

## Soccer Players Association Achievement Program

### Setting Up Your President's Challenge Account

...sponsored by the United States President's Council on Physical Fitness and Sports

#### **Important Program Notes:**

- > There are no fees to register for the President's Challenge Program. Registration is strictly on a voluntary basis.
- > This program is available to anyone, whether they belong to the Soccer Players Association or not.
- > Soccer Players Association has created an official group of the US President's Challenge program (under the group name "Soccer Circle"). Once a person registers for the President's Challenge, they can join the Soccer Players Association President's Challenge Group, or any other official group that belongs to the US President's Challenge.




#### **Instructions on Setting Up Your Account**

Creating an account at the US President's Challenge Program is quick and easy. Simply follow the instructions shown below, and you will be ready to start logging in your hours in no time!

NOTE: WE RECOMMEND PRINTING OUT THIS DOCUMENT TO USE AS A REFERENCE WHEN REGISTERING FOR YOUR US PRESIDENT'S CHALLENGE ACCOUNT.

- > Visit this web site: [http://www.presidentschallenge.com/login/register\\_individual.aspx](http://www.presidentschallenge.com/login/register_individual.aspx)  
The "Register Here" window will be displayed as shown below:
- > On the Register Here page, enter the information requested as follows:

tp://www.presidentschallenge.com/login/register\_individual.aspx

THE PRESIDENT'S CHALLENGE ★ Login

- ▢ THE CHALLENGE
- ▢ EARN REWARDS
- ▢ MY ACTIVITY LOG
- ▢ TOOLS TO HELP
- ▢ THE PRESIDENT'S COUNCIL
- ▢ ORDER CENTER

### Register Here

Congratulations on deciding to get started! To create your activity log, you need to register first. We'll only use the information you give us for tracking your goals and progress - or for improving the way the programs work. **Please note:** We will not share your personal information outside the President's Challenge and you can unsubscribe at any time.

**YOUR LOG-IN INFORMATION** \* Required Fields

\* Choose a USER NAME:

\* Choose a PASSWORD:

\* Confirm PASSWORD:

**PASSWORD Hint:** If you ever forget your password, this hint will help remind you. Make sure to choose a question that only you can answer.

\* Select question:

\* Please type answer:

**ARE YOU A PART OF A GROUP?**

If you're registering as part of a group and already know your group information, enter it here:

Group ID Number:  [What are these numbers?](#)

[Your Log In Information Section](#)

- > In the USER NAME box: please enter **your e-mail address** (the same e-mail address you use to log-in to the Soccer Players Association web site.)
- > In the PASSWORD box: please enter the **same password** you use for logging in to the Soccer Players Association web site.)
- > In the CONFIRM PASSWORD box, please re-type your **password**
- > In the PASSWORD HINT box: please select a question from the drop down menu and then type in the answer to the selected question in the answer box.

=====

[ARE YOU PART OF A GROUP?: section:](#)

ARE YOU A PART OF A GROUP?

If you're registering as part of a group and already know your group information, enter it here:

Group ID Number:  [What are these numbers?](#)

Group Member ID/Name:

YOUR PERSONAL INFORMATION

Email address:  Encouraged for everyone 14 years or older. [Why?](#)

\* Your birth date: 7 25 2006

\* Your gender:  male  female

Unit:  US/English  Metric

Your weight:  lbs/kg

Your height: 4 ft./m.  in./cm.

\* City:

\* State/Territory:  Required for US Residents

\* Zip/Postal Code:

\* Country:

Are you a student?  Yes  No

- > In the GROUP ID NUMBER: please enter this number: **14037**  
(The Soccer Players Association Group ID is **14037**)
- > In the Group Member ID / Name: please enter your **e-mail address** (the same e-mail address you use to log-in to the Soccer Players Association web site.)

=====

[Your Personal Information section:](#)

- > Enter all information as required in this section.

NOTE: For players under the age of 14, no e-mail address will be captured.

- > When completed with this section click on "CONTINUE"
- > When the Confirmation window appears, verify that all information is correct.  
If so click on "CONTINUE", If not, click on 'EDIT", and make any necessary changes.

NOTE: The Soccer Players Association **group name** is "**SOCCER PLAYERS ASSOCIATION**" which appears in the Confirmation page.

## The Choose A Program window appears

The screenshot shows the 'Choose a Program' window. On the left is a navigation menu with links: THE CHALLENGE, EARN AWARDS, MY ACTIVITY LOG, TOOLS TO HELP, THE PRESIDENT'S COUNCIL, and ORDER CENTER. The main content area is titled 'Choose a Program' and contains two options. The first option is 'Active Lifestyle Program', which is selected with a radio button. Below it, the text describes the program for those active less than 30 minutes a day/5 days a week (or 60 minutes a day for youths under 18). It includes a 'What's your goal?' section and a paragraph about earning a Presidential Active Lifestyle Award. The second option is 'Presidential Champions Program', which is not selected. It includes a 'What's your goal?' section and a paragraph about earning a Presidential Champions Bronze award and eventually a Gold award. A 'Log-in' button is visible in the top right corner.

> Under the “Presidential Champions Program”, click on the radio button besides the red title **“Select the Presidential Champions program”** the first choice.

> Click on “Continue”

=====

## The Terms and Conditions Window appears:

The screenshot shows the 'Terms & Conditions' window. On the left is the same navigation menu as in the previous screenshot. The main content area is titled 'Terms & Conditions' and contains a certification statement: 'I certify that all of the information I have provided is accurate and current. I assume responsibility for updating my personal information.' Below this is a paragraph about inherent risks and the need to consult a physician. At the bottom, there are two buttons: 'I Accept »' and 'I Decline'. A link for 'Read legal disclaimer »' is also present. A footer contains links for home, legal/privacy, help, contact us, downloads, links, disabilities, and news/research. A 'Log-in' button is visible in the top right corner.

> Read the terms and conditions. If you accept these, please click on “I ACCEPT”

=====

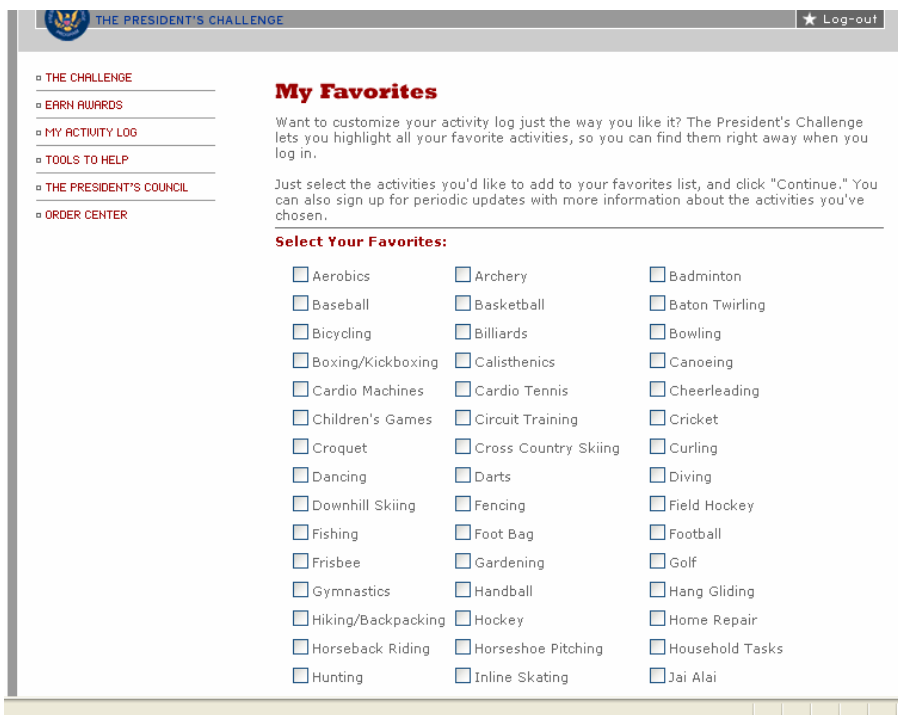
Congratulations Window appears:



- > The username and password will appear in the congratulations window.
- > To log out, a user can simply click on the “Log Out” link in the upper right hand corner of the browser window.
- > Click on “Continue”

=====

My Favorites Window appears:

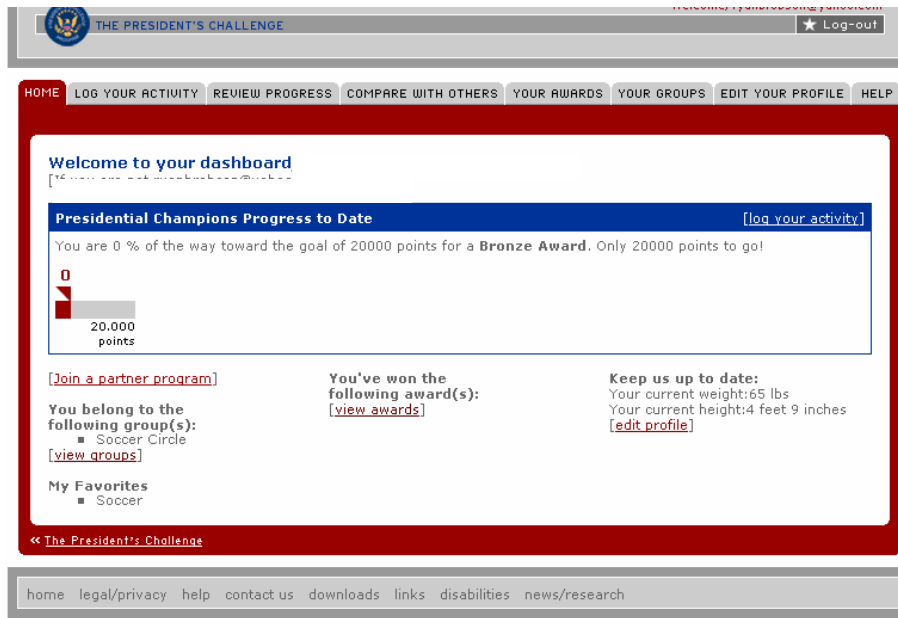


- > Scroll down to “Soccer” located in the far right hand column, and click on the check box next to the word “Soccer”.

NOTE: Please only select Soccer, and no other “favorites”.

- > Click on “Continue”

The Dashboard Window appears:



> The Dashboard Window (also known as your “Home” tab) is the home page for your President’s Challenge Program account, and contains general information about your progress.

> At the top of the Dashboard is navigation menu which contains different “tabs” which you can click on to open other pages in your account.

> The page tabs include:

“Home”, “Log Your Activity”, “Compare With Others”, “Your Awards”, “Your Groups”, “Edit Your Profile” and “Help”.

NOTE: We recommend clicking on the “HELP” tab and reading the information contained on that page. It will help explain how to use all parts of the on-line log book and Dashboard.

> Click on the “LOG YOUR ACTIVITY” tab.

=====

## Log Your Activity Page appears:

Welcome, ryanbrobson@yahoo.com

★ Log-out

HOME LOG YOUR ACTIVITY REVIEW PROGRESS COMPARE WITH OTHERS YOUR AWARDS YOUR GROUPS EDIT YOUR PROFILE HELP

### Log Your Activity

[If you are not ryanbrobson@yahoo.com , [click here](#)]

**All set to log , -----**  
Just use the pull-down menus to the right to give us all the details. Then it's time to get back out there and find something else to do!

**Enter Activity:**

Date of Activity: 7 25 2006

Type of Activity:  Kid Favorites  
 Entire List  
 My Favorites

Type of Activity: ---Select Activity---

Activity Level: Select A Description

Time Length: 00 hrs. 30 mins.

Update Log

#### Presidential Champions Progress to Date

You are 0 % of the way toward the goal of 20000 points for a **Bronze Award**. Only 20000 points to go!

0  
20,000 points

#### Most Recent Log Entries Points: 0

Date	Activity	Description	Distance	Duration	Points
------	----------	-------------	----------	----------	--------

> To log activity, follow these steps:

- 1) Using the "Date of Activity" drop down menus, select the date that activity was performed:

NOTE: You can log activities as often as you want, in increments as small as 5 minutes. Although you can't log time for activities you haven't done yet, you can go back up to 14 days to enter past activities.

- 2) Leave the "My Favorites" radio button checked.
- 3) On the "Type of Activity" drop down menu, select "Soccer"
- 4) On the Activity Level, select either "Casual" or "Competitive"

NOTE: "Casual" refers to practice at home or with a friend or performing US Soccer Skills Challenge practice activities.

"Competitive" refers to practices with an organized team or a competitive match (game) played in an organized league.

Soccer Player Association Group requirements require players to achieve at least half (50 %) of their points during "Competitive" activities.

For more information about requirements, please visit the Soccer Players Association [Achievement Program Requirements](#) web site by [clicking here](#).

- 5) Use the "Time Length" drop down menus to enter the time (in hours and minutes) that the activity was performed.

NOTE: Please note, there is a daily cap of 750 points per day.

One (1) hour of casual activity equals 406 points while one (1) hour of Competitive activity equals 580 points.

> Click on the "HELP" tab.

## Help Page appears:

The screenshot shows the top navigation bar of the website with the logo and the text "THE PRESIDENT'S CHALLENGE" on the left, and a "Log-out" button on the right. Below the navigation bar is a menu with the following items: HOME, LOG YOUR ACTIVITY, REVIEW PROGRESS, COMPARE WITH OTHERS, YOUR AWARDS, YOUR GROUPS, EDIT YOUR PROFILE, and HELP. The main content area is titled "Help With Your Activity Log" and contains the following text:

**Help With Your Activity Log**  
Your log is where you record activities in the Presidential Champions program. It shows how far you've come - and how close you are to your goal. You can also compare your progress with others and earn awards for completing each program.

In the Presidential Champions program, you'll earn points for every activity you log. Points are based on the amount of energy each activity burns. So the more active you are, the more points you'll get. The first award you can reach, a Bronze, takes 20,000 points. This program has a 750-point daily cap to encourage staying active every day.

**What your log shows**  
Your activity log features three indicator bars that show how many points you've earned toward a Bronze, Silver, and Gold award. Every time you log activities, you'll see your progress updated in your log. [Fig. 1.1a]

When you earn enough points to reach the end of an indicator bar, you'll have earned an award. Then you can order your award and go on to the next challenge.

**Logging your activity**  
Even if you're new to the President's Challenge, logging activities is simple. Just click "Log Your Activity" at the top of the screen, then use the pull-down menus to select all the details:

- The date of your activity (month, day, and year)
- The activity you performed
- Your activity level
- The duration of your activity (or your total pedometer steps)

Then click the "Add to Log" button, and your log will automatically update your progress. You can log activities as often as you want, in increments as small as 5 minutes. Although you can't log time for activities you haven't done yet, you can go back up to 14 days to enter past activities. [Fig. 1.2]

At the bottom of the screen, you'll also see a chart listing your latest log entries. If you need to correct a particular entry, just click "delete" then re-enter the information. [Fig. 1.3]

**Reviewing your progress**  
Whenever you go to your activity log, you can see exactly how much progress you've made. Just click "Review Progress" at the top of the screen, use the pull-downs to select which entries and dates you want to review, and click "Continue." [Fig. 2.0]

Your log will display a list of your activities during the time period you selected. You can review all your log entries by clicking the "View Entire Log" link.

The Help Page displays information that will assist you in learning how to use your activity log.

Each of the dashboard is described along with links to screen shots ("Fig 1.1a", " 1.2", etc.).

Refer to this section if you ever need help using the dashboard or activity log.

**GOOD LUCK IN YOUR QUEST FOR THE PRESIDENT'S CHAMPIONS AWARD!**