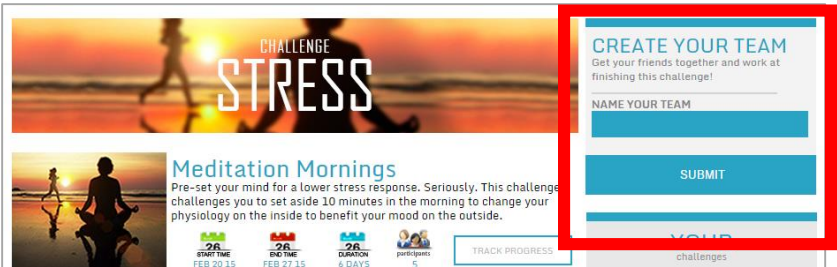


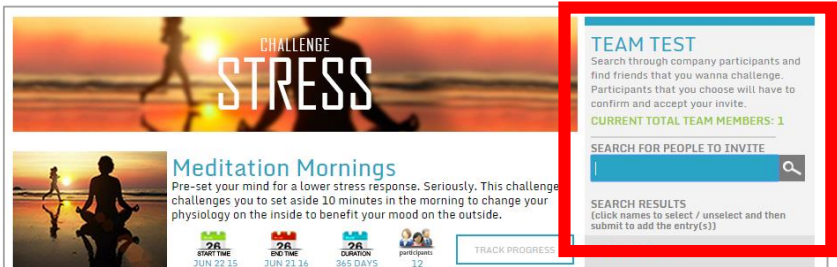
# Team Up!

Create a team name, invite your friends, track your progress, and cheer each other on! Having a team is not only good for you, but it's a great way to help others successfully complete a challenge.

**Step 1:** Choose a team name and submit.



**Step 2:**  
Search (by last name) for colleagues to invite to your team. They will receive an email asking them to accept your invitation.



**Step 3:**  
Track your teams' progress.\*  
\*No personal health information will be seen (weight, etc.)



TEAM AWESOME!			
NAME	# INPUTS	PENDING INVITES	ENCOURAGE
Kelly Balenzano	2	accepted	
Will Clower	3	accepted	<input checked="" type="checkbox"/>
Laura Tod	1	accepted	<input checked="" type="checkbox"/>
Rita Madden		awaiting	<input checked="" type="checkbox"/>
Grace Clower		awaiting	<input checked="" type="checkbox"/>

## Need some help?

You can encourage your team to reach goals throughout the challenge.