

Sustain & Move IU!

Frequently Asked Questions

What is sustainable transportation?

- Sustainable transport refers to social, environmental, and climate impacts of transportation.
- Involves movement or physical activity.
- Benefits not only the environment by reducing carbon emissions, but also your health by reducing sitting time.

I am not receiving my Challenge e-mails.

Healthy IU sends Challenge e-mails and reminders via Qualtrics. Qualtrics admins sometimes come across the situation of Qualtrics users not receiving e-mails. Their advice is to reach out to UITS support (or your HelpNet rep, if you are a HelpNet client), who will work with you to make sure there is nothing in your e-mail settings filtering out Qualtrics items. **If you do not receive your Personal Online Tracker on April 2, and it is not in your spam/junk folders, here is how to contact UITS or HelpNet for support:**

- UITS support: <https://uits.iu.edu/tech-help>
- UITS TechSelect (if you are a TechSelect client): <https://techselect.iu.edu/>

What if I change my mind about my selected activity?

That's fine! You can move backward in your Personal Online Tracker and reselect your goals for the week by clicking the "BACK" button in the bottom left hand corner.

Can I try more than two activities?

Absolutely! Use the [paper tracker](#) to track any additional activities you want to try.

Can I get additional resources on how to incorporate sustainable transportation into my life style?

Yes! Check out the "Resources" section of the [Sustain and Move IU! Challenge webpage](#).