

# USA Games Fitness Challenge & Fitbit Setup



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## Thanks for visiting our Fitbit setup station at USA Games Training Camp!

The athlete packet you received at Training Camp contains helpful resources including:

- [SO Fit Now App User Guide](#)
- [Fitness Challenge Frequently Asked Questions](#)
- [Fitbit User Guide](#)

➔ Visit the USA Games Fitness Challenge section of our [Fitness & Wellness Program Webpage](#) for resources.

For those of you who are setting up your Fitbit at home or had issues verifying your email:

	<p><b>Fitbit Setup:</b> <u>Desktop:</u> Follow the instructions on page 8 of the <a href="#">Fitbit Inspire 2 Manual</a></p> <p><u>Mobile App:</u> Download the <a href="#">Fitbit app</a> to your smartphone</p> <ul style="list-style-type: none"><li>• <a href="#">Create an account</a> with Fitbit</li><li>• Verify your email address</li><li>• Follow <a href="#">these instructions</a> to set up your Fitbit Inspire 2 with your mobile device</li><li>• <b>TIP:</b> write down your password and username. You will need this to connect your Fitbit to the SO Fit Now App.</li></ul> <p>➔ If you need a larger strap - there is one located in your Fitbit box! Follow <a href="#">these instructions</a> to switch your strap out.</p> <p>➔ For more information, see <a href="http://help.fitbit.com">help.fitbit.com</a></p>
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For those of you who have not yet logged into to the SO Fit Now App:

	<p><b>SO Fit Now App:</b> Use the SO Fit Now App or desktop site to participate in the USA Games Fitness Challenge against athletes across North America!</p> <ul style="list-style-type: none"><li>• Visit: <a href="https://sofitnow.specialolympics.org/">https://sofitnow.specialolympics.org/</a> (on a desktop is recommended for your first login)</li><li>• "Look Up" your account using your First Name, Last Name and Email Address (the email address you used to register for USA Games)</li><li>• Complete your user profile and set your username/password</li></ul> <p>➔ For any users still having trouble, please email <a href="mailto:fitness@specialolympics.org">fitness@specialolympics.org</a> for support.</p>
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For those of you who haven't connected your Fitbit or device to the So Fit Now App:

**Connecting your Fitbit or other fitness tracker to the SO Fit Now App:** Follow [these instructions](#) to connect your Fitbit to the SO Fit Now App to participate in the USA Games Fitness Challenge against athletes across North America!

