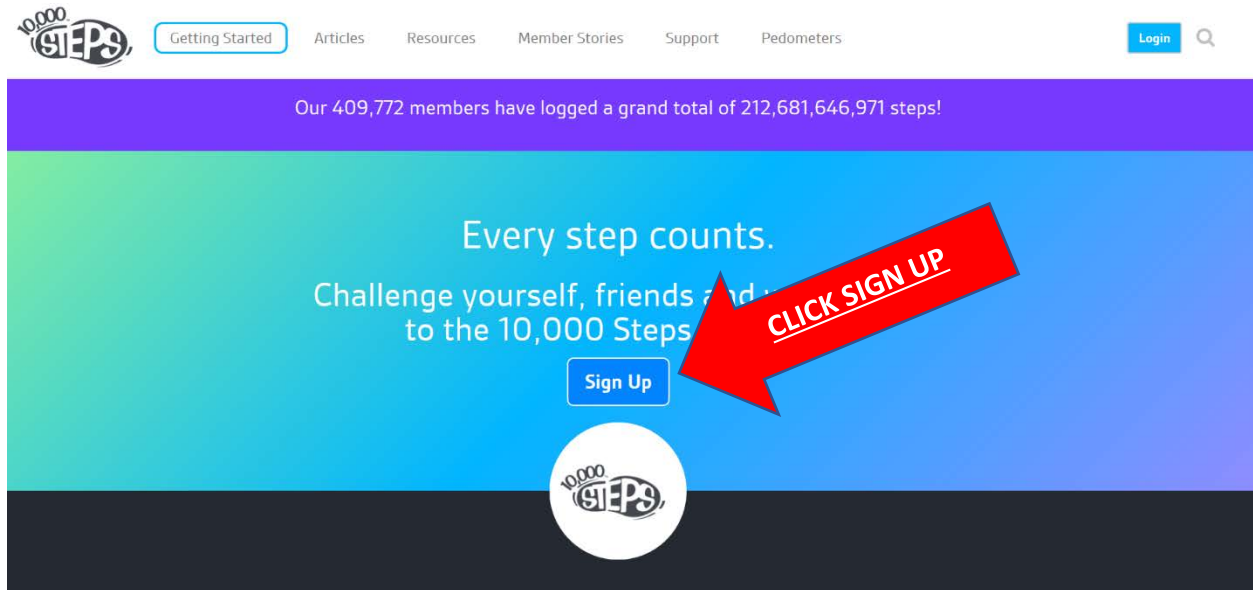


# MSE STEP CHALLENGE SIGN UP

TO SIGN UP FOR THE MSE STEP CHALLENGE  
First head to <https://www.10000steps.org.au/>



Fill in Sign up form  
Use Your University Email for registration (@unimelb.edu.au)

A screenshot of the 10,000 Steps website sign-up form. The header is identical to the homepage. The main heading is "Sign Up". Below it, it says "Step 1 of 3" and "Already have an account? Then please [log in](#)." The form fields are: "E-mail\*" (with example@example@unimelb.edu.au), "First name\*" (with example), "Last name\*" (with Staff), "Password\*" (with masked characters), and "Password (again)\*" (with masked characters). A blue "Next" button is at the bottom left, and a large red arrow points to it with the text "CLICK NEXT WHEN DETAILS ARE COMPLETE".

## CONTINUE TO FILL IN SIGN UP FORM

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## Sign Up

Step 2 of 3

Date of birth\*

June 6 1966

Gender\*

Unspecified

Country\*

Australia

State\*

Victoria

Australian state is required when Australia is chosen as country

Postcode

3055

Postcode is required when Australia is chosen as country

How did you find us?

Workplace

Goal steps\*

10000

Set your goal as the number of steps you would like to

- ☐ My details can be displayed on the website
- ☐ Send me emails about 10,000 Steps news and events
- ☒ I have read and accept the terms and conditions of use for this website\*

Previous step Next

CLICK ACCEPT TERMS AND CONDITIONS

CLICK NEXT

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## Sign Up

Step 3 of 3

I want to

☒ A Participant (includes team captain/team member)

Registering as a participant enables you to use the 10,000 Steps website to track and monitor your physical activity levels. You will be able to participate in monthly Challenges and team Tournaments.

☐ A Coordinator

Registering as a Coordinator gives you all the Participant features as well as additional features and Resources that allow you to create and conduct a team Tournament and/or promote 10,000 Steps on behalf of your workplace, community or friends group.

If you are unsure, please register as a participant, we can upgrade your registration at a later date.

Previous step Submit

SELECT PARTICIPANT

CLICK SUMBIT

**Once you submit, 10,000 steps will ask you to verify your email  
Check your email for an email from 10,000 steps and click the link to verify your email.**

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## Verify Your Email Address

We have sent an email to you for verification. Follow the link provided to finalise the signup process. If your email does not arrive within about 15 minutes please follow some of the suggestions on our [help page](#).

**Once you are registered with 10,000 Steps.**

**Form your team of up to five people maximum (Minimum 3 members per team)**

**Decide on your team name.**

**Ensure everyone in the team is registered with 10,000 Steps by the registration close date.**

### **FINAL STEP**

**Follow the link to register your team with MSE Step Challenge Coordinators**

**[https://melbourneuni.au1.qualtrics.com/jfe/form/SV\\_dbulej5msclhBRz](https://melbourneuni.au1.qualtrics.com/jfe/form/SV_dbulej5msclhBRz)**