



Happier healthier workplaces

ACTIVE WORKPLACE CHALLENGES



There will be 4 annual 'whole programme' online activity challenges provided by SASP for workplaces using the SASP challenges website www.saspchallenges.co.uk.

Website Guide

Sign Up

1. Log on to: www.saspchallenges.co.uk
2. Sign in (top right-hand corner). Select "I am not registered, register now".
3. Complete the form for you as an individual.
4. You will receive an email to verify your account.

Create your team

5. Log on to www.saspchallenges.co.uk - Team manager to register your team by clicking on 'Teams' on the top blue bar.
6. Click on 'create your own team'.
7. Enter team name and a team description and press 'create team'.
8. Once a team is created, subsequent users simply click 'join team'

Log your miles / minutes / steps

9. Click on 'challenges'.
10. Select your chosen challenge and click 'log your miles'.
11. Select the date and then add your total miles / minutes / steps for that day and press 'submit'.
12. See how many miles / minutes / steps your team can complete in the chosen period!

