The Start! Program is a great way to jumpstart your journey to a healthier lifestyle. When you Start making healthy food choices, Start becoming physically active, and Start making your health a priority ~ then you are on your way to a longer, healthier life. To get Started, register online by following these simple steps:

1. Go to www.mystartonline.org and click on the green box in the upper right hand corner titled “First Time Registration”.

2. Your password does not have a minimum number of characters needed. Nor do you need to provide a character or number.

3. In the “COMPANY” field enter Flagler College.

4. In the “DEPARTMENT/TEAM” field, please enter the name of your office or department.

5. Under “PREFERENCES”, you will need to click on the first “opt-in” box in order to allow the program administrator to view your progress. IF YOU DO NOT SELECT THIS BOX, YOUR INFORMATION WILL NOT BE INCLUDED IN THE PROGRESS REPORT.

MyStart! Online allows you to:

✓ Track daily physical activity, including Walking / Running / Swimming / Cycling. All activities are converted into a point scale to give you flexibility to chose the activity you enjoy the most!

✓ Map out and save favorite walking paths at work, at home, or anywhere!

✓ Track daily diet intake

✓ See how you rank among your coworkers

✓ Easily find healthy lifestyle tips and guidelines from the American Heart Association

DON’T HAVE INTERNET? See your wellness committee representative for a manual tracking form!