

# Reach Your Peak 3.0 Registration Instructions

Welcome to RYP 3.0! The Wellness Walking Challenge begins on Monday June 3, 2019 and finishes on August 23, 2019. You may **register at any time** during the RYP 3.0 challenge.

In this document, you will find instructions on the getting started.

Part 1. Register

Part 2. Captains Form a Team

Part 3. Team Members Join a Team

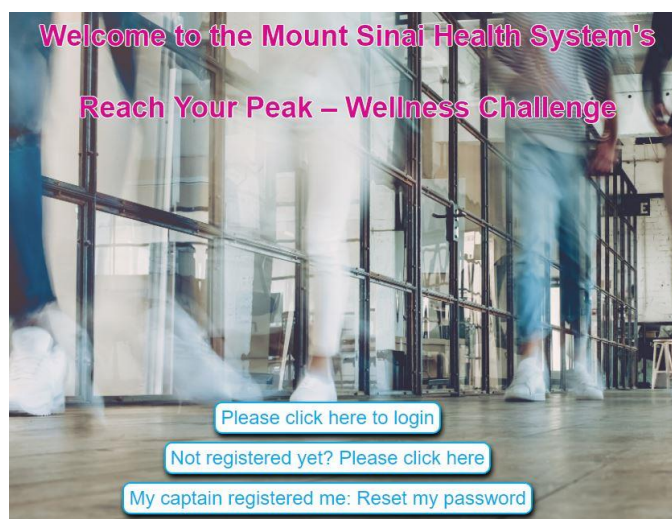
Part 4. Enter Steps

Part 5. Share the Fun & Get Fit

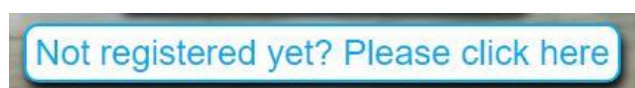
## Part 1. Register

The Registration/Login page is at:

<https://ryp-wellness.appspot.com/landing.html?page=login> and looks like this:

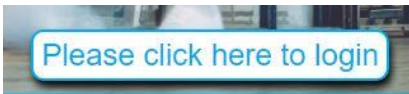


The first time you come to this page to create you RYP account, click on this button.



Then follow these instructions:

1. Enter your name, email address, and select your MSHS location from the drop down list, then click the “Register” button
2. You will receive an email within a few minutes from [donotreply@mountsinai.org](mailto:donotreply@mountsinai.org), *NOTE: please also check your junk/spam mail folder for this email.*
3. This email will have a link to click on to set up (or change) your password.
4. Click the link in the email to set up your password.
5. Create a password for your RYP account.
6. Your password will be saved and you will be redirected to the Registration/Login page.
7. You can now Login to RYP 3.0 by clicking on the “Please click here to login” button,



*NOTE: If you ever get a password error message, simply provide your email address and*



*You will be sent an email with a link that you can use to create a new password*

8. When you login successfully, you will be directed to the Menu page at <https://ryp-wellness.appspot.com/landing.html?page=login>

Menu
My team
Enter steps
Team progress
Progress by week
All teams
Change your password
Change your profile
Log out

9. Click “My team.”

*NOTE: Your team name will only appear on the list once your team captain adds it.*

*Team captains: see Part 2. Captains Start a Team*

*Team members: see Part 3. Team Members Join a Team*

## **Part 2. Captains Start a Team**

Captains, once you register and successfully login, you will be on the Menu page. Here you can join or start a team by selecting “My team.”

If you are the team captain, select “Start a team” and follow these directions.

Captains “Start a team” on the “My team” page.

Start a team (You will be the captain)

Enter team name

Type in name of your team

Pick a location:

Select an event to join

Create a team

1. “Enter team name”
2. “Pick a location” from the dropdown list
3. “Select an event to join” from the dropdown, and choose “RYP 3.0”
4. Click on “Create a team”

You can add your team members’ names and email addresses. Team members can also add themselves to your team.

Notify your team members that the team is now set up and ready to go.

### Part 3. Team Members Join a Team

To join a team, go to the My Team page that you select from the Menu page once you successfully login. At the top of the page, you will see:

Join a team (Please contact the captain first!)

Join a team

Please select a team ....

Join this team

1. In the “Please select a team” box, find your team name in the drop down list
2. Click on team name
3. Click on the “Join this team” button
4. You can add your name and email address to your team

*NOTE: If you do not see your team’s name in the dropdown box, your team captain has not yet registered the team. Contact your team captain.*

## Part 4. Enter Steps

Once you are registered and officially part of a team, starting on June 3, please return to the Menu page at:

<https://ryp-wellness.appspot.com/landing.html?page=login> to “Enter steps.”

On the Menu page, you will be able to see and select the following:

- **My team** – you can see your team members’ names.
- **Enter steps** – use the digital counter on the page to enter the number of steps you took each day.

*NOTE: you do not need to enter steps at the end of each day. However, we kindly ask that you enter your steps for the previous week by each Monday. For example, on June 10, enter the steps you took for the week of June 3.*

- **Team progress** – you can view your other team members’ steps.
- **Progress by week** – team progress is calculated on a weekly basis.
- **All teams** – lists teams’ names with locations and team captains.
- **Change password** – to help you manage your password setting.

*NOTE: Each time you change your password, you receive an email from “donotreply” with a link to create a new password.*

- **Change your profile** – update your RYP account
- **Log out**

To return to this Menu page after each activity, select “Back to menu” button

Back to menu

At any time, if you have questions or concerns, you can email [wellness@mountsinai.org](mailto:wellness@mountsinai.org).

## **Part 5. Share the Fun & Get Fit**

Have fun walking, counting and entering your step count, and being part of your RYP team.

### **Instagram:**

- Be sure to follow RYP on Instagram @mountsinai\_fit. We will be posting special RYP exercise and nutrition tip videos to help strengthen and fuel you for walking.
- As you walk, take photos of the places you go, the people you see, and your walking partners. Document your accomplishments and inspire others to reach their peak. To post your photos, send them to [wellness@mountsinai.org](mailto:wellness@mountsinai.org) or tag us on Instagram @mountsinai\_fit.

### **RYP Website:**

Regularly check the RYP website at <http://www.mountsinai.org/reachyourpeak> for tips and updates about the [Mount Sinai Reach Your Peak](#) challenge.