



SPARTAN

FITNESS CHALLENGE

Basic Process

Coach Registers and Creates Team Event



Students Register Themselves



Events conducted and Results Captured



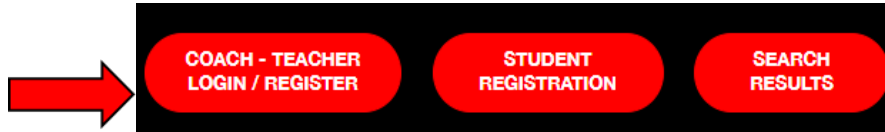
Individual Results Entered By Coach & Submitted By Coach



Email with results sent via email to coach (team) and athlete (individual)

Detailed Instructions

1. Go to [Spartan Fitness Challenge](#) and register as a coach / teacher:



2. Complete registration as a coach/teacher account and click "Register":

A screenshot of the "COACH - TEACHER REGISTER" form. The form has a header with a logo and the title "COACH - TEACHER REGISTER". Below the header is a paragraph: "The Spartan Fitness Challenge highlights student-athletes who have made a commitment to living a healthy and active lifestyle." The form contains several input fields: "Email Address" (with "All Fields Required" in small text), "New Password" (with an eye icon), "Confirm New Password" (with an eye icon), "First Name", and "Last Name". Below the fields are two buttons: "CANCEL" and "REGISTER". A red arrow points to the "REGISTER" button. At the bottom, there is a line of text: "By registering, you are agreeing to the Privacy Notice and Terms And Conditions" and a link: "Already registered with us? [Login here](#)".

3. Register as a coach or teacher and click "Submit":

A screenshot of the "COACHES - TEACHERS" registration form. The form has a title "COACHES - TEACHERS" and a sub-header "Please complete the form below to register with your school information. Once complete and submitted, you will be able to create a Spartan Fitness Challenge". The form is divided into two sections: "Coach Information" and "Contact Information". The "Coach Information" section has fields for "First Name" (with "Sam" entered), "Last Name" (with "Jones" entered), "School Name" (with "Type name to locate and select" as a placeholder), "School State", and "School Zip". The "Contact Information" section has fields for "Primary Email" (with "sam@gmail.com" entered) and "Primary / Cell Phone" (with "[000] xxx-xxxx" as a placeholder). Below the fields are two buttons: "CLEAR" and "SUBMIT". A red arrow points to the "SUBMIT" button. At the bottom, there is a checkbox: "I am interested in learning more about the Marine Corps Educator Workshop Program".

4. Create your Spartan Fitness Challenge and click “Create”:


CREATE SPARTAN FITNESS CHALLENGE

Please complete the form below to register your fitness challenge.

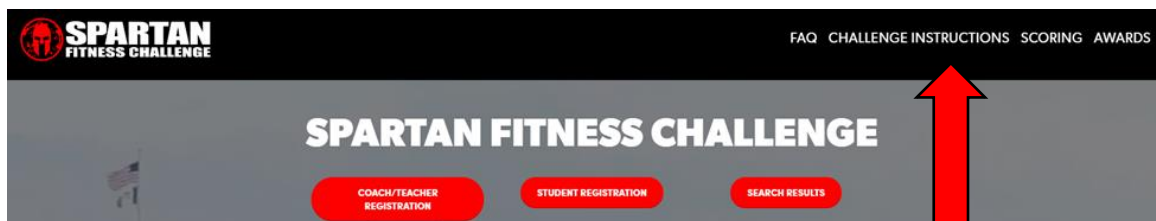
Following challenge registration, you will receive an email with instructions on how to administer the Spartan Fitness Challenge.

School Name	School Zip	School State
<input type="text" value="North Attleboro High School"/>	<input type="text" value="02760"/>	<input type="text" value="Massachusetts"/>

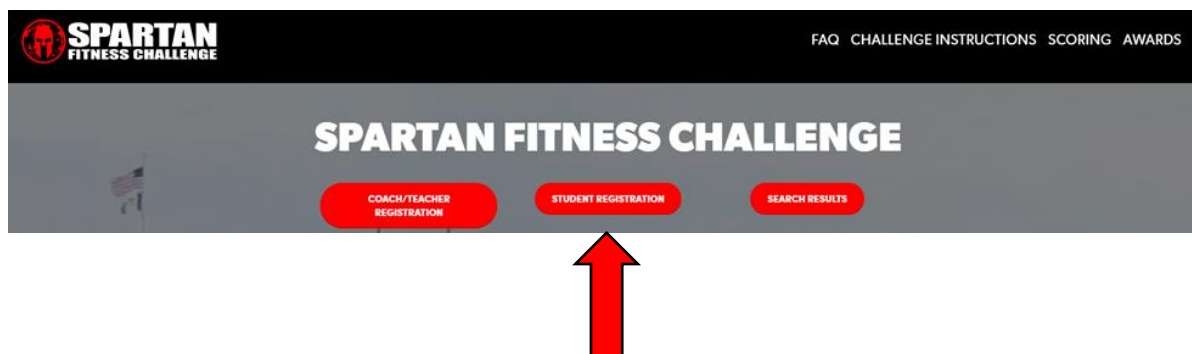
Sport / Class



5. After you’ve registered the event, review the “Challenge Instructions” on the Spartan Fitness Challenge homepage. The “Challenge Instructions” provides step-by-step instructions, exercise examples, and scoring spreadsheets.



6. When you are ready to launch your Spartan Fitness Challenge, direct your athletes / students to “register” for the Spartan Fitness Challenge at [Spartan Fitness Challenge](#). (You do not register your athletes.)



7. Students search for their school by name or by zip code.

STUDENT REGISTRATION


Input your school name to find your Spartan Fitness Challenge. Once your school is located, click **SEARCH**.
Once you have located your event, click on register to proceed

Search by your school name OR zip code

School Name

School Zip

SEARCH



8. Your Spartan Fitness Challenge will “auto-populate” based on the school name or zip code. Students “select” the appropriate Spartan Fitness Challenge:

STUDENT REGISTRATION

Input your school name to find your Spartan Fitness Challenge. Once your school is located, click **SEARCH**.
Once you have located your event, click on register to proceed

Search by your school name OR zip code


School Name

School Zip

SEARCH

Spartan fitness challenges 1 of 1 < >

David Fallon Girls Volleyball North Attleboro High School	Register
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9. Students register to receive their score. ****Note:** students must input email address to receive their scores after completing the Spartan Fitness Challenge. After inputting information, they click "Submit".

PARTICIPANTS
David Fallon
Girls Volleyball
North Attleboro High School
Massachusetts, 02760

Please complete the form below to register in your challenge event

Spartan Fitness Challenge Participant Required Fields

Contact Information

First Name * Sally Last Name * Brown

Date Of Birth * 08/03/2005 Gender * Select Graduation Year * Select
Please select gender

Primary Email * Mobile Phone * (000) 000-0000

Street 1 Street 2

City State Zip

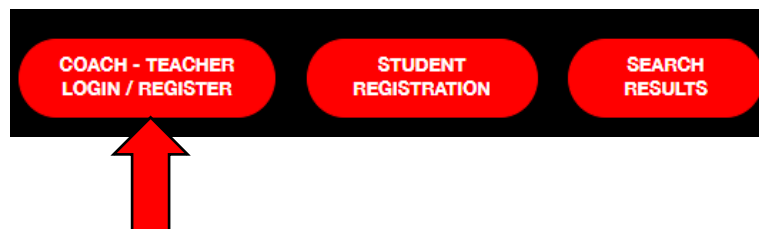
I am interested in learning more about career opportunities
 I am interested in learning more about college opportunities
 I am interested in the Marine Corps
 I am interested in learning more about the trades

CANCEL SUBMIT

10. After all athletes / students are registered, conduct each event of the Spartan Fitness Challenge with your athletes / students. There are three events that will be conducted:
- 1/2 mile run (880m) or 2 laps around a typical high school track
 - 2 minutes of push-ups
 - 2 minutes of crunches
 - Videos demonstrating proper form and scoring criteria for the push-ups and crunches can be found at: [Videos](#)
 - Scoring sheets can be downloaded at: [Score Sheets](#)

11. Input results

- Return to Coach / Teacher account



- b. Find your Spartan Fitness Challenge at the bottom of the page and click the “clipboard” to enter your Spartan Fitness Challenge results.

CREATE SPARTAN FITNESS CHALLENGE



Please complete the form below to register your fitness challenge.
Following challenge registration, you will receive an email with instructions on how to administer the Spartan Fitness Challenge.

School Name	School Zip	School State
North Attleboro High School	02780	Massachusetts

Sport / Class
Select from below

CREATE

Spartan Fitness Challenges • North Attleboro High School 1 of 1 < >

Coach or Educator	Sport / Class	Registered Students	Created	Status	
David Fallon	Girls Volleyball	1	06/29/2023	Open	 


12. See your team / students who registered for the event and click to enter their scores:

COACH - TEACHER HOME **SEARCH RESULTS**

SPARTAN FITNESS CHALLENGE

North Attleboro High School, MA, 02780 **Status: Open**
Girls volleyball **Fitness Challenge Is Complete**
Students: 1 By checking this box you will submit your challenge results

Participants Search by name Items per page 10 1 of 1 < >

First Name	Last Name	Run Score	Push-up Score	Crunch Score	Total Score	
Sally	White					

13. Input individual scores and click save.

SPARTAN FITNESS CHALLENGE SCORING

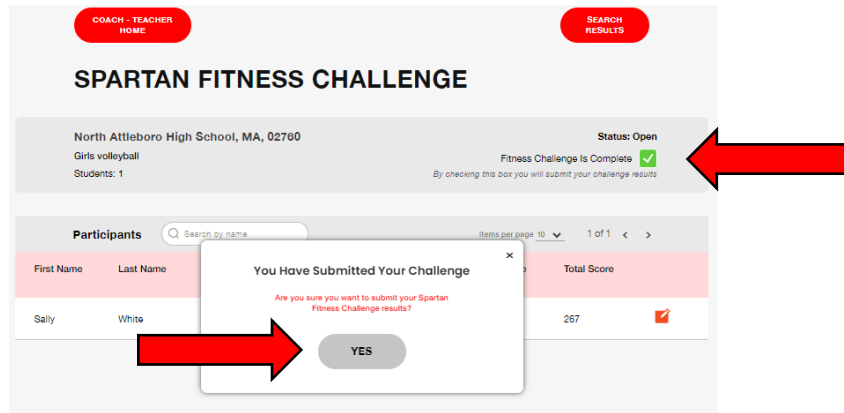
Student: Sally White

880 Run Minutes Seconds

Push-Ups Crunches

CANCEL **SAVE**

14. After you've entered all scores, submit your team / class results. Click "Fitness Challenge Complete". Once you click complete, your team scores will post and your athletes will receive email notification with their individual scores. After submitting, if you notice that you need to edit any results, simply "uncheck" the green box make the necessary changes. Once complete, click the green box again to submit your results.



15. To compare your team's results against other schools/team/states, please visit: [Results](#)