

FAQ

**LET'S
MOVE!**

Palm Beach County
Commit to Change



1

When can I sign up and register my team?

Team Captains can begin registering teams at LetsMovePBC.org beginning February 1st.



2

I registered last year. Do I have to sign up again?

Yes. The website resets every year, so Team Captains must register teams and individuals must register a personal account to log their physical activity minutes. Find registration instructions on the Let's Move website at LetsMovePBC.org/about-lets-move-resources/



3

When can we start/stop logging our minutes?

You can start logging your minutes at 12 AM on March 1st. The last day to log minutes is 11:59 PM on March 31st.



4

Who can input minutes on the website?

Team Captains may log minutes for their team, especially for a class or group of youth. Individuals can also log their own minutes if they are registered for the challenge.



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What is considered "moving" for Let's Move minutes?

For logging minutes, "moving" means participating in intentional, repetitive movements for at least 30 minutes at a time, and can lead to working up a sweat. Examples of movement include: dancing, cleaning, gardening, swimming, bicycling, walking, running, weight training, yoga, skating, surfing, calisthenics, martial arts, sports, playing, etc.



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How many minutes per day can I log?

Each individual or Team Captain can only log up to **1,000** minutes per day. We suggest that you log minutes on a daily or weekly basis!



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How do you know if people are accurately logging their minutes?

We use the good ole honor system for this challenge. Let's Move is meant to inspire and motivate people to move and have fun while connecting with the community.



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Do I have to register under a city?

Yes. To bring our community together, we encourage Team Captains to register sub-teams under the city/organization team according to where they are located.



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Do I have to have subteams?

Yes. Each city or Organization should have sub teams. There is no limit to how many sub teams a city/organization has.



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Is it too late to register for Let's Move?

You can register until the end of March. You will not be able to log a lot of minutes, but you can still register and participate!



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I don't have time to log, can I just add them up after a week or two?

We encourage all of our participants to log daily, but if you fall behind, you should log your minutes within the same week that you did the activity.



Can I have a Team Captain for my Organization?

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No. The system does not allow us to assign Team Captains to Organizations, just to Sub Teams. We are working on a fix for this issue.



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How many Team Captains can my team have?

Sub Teams can have two (2) Team Captains.



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What do I do if I have an issue on the website?

If you have an issue signing up or logging minutes, try to log out and back in again. If that does not work, please email us at:

letsmove@digitalvibez.com



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How can I get more involved in Let's Move?

Great Question! You can get involved with our social media challenges, check our website letsmovepbc.org for events to attend, and join us for our awards celebration in April!

