Teams

Creating and Joining a team

You **MUST** create or join a team to be a part of the challenge.

- You can have up to ten people on a team.
- There is no minimum on the teams. You can participate by yourself, but you will need to create a team of one.
- For ease of reaching the destinations, we recommend having at least six people on a team. However, reaching all destinations is not required to win prizes or receive points. This will be based strictly on step accumulation.

Make sure to choose your team carefully. **If you choose to leave your team after the challenge has started, you will have to leave the challenge completely!** You must make any changes to your team before March 5th.

To change teams **before March 5th**, go to “My Team,” click on Leave This Challenge, and then select “Yes!” to leave the team. You can then join any public team that is available or be invited by a team captain of a private team.

- This is the “My Team” section under the challenge page. Here you can see all people on your team, their steps, your team’s total steps, and your ranking.
Information for Team Captains

- You can set the team to either private or public. If private, people will not be able to join without being invited by you. If your team is public, anyone can join with or without permission.
- As team captain, you are not required to plan additional events (like walking groups, exercises, etc.), but we encourage you to find creative ways to get your team to move more!

Communicating with your team

As a team captain it is important for you to regularly communicate with your team members to help maintain motivation as you are working together to reach the next destination.

Tip: Use the “Captain’s Message” feature to send a message to your team members. You can post as a rallying call on your teams’ page, or send as an email directly to team member’s inbox.
Chatting

**Team chat room:** You can post messages and photos for your teammates to see. Only members of the team will be able to post or view posts here.

**All chat page:** All challenge participants will be able to view anything that you post here 😊 Use this space for encouragement and to encourage healthy competition 😊
Leaderboards

Team leaderboard
- Will tell you each team’s cumulative steps and their overall ranking
- It will NOT tell you how many steps individual members of the team have taken
- Use the “Jump to Me” function to easily find your team ranking

Business Unit leaderboard
- Will compare cumulative steps of each business unit (division) at Emory. This leaderboard is similar to previous Move More Challenge rankings and will compare divisions against each other (e.g. Campus Services, School of Nursing, Emory Saint Joseph’s).
- Each individual’s steps within that business unit will roll up into the step total. Your individual steps will not be seen by others outside of your small team.
- It will also tell you if that unit is a part of Emory University (EUV) or Emory Healthcare (EHC).
Rivals

- Use the “Rivals” function to set teams that you want to compete directly against. Rivals are a great feature to use if your department is too large for one team, but still want to be able to compete with others in your department.
- To set a rival, click “Add Rivals” from your challenge home page, then you will be suggested teams or can search by team name or the name of an individual person. You will know they have been added when the icon changes to a black trophy without a plus sign.
- To easily view your rivals in one spot, go to the team leaderboard, and under the filter drop-down menu, select “My Rivals.”
- You can remove a team as a rival at any point during the competition by clicking this icon.