American Cancer Society

Active For Life℠

Participant Training
What is Active For Life?

- Flexible, 10-week team-based worksite physical activity program
- Team-based approach, with ability to set individual goals
- Receive a point for each minute of physical activity – counts toward individual and team goals
- Participants, Team Captains, and Directors provide encouragement to succeed
- Based on the Stages of Change Theory and the American Cancer Society (ACS) Guidelines for Physical Activity
Participant Invitation

Receive the email invitation to join a team

Hello,

I'd like to invite you to be a participant on my team (ACS Demo Team 1) in the ACS Demo Active for Life campaign.

Active for Life is a 10-week program designed by the American Cancer Society to encourage people to be more physically active on a regular basis.

As a participant, you will be a part of a team that competes with other teams to reach or exceed physical activity goals. Information and tools are available in the Active For Life site once you have accepted the invitation.

Click here to accept the participant invitation.
https://www.activeforlife.org/Default.aspx?invite=2dabd584-faf5-4f06-b4f8-e9462adb5662

Thank you

Click on the Link or copy the link in its entirety and paste it in your browser, press return/enter.
Complete the Invitation Process

- Click “Accept Invitation”

- If you DO NOT have an ACS Account, choose “REGISTER”

Accept terms of creating an ACS Account
Complete Pre-Challenge Survey

PRE-CHALLENGE SURVEY

1. There are three levels of physical activity for which you may choose:
   - Bronze (10-29 minutes per day, 5 days per week)
   - Silver (30-59 minutes per day, 5 days per week)
   - Gold (60+ minutes per day, 5 days per week)

   The ACS recommended level of physical activity for adults is at least 30 minutes of moderate activity on five or more days of the week. In the space provided, please indicate the number of minutes of physical activity per day (assuming five days per week) that you plan to attain.

2. On a scale of 1 to 10, where “10” is “highly motivated” and “1” is “not at all motivated”, how motivated are you now to reach your goal?

3. Please rank the top three reasons you decided to participate in this challenge (rank the most important reason as #1).

   Ranking #1: Please select a value
   Comments:

   Ranking #2: Please select a value
   Comments:

   CREATE GOAL

   My Activity Goal

   - Gold Level: 60+ minutes per day
   - Silver Level: 30-59 minutes per day
   - Bronze Level: 10-29 minutes per day

   Company: (none)
   Team Name: 
   Start Date: 1/27/2010
   End Date: 3/8/2011
   Target Activity: 45 Minutes Per Day
Optional Food and Weight Trackers

- Information you enter in the food, BMI and weight trackers are optional and confidential. This information does not show up in reports at the team, campaign or company level. You are the only one who can see this information.
Customize Your Dashboard

- Customize your dashboard by clicking “Customize My Dashboard” at the top left hand corner of your screen
  - Choose available tools to add to your dashboard
  - Once the tools are added to your dashboard, click “Close Customization”
  - You can rearrange the tools on your dashboard by clicking on the tool in the upper blue bars, holding down the left mouse button and dragging to another location on your dashboard

**PLEASE NOTE:** Not every company has made the weight and food trackers available to their AFL campaign. If you do not have a tool available in your customization area, it is because that tool is not available to your AFL campaign.
Logging Physical Activity

- Enter the amount of minutes of physical activity you completed in corresponding date. Click “Save”
- You can log physical activity in the past up to two weeks but you cannot log activity for future dates.
- To access a previous week, click the orange left arrow
• Click “Campaign Tools” then click on “Manage Profile”

Update information for Participant

Company: Heather Test 2
Email: test@vancer.org
First Name: ACS
Last Name: Test Participant
Display Name: ACS Test Participant
Employee ID: 
Phone Number: 
Gender: Male
User Type: Online
Email Notifications: Yes
Last Login: 12/30/2010 10:52:20 AM

Campaign: Testing 2
Program Director: AFL Test4
Campaign Start Date: 12/3/2010
Campaign End Date: 2/1/2011
Allow Bonus Points: No
Team Name: B and B
Team Captain: Shea Test
Has Completed Survey: Yes

If you want to stop or start getting automatic motivational emails from AFL, indicate no or yes in the Email Notifications field.
Campaign Tools
Participant Abilities

• To edit your available goals, click “Edit Goals”

• The activity goal can not be changed, you can change your confidential weight and nutrition goals if applicable.
My Reports

- Clicking “My Reports” will display your Activity Trend report, click the report title to see your report.
Help Features

- The Help Button is role specific and has step by step instructions on how to do common participant tasks.

Participant Help

Here you'll find information related to your participation in the Active For Life program:

- How do I join the current campaign?
- How do I customize my dashboard?
- What are bonus points?
- Who is my Team Captain?
- Who is my Program Director?
- Can I change my goal?
- Can I keep tracking my activity after the 10 weeks is over?
- Where is the manual?
Future Sign Ins

- Each time you are ready to sign in to Active For Life, go to [www.activeforlife.org](http://www.activeforlife.org)
- Click “Sign In” to access Active For Life
- **Do not** attempt to sign in with your invitation link or through the Join a Team button
Need More Help? Contact your Team Captain or activeforlife@cancer.org