

Macalester's Make a Move Team Challenge FAQs



1) What is the Make a Move Team Challenge?

The Make a Move Team Challenge is a fun and inviting challenge to “compete” with your colleagues against other divisions at Macalester. You’ll earn 1 point for every minute of activity. You can complete Wellbeats classes on nutrition, mindfulness, and fitness, or log your own activities.

2) How do I join a challenge?

On a web browser, go to the Wellbeats Wellness website portal at **portal.Wellbeats.com** and log in to your account. In your Wellbeats *Wellness* account, locate the yellow banner on the home screen and select **Learn More**, or select **Team Challenge** in the dropdown menu, then select **Join This Challenge**.

3) How do I earn points for a challenge?

For every minute of a Wellbeats class you complete, you will earn 1 point. For example, if you play a 20-minute Wellbeats class in the challenge, you will earn 20 wellness points. Or log your own activities to earn points.

4) How do I manually add an activity I completed outside of Wellbeats?

On your team challenge page, you can add an activity you’ve completed by selecting the **LOG ACTIVITY** button found under **My Current Score**.

5) Can I connect my fitness tracker?

Yes, currently Fitbit is the only fitness tracker that connects with the Wellbeats Challenge. Here’s an easy [3-Step Guide to Connecting your Device](#).

6) How do I message other members of the challenge?

Under the **Challenge Overview** tab on your team challenge page, you can send messages in the **Player Chat**.

7) How do I leave a challenge?

On your team challenge page, under the challenge name and description, select the **LEAVE CHALLENGE** button to end the challenge.

8) Where can I see my challenge stats?

On your team challenge page, you can view your total points under **Leaderboard**.



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