

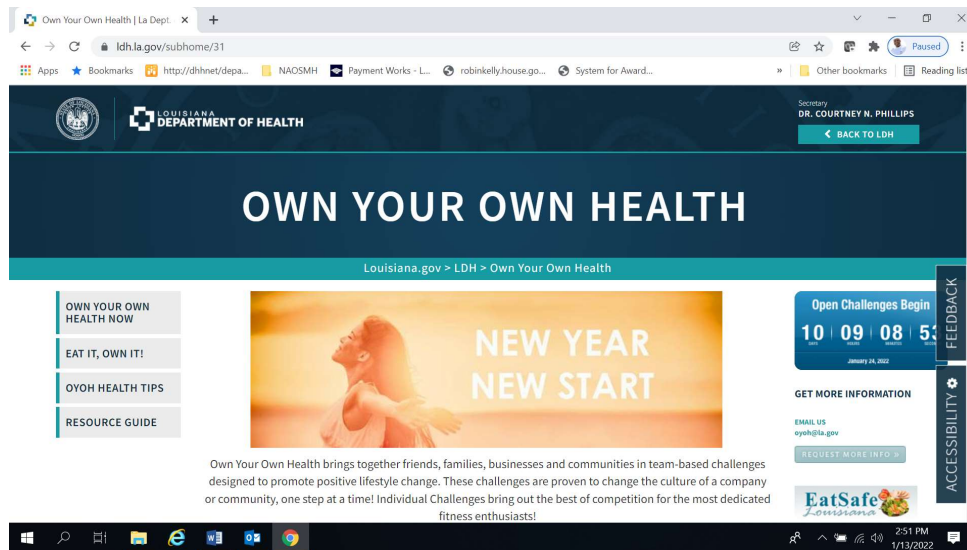
Own Your Own Health

Weight Loss Team Challenge (Public)

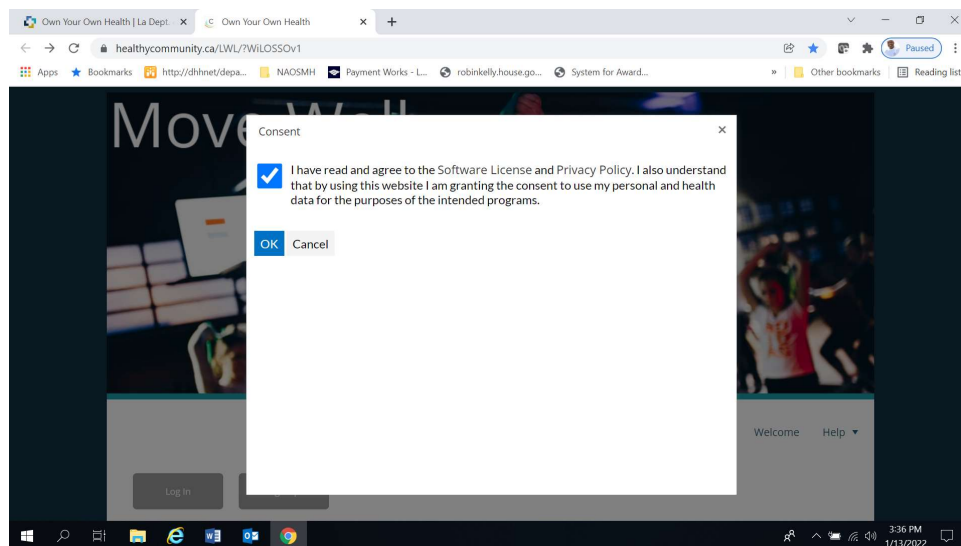
www.oyohla.com

Registration Captains

Logon to oyohla.com and click:
“Sign Up For All Challenges Here”



On the next page click the “Sign Up” box and a popup screen will appear.



On the Profile Form, you will be asked: ***“Which group do you belong to?”*** Make sure you scroll down the list and choose ***“OYOH Physical Activity New Registration.”***

Own Your Own Health | La Dept. x Own Your Own Health x +

healthycommunity.ca/LWL?WiLOSSOV1

Apps Bookmarks http://dhhnet/depa... NAOSMH Payment Works - L... robinkelly.house.go... System for Award...

Other bookmarks Reading list

Log In

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Enter your height and weight for your BMI. Then, complete the rest of the Profile Form and click save.

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healthycommunity.ca/LWL?WiLOSSOV1&_ch=147

Apps Bookmarks http://dhhnet/depa... NAOSMH Payment Works - L... robinkelly.house.go... System for Award...

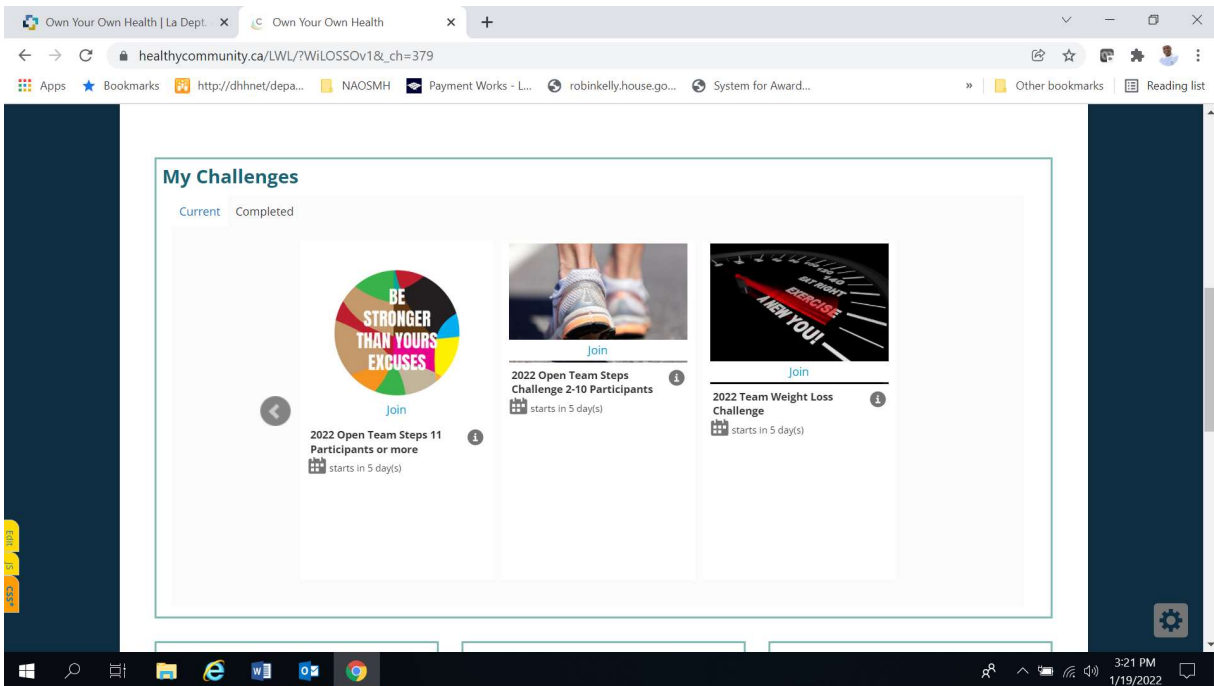
Other bookmarks Reading list

Participate Help

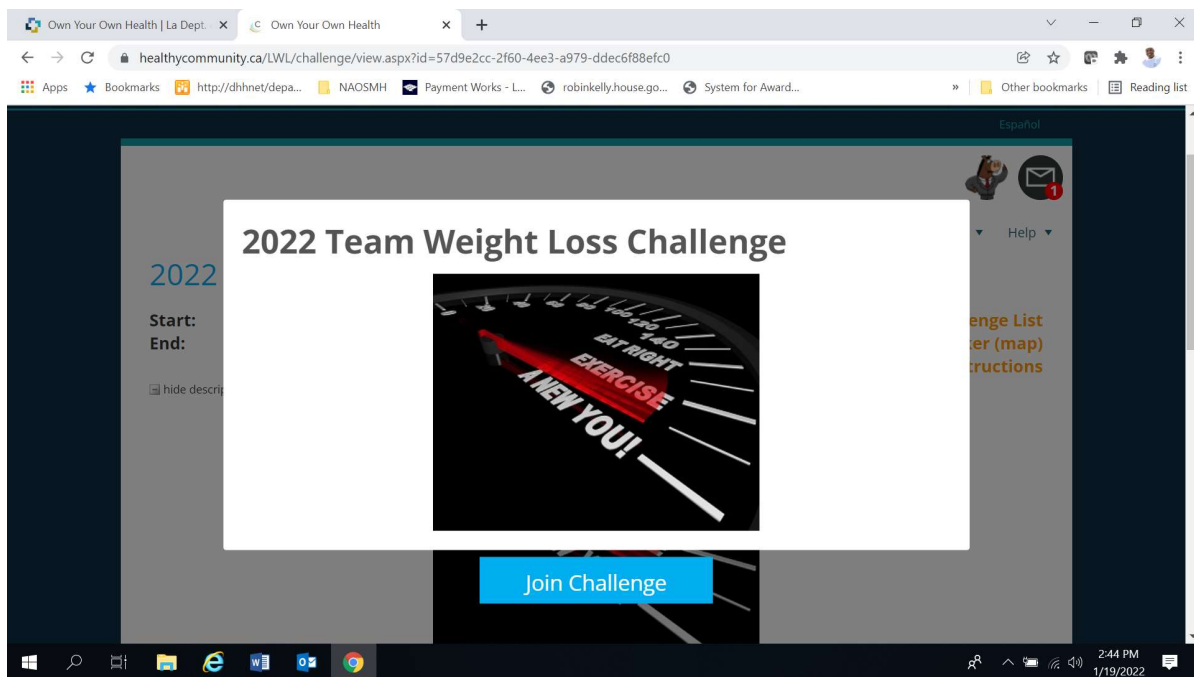
My Challenges

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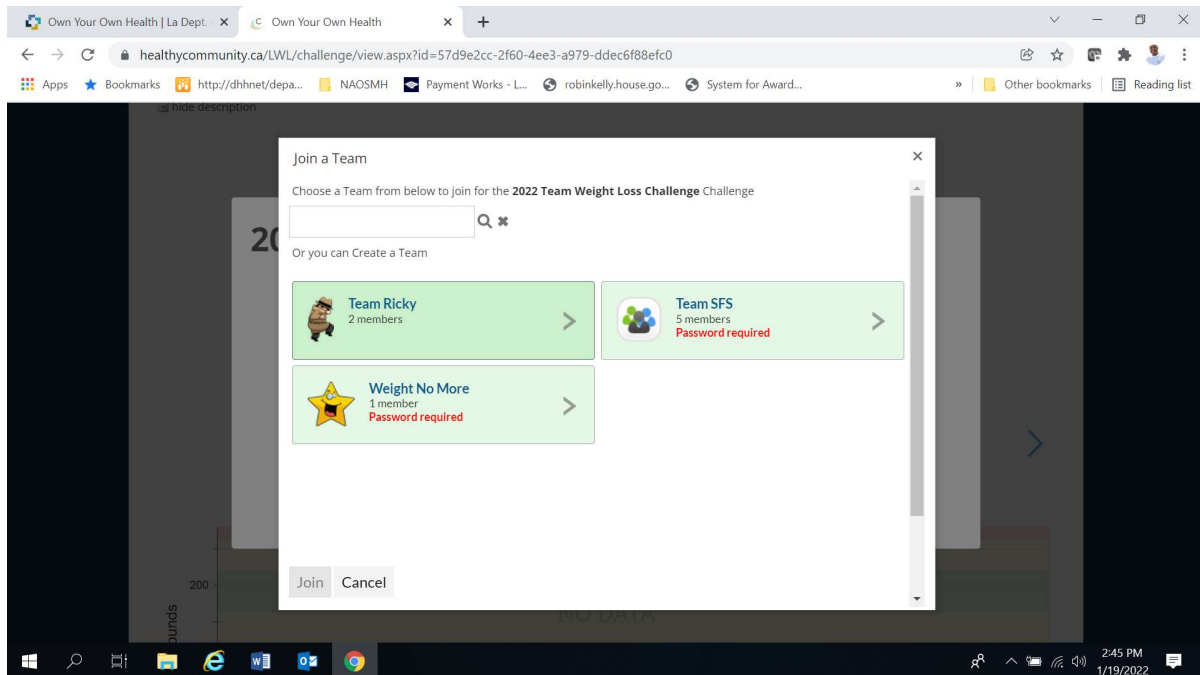
You will then be transported to your Welcome page



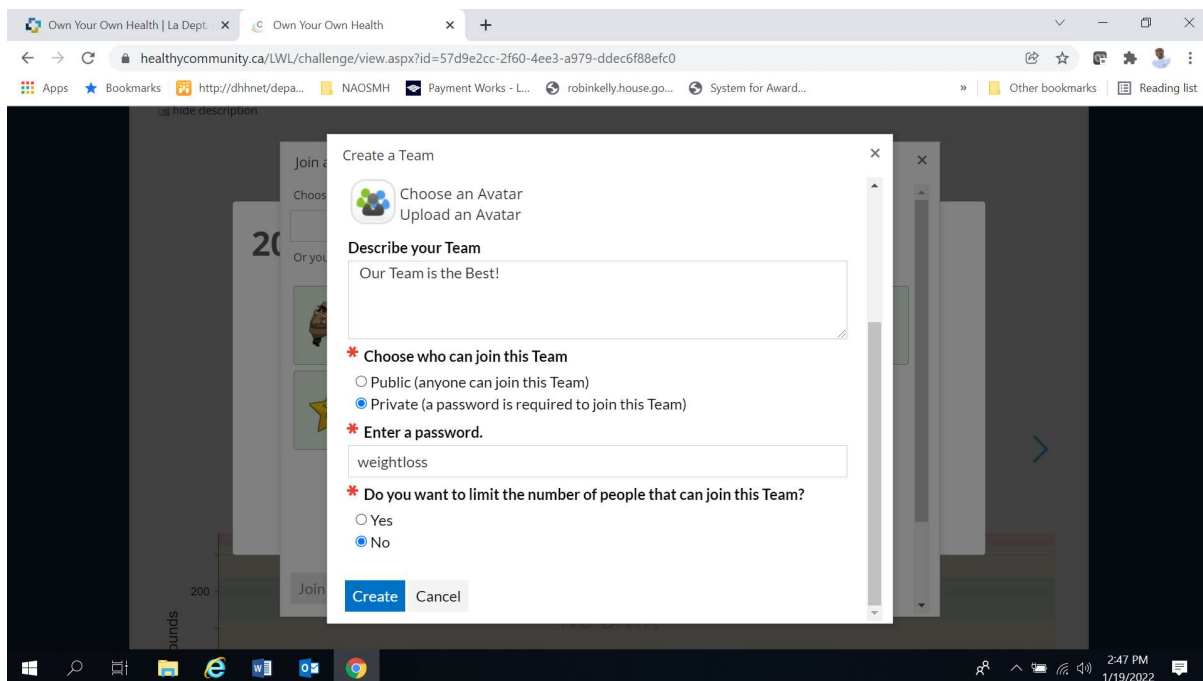
Under My Challenges select the Weight Loss Team Challenge; then, click ***“Join Challenge”*** in the Blue Box



On the next page click on the *“Create a Team”* link



Complete the Create a Team form, and if your team wants a password, enter your team’s password on this form. Create an easy password everyone can remember.



You will then be taken to your team's Challenge page.

healthychcommunity.ca/LWL/challenge/view.aspx?id=57d9e2cc-2f60-4ee3-a979-ddec6f88efc0&ch=328

Welcome Participate Help

2022 Team Weight Loss Challenge

Start: Monday, January 24, 2022
End: Monday, April 25, 2022

[hide description](#)

[Challenge List](#)
[Activity Tracker \(map\)](#)
[Challenge Help Instructions](#)
[Open Message Board](#)

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At the bottom of the page under ***“My Challenge Progress,”*** you should see your team. The colorful bar will show if you lose weight or gain weight. A bar line will move up or down to show your individual progress.

Monday, January 24

200
Pounds
0

NO DATA

24 Jan

My challenge progress...

Rank	Name	Progress
1	Team Ricky	Total Weight Loss (lbs): 0.00
1	Team SF5	Total Weight Loss (lbs): 0.00
1	WeightNoMore	Total Weight Loss (lbs): 0.00

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On your Welcome page and your Challenge page, you will be able to enter your weight. Enter your weight and click “*Update.*”

Count Steps

Enter number of steps:

Activity Tracker (mag)

Count Activities

Choose an activity:

Enter minutes:

Update Your Weight

Enter weight:

Team members will repeat the steps above, but when you get to the ***Join A Team*** popup window, search and click on your team, then click ***Join*** at the bottom. Information is then added to the team.

