

2024 Spring Forward Team Challenge – Frequently Asked Questions

Here is a set of frequently asked questions about the Spring Forward Team Challenge. Not seeing your question here? Email livingwell@utsystem.edu.

What is the Spring Forward Team Challenge 2024?

- **Spring Forward** is the system-wide team challenge hosted on the UT Living Well Platform powered by Limeade.
- Participants across UT System institutions can form a new team or join an existing one upon challenge registration. Each team is between **3-5 members**. To earn 200 total points, teams must **collectively log 4,000 minutes** of activities that exercise your body or mind. Examples of exercise include walking, gardening, running, biking, meditation, yoga, etc. Check with your [institution wellness lead](#) for additional challenge minute earning opportunities offered at your institution.
- Check out My Updates for weekly tips and ideas to collect your minutes.

Who can participate?

All **UT SELECT** and **UT CARE** members ages 18 and older. Whether you're just starting out with exercise or physical activity has been part of your daily routine for a while, you're encouraged to participate!

Joining is easy; simply locate the challenge on the Discover Tab, click on the activity card and click the "Get Started" button.

What is the duration of the Challenge?

The Spring Forward Team Challenge will run from **Monday, April 1st to Sunday, May 5th midnight CST**.

Is the Spring Forward Team Challenge right for me?

- Spring Forward is self-paced and offers a flexible design that fits people of all fitness levels. You may track minutes of activities that exercise your mind and body. Check with your healthcare provider prior to beginning any fitness plan or engaging in any physical activity.
- [The National Center on Health, Physical Activity, and Disability](#) offers specific ideas.

Here are some helpful videos provided by The National Center on Health, Physical Activity, and Disability to help get you started.

1. [Home workout playlist on YouTube](#)
2. [Meditation playlist on YouTube](#)

How can I join?

1. **Join the Living Well Platform:** Register at ut.limeade.com with your institution credentials (SSO) or preferred personal email address (dependents and retirees 18yr+).
2. **Recruit Team Members:** Find a group of members to form a team of 3-5 and select a Team Captain and Team Name.
3. **Create Team:** On Monday, April 1st, Team Captains can start creating their teams by opening the **Spring Forward Challenge Tile on the Living Well Platform (browser or mobile app)**. Team Captains can select either **Anyone Can Join** (public team) or **Invitation Required** (private team). If **Invitation Required** is selected, the team's name will not be visible under **Find a Team** and only people who receive an invitation will be able to join the team.
 - In the tracking section click **+Invite** to invite your team members to join!
 - Enter the person's email address and click **Send**.
 - Once **Send** is clicked, the email to join a team is automatically sent. There is no pop-up or verification for this step. If the email is not found, the sender will be notified that the user was not found.
4. **Join a Team:**
 - If you have a team, open the team invitation email, and follow the instructions.
 - If you still need a team, open the Spring Forward Team Challenge activity, click **Find a Team** to search for openings on existing public teams, then click **+Join Team**.
5. **Start Tracking:** After joining the challenge, you will find the challenge tile on the home page when you login via browser or mobile app.
 - **Manual tracking:** enter your daily minutes and press the "Track" button. *Please note - there is a 120-minute daily limit on manual tracking.*
 - **Automatic tracking:** connect a compatible device or app. *Please note - You must start an activity on your app or device for minutes to track automatically via the UT Living Well Platform.* [View a full list of compatible apps and devices.](#)

I entered an email address, and the system didn't find it. What do I do?

Most likely, that happened because that person either hasn't registered for the UT Living Well platform/app or registered under a different email address. Simply confirm with your future teammate and invite them to be part of the platform and team challenge!

How do I change my team to private/public?

If the team is already created, the 'Team Captain' can change this setting by following the directions below:

- Open the activity tile, in the upper right corner click the Activity Options menu icon and click Edit your team settings.
- Scroll down to Settings and make edits to Anyone Can Join (public) or Invitation Required. (private).
- Click Save Changes.

****Once a public team is created is open to all members on the UT Living Well Platform and any user(s) can join it. Registered members who have joined a public team cannot be removed.***

Take *Spring Forward* on the go by downloading the app.

- Once you've registered at ut.limeade.com, access the UT Living Well platform from your smartphone!
- Download the Limeade ONE app and search by employer "University of Texas" or "UTX" to get started.
- You will be prompted to update the app icon and customize it with the UT Living Well platform's look.



What happens if my team doesn't reach the minimum number of teammates required?

If you are unable to find enough teammates, you have the ability to leave your team and then join another team.

Search for open teams that allow anyone to join. You can join teams with members from other institutions as well. **Your activity will still count towards your institution.**

How can I switch teams?

To switch teams, open the activity (desktop version only) and click the 3 dots in the top right-hand corner of the challenge and select 'Remove from your activities'.

After confirming and leaving the activity, you will be able to rejoin the activity and find another team to join or create a new team. s

However, all activity previously tracked will stay with the team after a member transfer to a different team. Your activity will not follow you from team to team.

Can a team be removed or deleted?

Once a team is created, it cannot be removed. Participants can leave a team to join an existing team or create a new one.

How do I track my activity minutes?

Manual tracking:

1. After joining your team, hit “track” on the right side of the pop-up.
2. Enter your minutes of mind/body activity and add an optional comment about your activity. All mindfulness-based activities will be tracked manually.
3. Return to the **Spring Forward Team Challenge** daily or a cadence that suits your lifestyle to track your minutes of mind and body activity. You are able to backtrack manually for 2 weeks.

Automatic tracking via a device or app:

1. You can sync apps or devices in your settings; Apple Health & Google Fit only available in the Limeade ONE app – not desktop), Fitbit, Garmin, Misfit, Runkeeper, Strava, and Under Armour all track minutes. Devices start syncing with the Spring Forward challenge once you join on April 1st, 2024.
2. **Please note** - you must start an activity on your app or device for minutes to track automatically via the UT Living Well Platform.
3. **IMPORTANT:** You are encouraged to regularly confirm that progress is uploading correctly when a device is synced.

I didn't enter anything last week. How can I record prior activity?

You can backtrack activity up to **two weeks** after the challenge start date. Simply open the Spring Forward activity, choose the appropriate day when activity took place, manually input the number of minutes and comment(s) (optional), and click “track” button.

The challenge ended before I could record all my progress. Am I out of luck?

Not at all! Participants have a three-day grace period after Spring Forward ends to record progress that took place up to two weeks prior.

Are comments added to tracked progress visible to others?

Just as many other activities available in the platform library, Spring Forward can be set up as “private” or “public” should participants prefer to keep progress non-visible to others, as well as comments included within tracked progress.

Can I sync Apps/devices to track my minutes?

Although not required, you can sync Apps/devices in profile settings for more accurate and convenient tracking. Apple Health, Google Fit, Fitbit, Garmin, Polar, Runkeeper, Strava, & Under Armour are supported for syncing to track minutes in Spring Forward. Below are two resources helpful with troubleshooting or you can email support@limeade.com for questions or technical assistance.

[Click here to review the metrics supported fitness trackers and apps track](#)

[Click here to view other helpful articles on connecting a device or app](#)

[Click here to learn more about how compatible fitness devices calculate exercise minutes](#)

How frequently is my data synced?

Frequency may vary by device, carrier, and specific app. In most cases, progress is updated daily.

Can I sync multiple devices to my account?

It is recommended to sync one preferred device for accuracy and convenience.

Who can I contact for technical assistance with the UT Living Well Platform or the Spring Forward Team Challenge?

You can email support@limeade.com for assistance or questions regarding tracking, technical device, and syncing related items so we can assist. For questions about eligibility, please contact your institution or livingwell@utsystem.edu.

When is the last day to join Spring Forward?

You can create and join teams at any point during the challenge! However, you can backtrack activity up to two weeks after the challenge start date. Simply choose the appropriate day when entering your activity.

Is my progress visible to all participants?

- Only if you set up your challenge activity as public. This will also determine whether your name will be displayed on the leaderboard, for recognition purposes. Regardless of your profile set up, points will be awarded if the overall challenge goal is met.
- It is also important to highlight that your Well-Being Assessment results, goals, tracking, and all confidential information are protected based on Limeade's Privacy Statement.

[View the Limeade Privacy Statement](#)

How will institution winners be recognized at the end of Spring Forward?

Final institution winners will be determined based on completion rates: **number of participants who earned 200 points/total registrants at X institution**. There will be three institution winners per institution size category recognized with the *UT System Traveling Trophy*. View the institution categories on the next page.

Large Institutions
UT Austin
UT Health Houston
UT MD Anderson
UT Medical Branch at Galveston
UT Southwestern Medical Center
Medium Institutions
UT Arlington
UT Dallas
UT Health San Antonio
UT Rio Grande Valley
UT San Antonio
Small Institutions
Stephen F. Austin
UT El Paso
UT Health Science Center at Tyler
UT Permian Basin
UT System Admin
UT Tyler