



Biggest Winner 2012

6 – Week Workout/Nutrition Tracking/BWUT Challenge – Provided by ActivTrax

Q: I am already enrolled in ActivTrax, how do I access the BWUT challenge and nutrition tracking?

A: If you have registered for the contest you will automatically be entered into the challenge and have access the nutrition tracking. Just log into ActivTrax and look at your dashboard. There will be a Food Journal tab at the top of the page as well as a Workouts tab. Take the Food Journal tutorial tour to get a better understanding of how to best utilize the system.

Q: I am a member of BAC but have not enrolled in ActivTrax. How do I enroll?

A: There are two ways to enroll; one is come to an ActivTrax Enrollment Orientation and complete a strength assessment. The other is to do a self assessment ([click here for the form](#)) then follow the directions on the form to enroll. Select BWUT 6-Weeks in the payment plans section. Once you are enrolled go to the Workout tab, hover or click on My Fitness and then choose My Challenges. You will see Biggest Winner 2012. Go to the drop down tab on the right side of the text box and choose ENROLL.

Q: I am not a member of BAC but will be on the 6-week pass during the contest. I plan to use the equipment, how do I enroll?

A: The same as any other member would. See the answer above.

Q: I am not a member of BAC and will not be able to use the club during the contest or will not be using the resistance equipment if I do. How do I enroll in the nutrition tracking and BWUT challenge?

A: Go to www.activtrax.com/enroll.php . Fill in your zip code. Select Bainbridge Athletic Club. Fill in your information, select BWUT 6 Wk Nutrition Only. Look through the tutorials on ActivTrax once you have enrolled. To join the Biggest Winner Challenge go to the Workout tab, click on My Fitness, and then My Challenges. Choose ENROLL on the right side and you are there.

Still have questions? Contact Melissa House at melissa@bainbridgeathleticclub.com