getfit Captain's Resources

Captain's How-To Guides

GetFit Team Captain Quick Start Guide: Welcome to GetFit! As a captain of a 4–8 person team, you play a key role in keeping your group organized, motivated, and having fun. This quick start will walk you through everything you need to do to get your team set up and ready for a successful challenge.

Build Your Team

- Recruit 4–8 participants (colleagues, friends, lab members, etc.).
- Send team invitations using the challenge platform or share your team join link.
- Confirm everyone has registered, joined your team, and set up their profile and wearables.

Kick Off with a Team Goal

- Send your team a short welcome message.
- Decide on a simple shared Week 1 goal (e.g., move 20 minutes a day, drink 8 cups of water, complete 3 workouts).
- Encourage individual goal-setting.

Establish Your Weekly Rhythm

- Send a Monday kickoff note.
- Mid-week check-in to boost motivation.
- Friday wrap-up celebrating wins and shoutouts.

Track Team Engagement

- Monitor logged activity.
- Send supportive check-ins if someone falls behind.

Keep It Positive & Fun

- Encourage—don't enforce.

- Celebrate effort, not perfection.
- Keep things inclusive for all fitness levels.

Finish Strong

- **Thank your teammates.**
- **Celebrate total team progress.**
- **Encourage momentum beyond the challenge.**

Build Community in Person with MIT Recreation

Attend group exercise classes, schedule private classes, try instructional programs, reserve the golf simulator, enjoy open recreation, or focus on recovery with massage, sauna, or the recovery corner. Start with an InBody Composition Analysis and consider a follow-up 3–4 months later.

**Services available to members and non-members. Pricing varies. MIT Recreation account required.*