* Team co-captains must have email addresses that end in mit.edu, draper.com, or broadinstitute.org. MIT email addresses are not required for other team members.

Instructions for team co-captains: Use the information you’ve collected on this worksheet to create a team and invite your teammates at getfit.mit.edu. Make sure you meet this year’s registration deadline, which is posted on the website. You may make changes to your team roster and team name through that date.

Once you’ve invited your teammates, monitor your online team roster to be sure they accept their invitations.

All participants should consult with their health care provider before starting an exercise program or exercising with a known medical condition.

See getfit.mit.edu for our privacy policy.