

**JAN 6
THROUGH
MAR 1**



2020

BECAUSE HEALTH IMPACTS EVERYTHING

Join the free, 8-week challenge at ittcommunitychallenge.com.
You'll get 500 points just for signing up, plus 250 bonus points for completing your profile!

10 WAYS TO PARTICIPATE, EARN POINTS AND WIN!

Submit these healthy actions to earn points for your community and prizes for yourself!

Fitness Tracker: 50 points/submission

Earn points any time you exercise for more than 15 minutes.

Healthy Selfie: 50 points/submission

Submit a photo of you eating healthy or engaging in a healthy activity.

Water Consumption: 50 points/submission

Track the amount of water you drink each day.

Teach Healthier MyPlate Lesson: 50 points/submission

Use the MyPlate lesson on the Teach Healthier App to teach your children or students how to build a healthy, balanced meal. Earn 50 points per child or student holding their MyPlate activity card.

Healthy Group Activity: 500 points/submission

Grab another person or a group and do something healthy together!

Living Healthier Video Tutorial: 500 points

Our Living Healthier Coach Hotline provides free phone and text-based support for any Texan looking to make a healthy change. Watch the "What is the Living Healthier Coach Hotline?" video on YouTube and answer a few questions when you're through.

Sign a Pledge: 500 points

Sign a pledge to support your community and your health!

Teach Healthier App Lesson: 750 points/submission

The Teach Healthier App delivers fun nutrition and physical activity lessons you can teach to kids. Download the app and share a lesson with your children or students.

Mayor Challenge Video: 10,000 points

Have the Mayor of your city submit a video promoting the It's Time Texas Community Challenge.

It's Time Texas Community Event: 15,000 points/event

Rally your community! Put on a free, healthy event for 25 or more people in your city.

Questions? We've got answers at ittcommunitychallenge.com/faqs



**TEXAS IS
BEST WHEN
TEXANS ARE
HEALTHY**



This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP. To receive assistance purchasing healthy foods, sign up for SNAP benefits at yourtexasbenefits.com.

FAQs

We've compiled a list of the most commonly asked questions to help you be successful in supporting your community during the It's Time Texas Community Challenge. We encourage you to review these, however, if you still have questions, feel free to contact us. Good luck in this year's Challenge!

General

What is the IT'S TIME TEXAS Community Challenge?

The It's Time Texas Community Challenge, presented by H-E-B, is a free 8-week, statewide competition in which Texas communities compete to see which communities can demonstrate the greatest commitment to healthy living! The 2020 Community Challenge kicks off on January 6th and ends at 5:00pm (CT) on March 1st.

Is my community participating?

If your community has a mayor, then it is in our system. To support your community, you simply need to register, which you can do here! (/register/step1)

How can my community compete with larger communities?

Did you know there are more than 3,000 cities and towns in Texas? With so many communities in our great state, we've created 5 size categorizes, which are based on community population, to try and pit similarly sized communities against one another. The population breakdown is as follows:

- Metro - 300,000+
- Large - 100,001 - 300,000
- Mid-sized 40,001 - 100,000
- Small - 5,001 - 40,000
- Extra Small - 1 - 5,000

How old do you have to be to participate in the Challenge?

It's Time Texas does not collect or request personal information from people under 13 nor do we allow them to register. If you are under 13, please do not try to register on the It's Time Texas Community Challenge website or send any information about you to us, including your name, address, telephone number or email address. No one under the age of 13 can provide any personal information to It's Time Texas or on the It's Time Texas Community Challenge website. In the event that we learn that we have collected personal information from a child under the age of 13 without verification of parental consent, we will remove that information as quickly as possible. If you believe we have any information from or about a child under 13, please contact us.

What roles do IT'S TIME TEXAS & H-E-B play in the Challenge?

The Community Challenge is made possible by the generosity and support of H-E-B, along with our other Founding Allies, SNAP-Ed. The Challenge is an initiative created and managed entirely by It's Time Texas, an Austin-based 501(c)(3) nonprofit organization that champions the movement for a healthier Texas by making healthy lifestyles more accessible to all Texans. Our programs and partnerships empower Texans to lead healthier lives, build healthier communities, and contribute to a healthier state. All inquiries submitted through the contact form on the Community Challenge website will reach It's Time Texas staff, who will assist you. Our staff looks forward to helping with questions regarding the competition and website. H-E-B-specific inquiries should be submitted directly to them via the H-E-B website at www.heb.com (<http://www.heb.com>).

What Browser Should I Use?

Internet Explorer, particularly older versions of the browser, create known bugs and issues when using Community Challenge website. For that reason, **we strongly recommend that you do NOT use Internet Explorer** and instead use Chrome, Firefox, or Safari to view and interact with the Challenge website.

Can I upload more than one pledge for my school or community?

Multiple pledges can be uploaded to your account but you will only receive 500 points for the first pledge you upload. We encourage every pledge maker to make their own account and upload their pledge to maximize the most points possible for your school or community and participate in the Community Challenge. If you would like to receive points for more than one pledge that you have uploaded please contact support@ittcommunitychallenge.com (mailto:support@ittcommunitychallenge.com) for next steps.

Need Additional Support?

Please don't hesitate to contact us if you have any questions or need additional support. The IT'S TIME TEXAS offices are open from 9-5, Monday - Friday, and we'll do our best to get back to you within 24 hours. Inquiries submitted over the weekend will be responded to by 5:00 pm the following Monday.

Registration & Profile Setup

If I participated last year, do I need to register again?

If you participated in last year's Community Challenge, you can reactivate your account. To get started, login using the email and password you setup last year and follow the steps presented to you.

I don't see my community. What's up with that?

Fear not! Contact us (/contact) to let us know if you don't see your community listed. We'll happily get your community in the system. Please note that in order for a community to participate, it must have a mayor in term.

What if I work in a different community than I live?

You can only pick one community to represent, and points will only be awarded to the community you select to represent during registration.

How do I setup my profile?

As part of this year's registration process, you'll be presented with the option to earn an additional 250 points for your community by answering a handful of questions, which will complete your profile setup. If you skip this step during registration, you can complete it by logging in going to your user profile page, where you'll find a button encouraging you to complete your profile.

Can I change the community, district (if applicable) I'm representing after I've registered?

Yep. You can edit your account information via your user profile page when logged in.

School District Challenge

What's the School District Challenge and am I eligible to participate?

The School District Challenge is a separate, side-competition for school staff and faculty, as well as parents of students, in grades K-12. So, if you are a teacher, an employee of a school or district, or a parent of a student(s) in grades K-12, you're eligible to opt-in to participate. This means that by opting in, every time you submit a healthy activity and earn points, your school district will also receive credit for your points during this year's Community Challenge.

For example, Mrs. Jane Doe lives in Taylor and is a teacher at Austin ISD. During registration, she chooses Taylor as her community and selects to opt-in to the School District Challenge. During the first week of the Challenge, she uploads a Healthy Selfie, worth 50 points. Because she opted into the District Challenge during registration, she has earned 50 points for both Taylor AND Austin ISD. Had she not opted-in to the School District Challenge, those 50 points would only have been awarded to Taylor. Way to go, Mrs. Doe!

If you are NOT a teacher, an employee of a school or district, or a parent of a student(s) in grades K-12 then you are not allowed to, and should not, opt-in to represent a school district.

Can my school district participate?

Yes! We've pre-loaded a list of Texas schools and school districts, which was provided to us by National Center of Education Statistics. The list of districts is accessible to users who opt-in to the School District Challenge during registration.

If you don't see your school district on the list, please contact us (/contact) to let us know.

I'm eligible for the District Challenge but I forgot to opt-in when I registered. What can I do?

If you are eligible for the District Challenge but forgot to opt-in during registration, you can edit your user account and opt-in retroactively.

It's important to note that if you do forget to opt-in during registration but decide to do so at a later date, only those points you earn after you've opted-in will be awarded to your district. Points earned before you opted-in cannot be retroactively awarded.

Can I change the community, district (if applicable) I'm representing after I've registered?

Yes, however, any points you've earned for a community, and/or district (if applicable) beforehand are not transferable. You can edit your account information via your user profile page when logged in.

What's the School District Leaderboard?

The School District Leaderboard is a snapshot of the current rankings for the School District Challenge. Points associated with each district are the result of users who've opted in to represent their school district during this year's Community Challenge.

If you have any questions about the leaderboard, please email us at support@ittcommunitychallenge.com (<mailto:support@ittcommunitychallenge.com>).

Can I participate in the District Challenge, but not the Community Challenge?

No. In order to participate in the School District Challenge, you must also be participating in the Community Challenge, meaning you are required to represent a Texas community.

Earning Points & Content Moderation

How do I earn points?

There are a number of different ways to earn points for your community! To start, you must be a registered user, which will award your community 500 points (700 points during pre-registration)! Once registered you can log in and set up your profile for an extra 250 points. Then click Log Activity link to submit different activities to help your community compete for the crown!

[Click here](https://itstimetexas.org/wp-content/uploads/2015/07/2020_CC_big_picture-1.pdf) (https://itstimetexas.org/wp-content/uploads/2015/07/2020_CC_big_picture-1.pdf) to download our big picture pdf, which provides suggestions and ideas to help you earn points!

How is the content uploaded to the website moderated?

IT'S TIME TEXAS team members review content uploaded to the website every day to ensure that each upload adheres to the rules and regulations of the Community Challenge activities. At times, there are hundreds of activities uploaded to the website every day. During these more active periods, we're not always able to review it all in real time, but it will happen. Should we find uploads that do not meet the rules and regulations, we will delete it from the website, which will also remove any points previously awarded. Because of this, we encourage you to take extra time to make sure what you're uploading follows our guidelines. The specific rules for each activity type can be found on your community profile page.

Do I have to upload selfies to earn points?

No. We understand selfies aren't for everyone. So we've changed the criteria for posting a 'healthy selfie'. Where we used to require that you show your face when posting photos to earn points for your healthy activities, you now have a lot more flexibility. Face or no face, upload a photo that shows you in the act of eating a healthy meal, drinking water, or engaging in a healthy activity, and you'll earn points for your community. Whether it's a photo of the park you're walking in or a selfie of you taking a walk, it counts!

Will you notify me if you remove something I've uploaded?

In some cases, we do notify users of content removal, however, to keep up with the volume of activities uploaded by Challenge participants, this is not always an option. Content that is clearly outside of the rules and guidelines, or duplicated posts, will often be deleted without notice. Additionally, users who repeatedly upload incorrect and/or duplicated content and activities can be suspended or removed.

FitRankings & Using a Fitness App to Track Activity

Participants who wish to take advantage of this integration may do so when the Community Challenge kicks off on January 6th.

How Does FitRankings Work with the Community Challenge?

We're excited to once again partner with FitRankings (<https://fitrankings.com>), the first universal platform for connected fitness devices. With this innovative integration, Community Challenge participants can earn points for their Communities by logging workouts and activities with any of the connected fitness apps FitRankings supports (see full list below).

Participants who wish to take advantage of this integration may do so when the Community Challenge kicks off on January 6th.

What Fitness Apps or Devices are Supported by FitRankings

- Apple Health
- Strava
- MapMyFitness
- Fitbit
- Runkeeper
- Misfit
- GoogleFit
- Jawbone
- Polar
- Garmin
- Moves

What if I don't use a fitness app or own a wearable device?

Don't worry! We've created a fitness tracker of our own that you can use anytime you'd like to log a workout or bout of exercise. It's easy to use and doing so will ensure you can earn points for your community by getting active.

To access it, login and click the "Fitness Tracker" link, which can be found by hovering your cursor over the "Log Activity" link.

How to Connect

To use this feature, you'll need to create a FitRankings account, which will then allow you to connect your fitness app or wearable devices to your Community Challenge profile. Once successfully connected, you'll automatically receive 50 points for up-to-two activities logged on your fitness app or wearable device daily.

Important: If you used this feature during last year's Community Challenge, and you've both not changed the email address associated with your account and are still using the same fitness app or wearable device, you are likely still connected and no further action is needed.

If you meet this criteria, you should see activities begin to show up in your activity log within the next 24-48 hours. If you do not see activities within the next 24-48 hours, you'll need to re-authenticate with FitRankings, which you can do by following the instructions in the "Returning Users" section below.

Step 1: FitRankings Registration or Login

New Users (i.e. you've never done this before)

1. Click the orange 'Connect a Device' button below, which will trigger a popup form
2. Enter the email address you want to use for your FitRankings account and click continue
3. Enter a password and your name and click the "Sign Up" button
4. See Step 2 below

Note: The email and password you use here does not have to be the same what you're using for your Community Challenge account.

Returning Users (i.e. you've used this feature during a previous Community Challenge)

If you used this feature during last year's Community Challenge, and you've both not changed the email address associated with your account and are still using the same fitness app or wearable device, you are likely still connected and no further action is needed. If you meet this criteria, you should see activities begin to show up in your activity log within the next 24-48 hours. If you do not see activities within the next 24-48 hours, you'll need to re-authenticate with FitRankings, which you can do by following the instructions below:

1. Click the orange 'Connect a Device' button below, which will trigger a popup form

2. Enter your email address and click continue
3. Enter the password you used when creating the FitRankings account you created previously and click the "Login" button. If you do not remember your password, you can click the "Forgot your password?" located below the login button.
4. See Step 2 below

Note: New and returning users can use the email and password you submit in this step to login to your FitRankings account, where you can see what's being tracked and force sync activities from your app or device to your account.

Step 2: Connecting Your Fitness App/Device

After completing step 1, you'll be presented with a list of fitness apps that you can use to earn points for your community during this year's Challenge:

1. Click the 'Connect' button next to the fitness app you prefer to use
2. Follow the instructions provided in order to verify access to your fitness account and give permission for Community Challenge website to check for workouts logged.

Once you've successfully completed this step, you'll be redirected back to your Community Challenge user profile.

If you see an orange 'Connected!' button, or if within 24-48 hours you're seeing fitness activities show up in your activity log above, you're good to go!

Note: The instructions vary slightly from app-to-app but all require that you login to your fitness app or wearable device account in order to give permission to share your fitness-related data with FitRankings and the Community Challenge.

Troubleshooting FitRankings

What Browser Should I Use?

Internet Explorer, particularly older versions of the browser, create known bugs and issues when using Community Challenge website. For that reason, **we strongly recommend that you do NOT use Internet Explorer** and instead use Chrome, Firefox, or Safari to view and interact with the Challenge website.

Can't Connect?

If you do not see the orange "Connect" button on your account page when logged into the Community Challenge website, we recommend you double check that you're viewing the website using Chrome, Firefox, or Safari and **not Internet Explorer**.

If you still don't see the orange "Connect" button, we recommend that you clear your browser's cache and browsing history and then login again to the Challenge website.

If that doesn't work, please feel free to contact us and we'll try to help you troubleshoot.

Fitbit and Apple Health Users

Fitbit and Apple Health users who don't see activities successfully imported from FitRankings to the Challenge website will need to login to their FitRankings account and click the "Sync Now" button in order to ensure data from your Fitbit or Apple Health account is pulled into your FitRankings account, which will ensure we have updated data when the Challenge website checks each night.

Connected but do not see activities in your "My Content" log?

If you've successfully connected your Community Challenge account to your FitRankings account but don't see any activities in the "My Content" section on your "My Account" page chances are that:

1. The Challenge website hasn't run its daily check for new activities from connected FitRanking users.

OR

2. The data from the fitness app or wearable device you're tracking with FitRankings didn't sync for the day. You can check this by logging into FitRankings.com (<https://FitRankings.com>) using the email and password you entered when you signed up to connect with FitRankings.

Once logged into FitRankings.com (<https://www.fitrankings.com>), you'll see the activity that's been tracked under the "My Feed" part of the webpage. If you don't see any new activity for the day, you can try to force it to check by clicking the "Sync Now" button under "My Devices".

Additional Questions?

For questions or issues regarding any of the apps and/or devices supported by FitRankings, please review FitRankings FAQs (<https://fitrankings.zendesk.com/hc/en-us>). If workouts aren't showing in your community challenge content log, we encourage you to login to your FitRankings account (<https://www.fitrankings.com/signin>) and request that it sync with your fitness app.

Please note that IT'S TIME TEXAS does not provide technical support for items related to specific fitness apps and wearable devices. Specific questions regarding technical issues, data syncing and storage, app and website glitches, and account access should be addressed with the app and/or device provider.

Winning Communities & Prizes

What do the winners receive?

The community with the most points in each size category will receive an \$1,800 community grant to put toward future health-related efforts and four free registrations to the 2020 Healthier Texas Summit event! Prizes are distributed to city officials for them to decide how to utilize the funds and free Summit registrations.

The winning School Districts in each size category will receive a \$500 grant to put toward future health-related efforts on their campus. They'll also receive a plaque.

When are the winners announced?

By the end of the competition, there will be tens of thousands of activities submitted to the Challenge website. In order to ensure that all of the content is valid and within our guidelines, we'll take a few days to review the site's content before announcing

the winners. Decisions by the Community Challenge judges are final in all matters. Winners will be announced on the IT'S TIME TEXAS Facebook page (<https://facebook.com/itstimetx>).

What are the Individual Incentive Prizes

We would love to reward the hard work and commitment that goes into participating in the Challenge. Individuals will be entered into drawings to win prizes when they reach over 1000 points during the competition. If you reach over 50,000 points by the end of the Challenge, you'll be entered into our drawing to win our grand prize.

Prizes will be awarded to people chosen at random from a pool of participants who reached over 1000 points. Drawings will take place weekly and be announced on Facebook (<https://www.facebook.com/itstimetx>)

([@itstimetx](https://www.facebook.com/itstimetx))

(<https://www.facebook.com/itstimetx>). You can also find out about prizes being offered! Be sure to 'like' our Facebook page (<https://www.facebook.com/itstimetx>) and tag @itstimetx and be a part of the fun throughout the Community Challenge!

Watch your healthy actions lead you towards personal well-being and contribute to a healthier community! The more activities and selfies you log, the more chances you have to win.

So, be sure to submit your healthy actions on the website throughout the 8 weeks to be entered to win some great prizes.



(<https://itstimetexas.org>)

The Community Challenge is an initiative of IT'S TIME TEXAS. Learn more at itstimetexas.org. (<https://itstimetexas.org>)

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