



**Race to Health**

**3 August to 30 August**

**2020**

**The grizzly bear who lost  
his GRRRRR!**

**[www.racetohealth.co.uk/login](http://www.racetohealth.co.uk/login)**



supported by

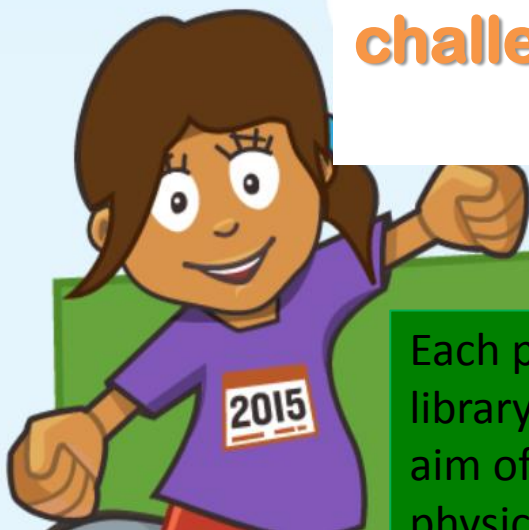


About Contact

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## An online physical activity challenge for Southwark families



Each participating family will compete on behalf of their library to become Southwark's most active library – with the aim of encouraging everyone to meet the 60 minutes daily physical activity recommendations.

Please first go to [www.racetohealth.co.uk/login](http://www.racetohealth.co.uk/login)

Click here



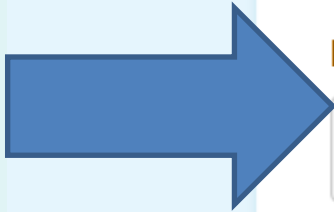
Please select your school district to log in



[Privacy Policy](#)



Enter login  
details here



**Username**

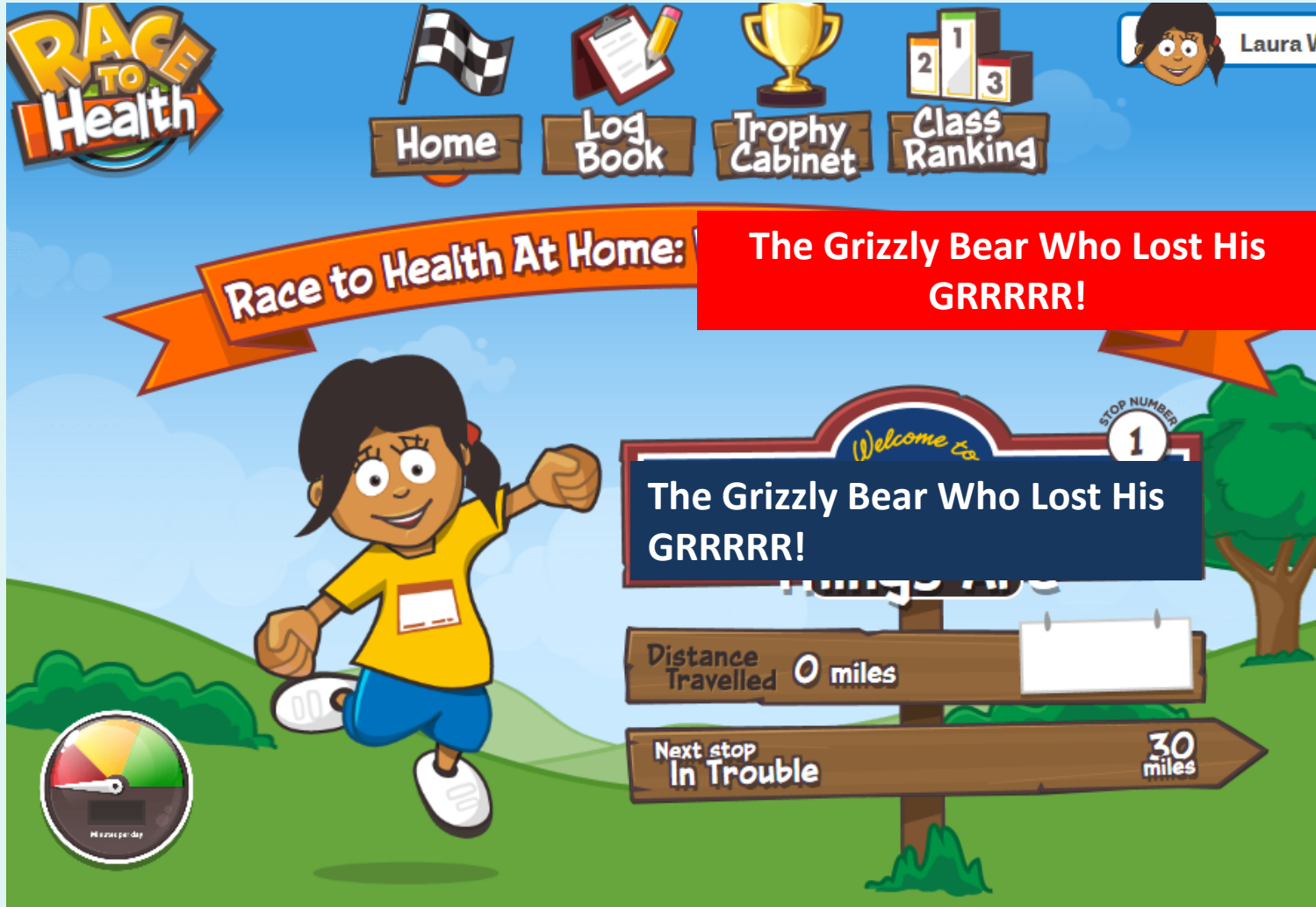
**Password**

[Forgotten your password?](#)

**Log in**

Do you need additional help? Please contact [Help and Support](#).

# The Home Page





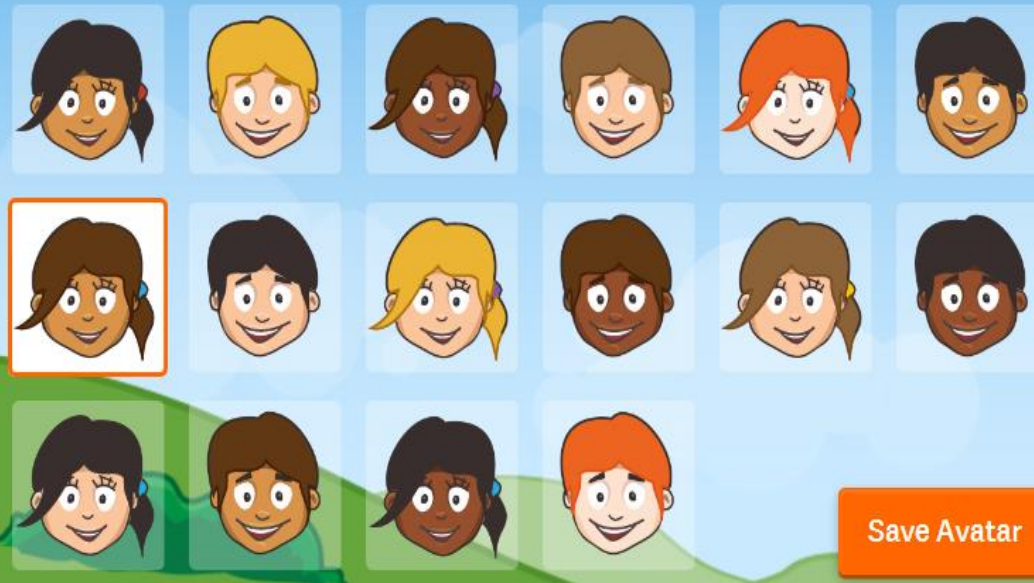
# Select your avatar!

Click here



The screenshot shows the 'Race to Health' website interface. At the top left is the 'Race to Health' logo. Below it are navigation buttons: 'Home' (with a checkered flag icon), 'Log Book' (with a clipboard icon), 'Trophy Cabinet' (with a trophy icon), and 'Class Ranking' (with a podium icon). On the right, a user profile for 'Janna Sanchez' is visible, with a dropdown menu containing 'My Avatar', 'Last log: none', and 'Help'. A red box highlights the text 'The Grizzly Bear Who Lost His GRRRRR!' in the user menu. Below the navigation is a banner that says 'Race to Health At Home:'. In the center, a wooden signpost has a blue box with the text 'The Grizzly Bear Who Lost His GRRRRR!' and a 'STOP NUMBER 1' sign. Below the signpost are two wooden signs: 'Distance Travelled 0 miles' and 'Next stop In Trouble 30 miles'. In the bottom left corner, there is a circular gauge with a needle pointing to the green section.

# Select your avatar! (one per family)



Save Avatar



# To add activity to your Log Book:

The image shows a screenshot of the 'Race to Health' website. At the top left is the 'RACE TO Health' logo. To its right are icons for a checkered flag, a clipboard with a pencil, a trophy, and three numbered blocks (2, 1, 3). Below these icons are buttons labeled 'Log Book', 'Trophy Cabinet', and 'Class Ranking'. A yellow arrow points from the checkered flag icon to the 'Log Book' button with the text 'Click here'. In the top right corner, there is a user profile for 'Laura' with a cartoon avatar. A large orange banner across the middle reads 'Race to Health At Home:'. To the right of the banner is a red box containing the text 'The Grizzly Bear Who Lost His GRRRRR!'. Below the banner is a cartoon girl with black hair in pigtails, wearing a yellow shirt and blue shorts, running on a green hill. To her right is a wooden signpost with three signs. The top sign is blue with a white border, a 'Welcome to' sign, and a circular 'STOP NUMBER 1' icon; it contains the text 'The Grizzly Bear Who Lost His GRRRRR!'. The middle sign is brown and says 'Distance Travelled 0 miles'. The bottom sign is brown and says 'Next stop In Trouble' with '30 miles' written on the right end. In the bottom left corner, there is a circular icon of a speedometer with a needle pointing to the right and the text 'Miles per day' below it.



# To record physical activity



Home



Log Book



Trophy Cabinet



Class Ranking



points

## Log a new activity

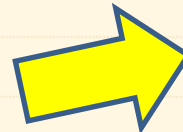
Date

Time

Location

Activity Type

- Active Games
- BBC Super Movers
- Boxing
- Cosmic Yoga
- Cycling
- Dance
- Family Daily Mile
- Go Noodle
- Gymnastics
- Joe Wicks PE Lessons
- Other
- Other Online led physical activities
- Running
- Scooter
- Walking
- Yoga



Date

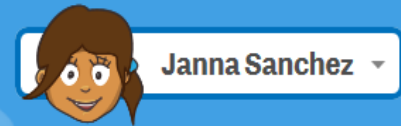
Time

Activity

Minutes

As you add in your activity it will show here in date order.

# Once you start doing activity your medals will appear here:



375 points

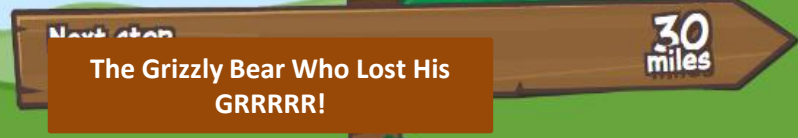
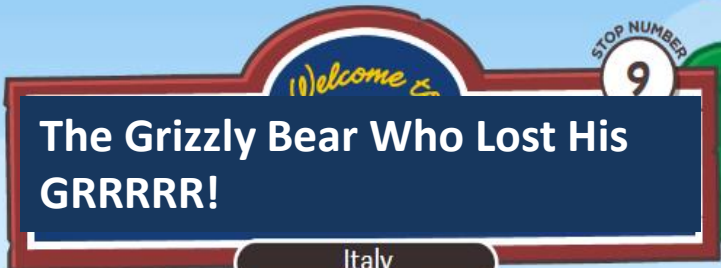
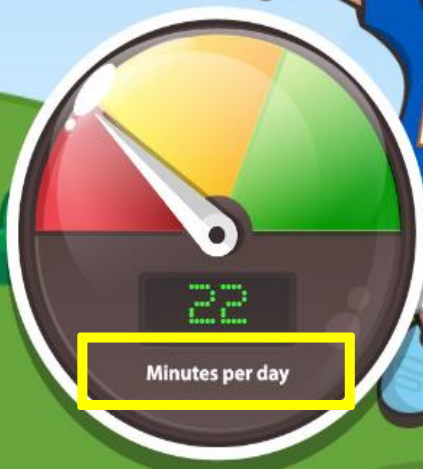
	Medals				
	Week 1	Week 2	Week 3	Week 4	Week 5
Participation					
Improvement	—				
Time					



Once you start adding your activity you will see your minutes per day, how far you've travelled and how long you have left until you reach your next point



230 points





# Once you've finished the race..



Home



Log Book



Trophy Cabinet



Class Ranking



Anastasia ▾

4,375  
points

	Medals				
	Week 1	Week 2	Week 3	Week 4	Week 5
Participation					
Improvement	—				—
Time					



193 miles 4,375 pts

Where the Wild Things  
Are – Race to Health at  
Home

6 Apr 2015



# Well done!

