Creating a Team for “Thrive Across America”

1. Register or Login as an individual. http://du.thriveacrossamerica.com

2. Select “Start a Team of 4-8”

Getting Started

You may begin logging activity on September 24.

- New to exercise... Check this out
  Ideas on getting started and staying motivated.

- Upload your photo
  Add an image to track your progress along the route.

- Set your goal
  Set a challenging Thrive Across America goal.

- Start a Team of 4-8 (optional)
  Invite your coworkers to join this friendly team competition.

3. Enter a team name and motto of your choosing. (This can always be changed).

Start a team

Registration and team formation opens Tuesday, September 10. All teams must be formed by Monday, September 23. You may begin recording your activity on Tuesday, September 24. The team competition will end on Monday, November 18, but you may continue logging your activity and using all the fun features in Thrive Across America through September 23, 2014.

Your team name can be up to 40 characters, so be creative!

Motto (up to 200 characters)

Create Team
4. Invite other DU employees to join your team. (Type email addresses and/or use the search tool to find employees already registered – see arrow below)

5. Your team will be “pending” until 4 people have joined. Teams cannot be larger than 8. Make changes to your team, email the team, check your status and see minutes/stars accrued under the Team tab once logged in.