31 Days to a Healthier You

Powered by Givhero

31 Days to a Healthier You Begins October 1

Refocus this month with AhealthyU's calendar challenge, 31 Days to a Healthier You. As many of us may be feeling overly connected to the virtual world, **the Unplugged Edition of our calendar challenge will help you limit and disconnect from technology.**

How to Get Started on the Givhero App

- **New Givhero user?** Tap givhero.page.link/ahealthier-you from your **mobile phone**, download the Givhero app* and accept the challenge. Be sure to use your AU email address when creating your account.
  - o Computer users: Simply click on the link, click on the *Access the Calendar to Log Activity* button, and create an account.
- **Returning Givhero user?** Tap givhero.page.link/ahealthier-you from your **mobile phone** and accept the challenge.
  - o Computer users: Simply click on the link, click on the *Access the Calendar to Log Activity* button, and log-in to your account.

How to Log Activities Using the Givhero App *(Recommended)*

- **Logging an activity:** Each day you complete an activity, tap on the challenge from your Givhero app dashboard and then tap the icon ⚠ to log the activity. On the calendar, tap on the icon ⊕ and select your activity. No need to save your entry; it will save automatically. You have the option to log your activity daily or at the end of each week. Multiple activities can be recorded on the same day.
- **Deleting an activity:** Click on the ⊘ icon and select NONE.
- **User Tip:** Tap on the calendar icon on the left side of the screen for easy access to the full October calendar.

Using the Givhero app is recommended for the calendar challenge. Givhero app users are automatically enrolled to receive push notifications and may opt out at any time.

How to Log Activities Using the Online Calendar

- **Logging an activity:** Each day you complete an activity, click on the ⊕ icon and select your activity. No need to save your entry; it will save automatically. You have the option to log your activity daily or at the end of each week. Only one activity can be recorded per day.

- **Deleting an activity:** Click on the ✅ icon and select *None*.

For all technical questions throughout the challenge, please contact Givhero: email Givhero directly at support@givhero.com or from the Givhero app by tapping *More >> Support* at the bottom of your screen.