



Get started Winter Challenge

Get active together in July for a chance to win a prize!

We're challenging everyone to get active together this July. Team up for support to keep moving and join the Winter Challenge.

The challenge

Can your team average 30 minutes of physical activity a day for 2 weeks? Create a team of at least 2 people and get as active as you can from 1-14 July.

Team up with friends, family or co workers for motivation and support.

How to join the challenge

- 1 Create a team of at least 2 people
- 2 Connect your team to the Winter Challenge Link ID
- 3 Track your activity from 1-14 July using the Get Active Victoria Activity Tracker.

See page 2 for instructions to create and connect a team

Join the Winter Challenge for a chance to WIN a \$1,000 Rebel Sport or \$500 Kathmandu egift card*



*Prize draw terms and conditions available at getactive.vic.gov.au/winter

getactive.vic.gov.au/winter



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Create a team

- 1 Log in to getactive.vic.gov.au
- 2 Go to TEAMS > MANAGE
- 3 Complete the required fields

Invite people to your team

If you created the team, go to TEAMS > MANAGE, click Edit under Manage Your Teams.

Invite teammates using their email address or Get Active Victoria username (if they already have an account).

Anyone you invite who doesn't have an account will get an email with your Team ID and instructions to create an account.

Once they have an account, each person will need to log in and accept the invitation in Notifications.

If you have anyone in your team who is under 12, you will need to add them to your own account under PROFILE.

CREATE A TEAM

Create a team and help each other stay on track.

Team name*

Team type*

Postcode*

Create team

Connect your team to the challenge

- 1 If you created the team, go to TEAMS > CONNECT
- 2 Select your team name from the drop down box and type **winter-challenge-2026** in the Link ID field

CONNECT A TEAM

If you've created a team, you can connect it to a link ID here. A team can only be connected to one link ID.

Select your team*

Enter a link ID*
winter-challenge-2026

Connect team to link ID

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Track your activity

Track your activity in the Get Active Victoria Activity Tracker.

Complete the required fields (Activity Date, Activity Duration and Activity Type) on the website or mobile app.

NOTE: it is not required to assign activity to team members, only do this if you have all completed the activity together.



ACTIVITY TRACKER

Track your activity to increase your team's total. You can include your individual efforts, and log time for team members as you're the Team Owner.

Activity Date*	Activity Duration (in minutes)*
Activity Type*	Assign to Team Members
Add Activity	

[Add Team Members](#) to increase your team total.

Follow your team

To see how your team is going on the Winter Challenge 2026 leader board: go to **TEAMS > COMPARE**.

See daily team averages, users with the highest daily activity and where your team sits overall.

You can also follow your individual team stats under Team Statistics.

getactive.vic.gov.au/winter