Purple Laces Movement Challenge FAQs

How do I get started?

• Create a team and team name. (Maximum of 30 of people per team)
• Choose a team leader. The team leader will serve as the team’s contact person.
• The team leader should email the name of your department and team to Evelyn Cordero at evelyn.cordero@northwestern.edu prior to participant registration.

How do I register?

• Go to www.walkingworks.com
• Click on “Register Now”
• Enter your name, email address, zip code and a password of your choice. Your email address will become your username
• Select “I am participating with my company”
• Under “Plan” select “Illinois, Blue Cross and Blue Shield”
• Under “Group” select “Northwestern”
• Under “Program” select “Northwestern Purple Laces Movement Challenge 2017”
• Under “Team” select your team name
• Select your age range

PLEASE NOTE: Your team name must be emailed to Evelyn Cordero before registering, so that it can be entered into the system. Otherwise, you will be unable to register.

How will I track my activity?

• Log into www.walkingworks.com and log your activity manually.
• Sync your mobile or smart device to the Walking Works app. Click here to learn more.
• While the platform is called Walking Works, many different types of movement counts towards your and your group’s activity total such as bicycling, dancing, hiking, aerobic fitness classes, yoga, pilates, swimming, and running.
Who can view my activity?

- Only you and the program administrator has access to view your activity.
- You will be able to view your and other team’s overall activity and standings.

Can non-Blue Cross and Blue Shield members participate?

- Yes, the challenge is open to all employees.

I registered for the wrong team. How do I change my account to correct team?

- Log into www.walkingworks.com and click the "Edit Profile" tab located near the top of the page.
- Choose the correct team from the drop-down menu.

There are more than 30 people in my school/department that would like to participate. What should we do?

- If more than 30 people would like to sign-up for a team, a second team can be created (Example: Human Resources 1, Human Resources 2).

Please contact Evelyn Cordero at evelyn.cordero@northwestern.edu if you:

- Do not see your team name listed.
- Wish the change the name of your team.
- Have any other questions or comments about the Purple Laces Movement Challenge.