar

The wellness event calendar has live and pre-recorded opportunities for you to maintain your health and well-being. Select an event on the calendar for details and registration information.

Edit Profile

This page remains available throughout the challenge in case you need to change your registration data. Changes can be made without disrupting physical activity entries previously submitted.

Give Us Your Feedback

We want to hear from you if you have any technical issues or suggestions related to your experience with the Get Fit Texas! Challenge.

For urgent issues, contact your agency's Challenge Coordinator or the Challenge Administrator at wellness@dshs.texas.gov.

Share Your Story

We want to hear your success stories. Use the Share Your Story form to tell us about how the Get Fit Texas! Challenge helped you.

You can share your story and reply to others publicly. Select 'Please don't show my name' if you wish to remain anonymous. Posts are subject to review prior to being made public.

Questions & Help

The dashboard offers links to the email addresses of the Challenge Coordinator(s) in your agency.

- Contact your agency's Challenge Coordinator with questions about your agency's policies and basic questions about the challenge and/or website functionality.
- Your Challenge Coordinators may be learning their way around the website. Please be patient if they need time to answer questions.
- If you have more complex questions, please email the Challenge Administrator at wellness@dshs.texas.gov.

Contact Information

DSHS Work Well Program

Texas Department of State Health Services

wellness@dshs.texas.gov

wellness.texas.gov



TEXAS
Health and Human
Services

Texas Department of State
Health Services