



# 25,000 people ON THE MOVE

## WELCOME TO 25,000 ON THE MOVE!

The President's Challenge\* website will be used to track your physical activity during the challenge. Follow the steps below to register for the challenge and to create your free tracking account on the President's Challenge website.

\*If you already have an account on the President's Challenge, please skip to page 3.

### STEP 1

1. Get your Group Member ID. This ID can be found in marketing information you received from your program champion. Also, you can e-mail [onthemove@ltwell.com](mailto:onthemove@ltwell.com) to find out your Group ID number.
2. From May 1 – 31, go to [www.ltwell.com/onthemove](http://www.ltwell.com/onthemove) and click the "Register Now" button.
3. Go to step 2.

### STEP 2

1. After registering on [www.ltwell.com/onthemove](http://www.ltwell.com/onthemove), you will be directed to the President's Challenge website.
2. Once on the President Challenge webpage, create **Your Log-in Information** (USER NAME and PASSWORD)

YOUR LOG-IN INFORMATION		* Required Fields
* Choose a USER NAME:	<input type="text" value="jsmith"/>	
* Choose a PASSWORD:	<input type="password" value="*****"/>	
* Confirm PASSWORD:	<input type="password" value="*****"/>	

3. Complete the **Password Hint** section.

### HAVE GROUP ID NUMBER AND GROUP MEMBER ID/NAME HANDY FROM THE REGISTRATION PROCESS IN STEP 1.

4. The next step is to complete the **Are You a Part of a Group** section. Using the information provided to you in **STEP 1**, fill-in the appropriate boxes with the information provided.



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ARE YOU A PART OF A GROUP?

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If you're registering as part of a group and already know your group information, enter it here:

Group ID Number:  [What are these numbers?](#)

Group Member ID/Name:

5. Complete **Your Personal Information** section and click **Continue**.
6. Verify that all your information is correct and click **Continue**. If not, click **Edit**.
7. **Choose a Program** from three available. Carefully read each and choose the one that best suits your activity level. These can be changed later. Then click **Continue**.
8. Carefully read the **Terms & Conditions** and click **I Accept** or **I Decline**. If you select **I Decline**, you will not be able to utilize the online tracking tool.
9. Congratulations! You have now registered for L&T's **ON THE MOVE** challenge utilizing the President's Challenge site. Print the page, which contains your USERNAME and PASSWORD, which is needed whenever you want to log activities. Then click **Continue**. You will now be taken to **My Favorites**, where you will be able to customize your activity log by selecting from the activities listed.
10. Select activities you'd like to add to your favorites list. When finished, click **Continue to my activity log**. You can always edit these later, if needed.
11. You are now at your Home Page/Dashboard and ready to start logging your activities.
12. To log daily activity, go to [www.ltwell.com/onthemove](http://www.ltwell.com/onthemove) and click on the "Log Activity Now" button. Be sure you have your **Log-in Information** (USER NAME and PASSWORD) handy that you created in **Step 2**.

**GOOD LUCK!**



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## PARTICIPANTS WITH AN EXISTING PRESIDENT'S CHALLENGE ACCOUNT

If you have an existing user name and password on the President's Challenge website, follow the steps outlined below. If you do not have an existing account with the President's Challenge, refer to the previous section, New Participants to the President's Challenge Website.

### STEP 1

1. Get your Group Member ID. This ID can be found in marketing information you received from your program champion. Also, you can e-mail [onthemove@ltwell.com](mailto:onthemove@ltwell.com) to find out your Group ID number.
2. From May 1 – 31, go to [www.ltwell.com/onthemove](http://www.ltwell.com/onthemove) and click the "Register Now" button.
3. Go to step 2.

### STEP 2

1. After registering on [www.ltwell.com/onthemove](http://www.ltwell.com/onthemove), you will be directed to the President's Challenge website.
2. Once on the President Challenge webpage, simply click the Log-in link on the upper right side of the page. You will be taken to the **Log-in** page



3. Enter your **USER NAME** and **PASSWORD** and then click **Log-in**.
4. You are now at your Dashboard.
5. To join **L&T's 25,000 ON THE MOVE**, you will need to join the group. Locate the row of tabs which provide you with valuable information and a way to edit any of your personal preferences.



6. Locate the Tab labeled **YOUR GROUPS** and click it.
7. On this page, locate the **JOIN A GROUP** section.



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### Join a Group

If you'd like to join another group, fill in the boxes below and click the "add" button once. You may join as many groups as you desire.

Group ID Number:

Group Member ID/Name:

[What are these numbers?](#)

### HAVE GROUP ID NUMBER AND GROUP MEMBER ID/NAME HANDY FROM THE REGISTRATION PROCESS IN STEP 1.

8. Enter the **Group ID Number** and **Group Member ID/Name** in the appropriate boxes and click **Add**.
9. **ON THE MOVE Challenge** and the date joined should appear under **Group Name** and **Join Date**.

Group Name	Join Date	Remove?
ON THE MOVE Challenge	Thursday, April 30, 2009	<input type="checkbox"/>

10. Start logging your activities.
11. To log daily activity, go to [www.ltwell.com/onthemove](http://www.ltwell.com/onthemove) and click on the "Log Activity Now" button. Be sure you have your **Log-in Information** (USER NAME and PASSWORD) handy that you created in **Step 2**.

## GOOD LUCK!