

## How to View Challenge Progress

1. Login to your UWALK account

UWALK

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2. Go into your DASHBOARD

UWALK

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## WALK WITH US!

UWALK is focused on empowering people to be active through walking. Track activities and steps online. Challenge yourself and your friends to be more active each and every day.

LEARN MORE

3. Click on CHALLENGES

The screenshot shows the UWALK dashboard. At the top right, it says "Welcome Caleigh" with a profile icon, "Notifications 6", and "Log Out". The main navigation bar includes "HOME", "CHALLENGES" (highlighted with a red arrow), "CONNECT", "TEAMS & GROUPS", and "FEED". There is a "+ ADD STEPS" button on the right. Below the navigation bar, the "STEPS" section displays "YOUR GOAL: 10000 STEPS/DAY" with an "EDIT" link. It shows progress for "MONDAY" (0 steps, 0%), "THIS WEEK" (0 steps, 0%), "AVG. THIS WEEK" (0 steps), and "THIS MONTH" (47,182 steps, 26%). A target graphic is visible on the right side of the steps section.

4. Click on the challenge

The screenshot shows the "YOUR CHALLENGES" page. It has a green header and a navigation bar with "ACTIVE", "COMPLETED", "UWALK CHALLENGES", and "+ ADD CHALLENGE". Below the navigation bar, there is a paragraph explaining challenges: "Challenges are a great way to test yourself or to get others involved. Push your limits and get started by adding a challenge. You can opt for either a pre-created UWALK challenge or create your own." Under the "ACTIVE CHALLENGES" section, there are two challenge cards. The first card is titled "REGIONAL WALK OFF!" and shows "4 DAYS LEFT" (highlighted with a red arrow). The second card is also titled "REGIONAL WALK OFF!" and shows "0 DAYS LEFT".

## 5. View challenge progress

