

## All Abilities Workout – set up instructions

**Please note:** Frontline employees only need to sign up if they are facilitating an All Abilities Workout session. People we support do not need to create an account or provide their email address. The facilitator can add the full names of people we support once they create or join a group.

### Step 1:

Go to <https://championlife.com.au/endeavour/signup>

### Step 2:

**Enter** the below credentials at the website.

- Name
- Email
- Phone
- Position
- Site/home name

Some sites/homes have been pre-uploaded. If your site/home is available, click on it or create a new site/home name.

### Step 3:

**Click** the *I'm not a robot box* and complete the screen prompts.

### Step 4:

**Click** the *terms of use box* to proceed

### Step 5:

**Click** the *Get Started* button.

You will now be sent an email to login and set your password

### Step 6:

Find your email from [support@championlife.com.au](mailto:support@championlife.com.au) and **log in** to the portal at [championlife.com.au/endeavour](https://championlife.com.au/endeavour).

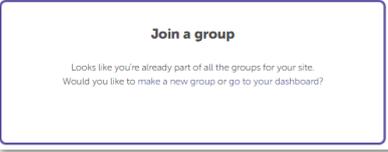
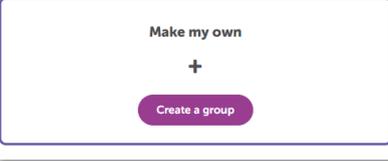
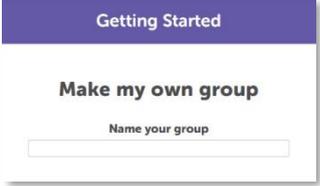
You will arrive at the welcome page. From now on, this is where you will log in each time you enter the portal. We recommend adding [championlife.com.au/endeavour](https://championlife.com.au/endeavour) to your browser's bookmarks so it is easily accessible.

Create a password to complete the registration process.

### Step 7:

**Choose** to either join a group or make your own group.



Get started		
<p><b>Join a group</b></p> <p>Click on <i>Select group</i>. A drop down menu will appear with all existing (established) groups. Select the group you would like to join.</p>	 <p>Join a group</p> <p>Looks like you're already part of all the groups for your site. Would you like to make a new group or go to your dashboard?</p>	<p><b>Note:</b> Check with your colleagues if a group has been made for your home/site. If not, create one (see below).</p>
<p><b>Make your own group</b></p> <p>Select this option to set up your own new group</p>	 <p>Make my own</p> <p>+</p> <p>Create a group</p>	 <p>Getting Started</p> <p>Make my own group</p> <p>Name your group</p> <p>_____</p> <p><b>Note:</b> Your site or home may have one or multiple groups.</p>
<p><i>Already joined or made a group?</i></p> <p><b>Go straight to your group</b></p> <p>Tick this option to skip this step and go straight to your group next time</p>	 <p><input type="checkbox"/> I've set up my group. Please don't show this on startup.</p> <p>Go to my dashboard &gt;</p>	 <p>DASHBOARD BODY SETS SUPPORT Brent</p>

## Step 8

- Navigate to your dashboard
- Click on *People* to add people you support to your group or update member details. You may add members at any time.

These will be manually approved within 24 hours for security purposes. Therefore, we recommend that you add members to your group at least a day before the planned workout.

## Step 9:

- **Click** *Get Started*.
- **Click** the green tick, which will take you to the Wellbeing Check-Ins.
- **Check** how the people in your team are feeling and complete the rating.
- **Click** next step.
- **Watch** the video. There is always one suggested at the top, but you can watch any from the 75+ videos provided. The goal is to watch at least two videos a week.
- **Click** *watch more* or *next step*.

You will be asked to rate the wellbeing of your team members again, and then your group has finished the session!

You can then go back to your dashboard, which summarises the wellbeing of the group who just participated.

## Need Help?



No problem, each screen on the online platform has a support help link or button if staff have problems. [support@championlife.com.au](mailto:support@championlife.com.au)

You can watch these YouTube videos on how to [sign up](#) and how to do your [daily sign in](#).

### My Groups

ACE Team

View or update member info & add new people

Get started

People

Check-ins

Create a Subgroup