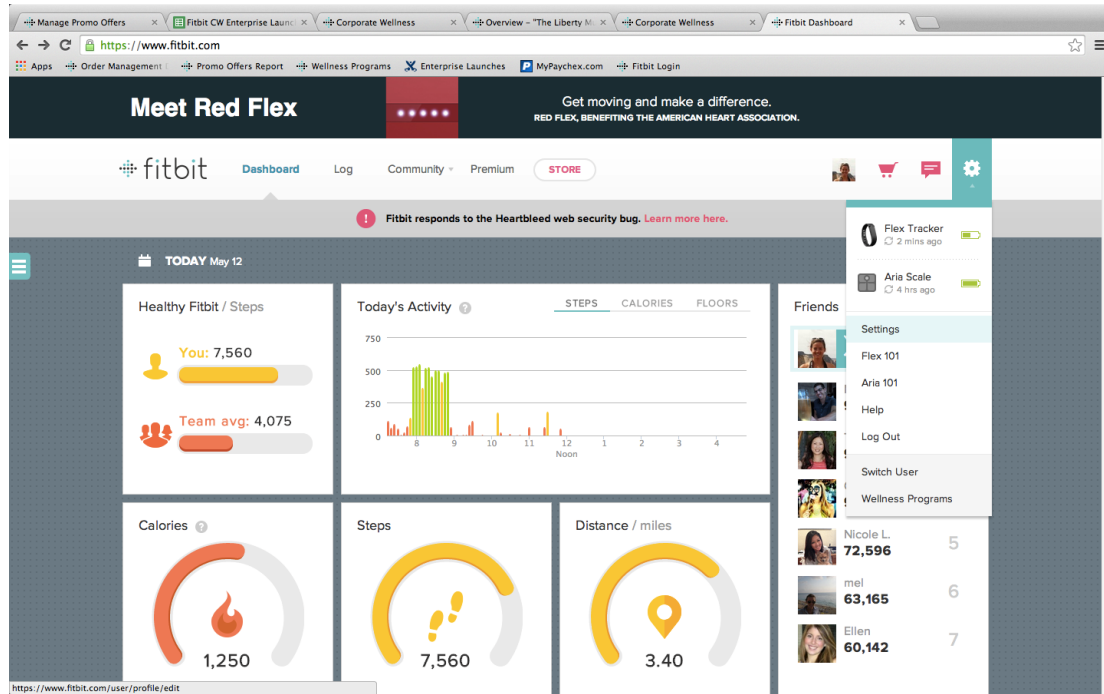


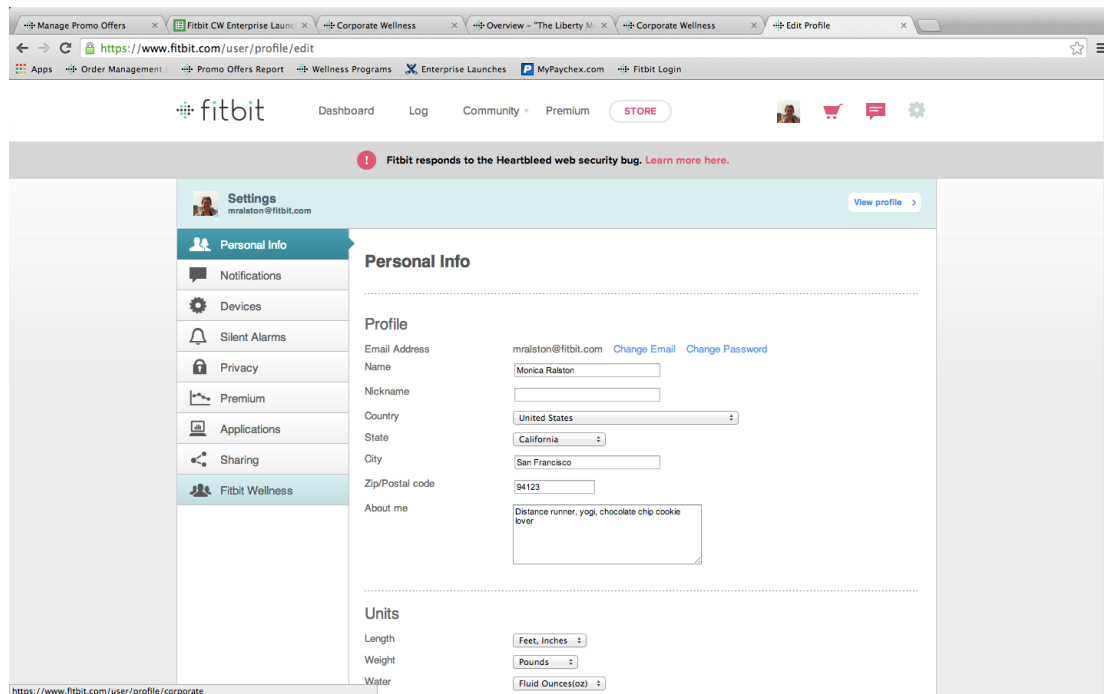
## Joining the Challenge on Fitbit.com

1. Go to the tools icon in the upper right hand corner of the user dashboard and select “settings”



The screenshot shows the Fitbit user dashboard. At the top, there's a navigation bar with the Fitbit logo, 'Dashboard', 'Log', 'Community', 'Premium', and 'STORE'. A settings gear icon is visible in the top right corner. Below the navigation bar, there's a 'Meet Red Flex' banner. The main content area displays 'TODAY May 12' with activity metrics: 'Healthy Fitbit / Steps' (You: 7,560, Team avg: 4,075), 'Today's Activity' (a bar chart showing steps over time), 'Calories' (1,250), 'Steps' (7,560), and 'Distance / miles' (3.40). On the right side, there's a 'Friends' list with names and step counts. A settings menu is open, showing options like 'Flex Tracker', 'Aria Scale', 'Settings', 'Flex 101', 'Aria 101', 'Help', 'Log Out', 'Switch User', and 'Wellness Programs'.

2. On the left-hand menu, select “Fitbit Wellness”



The screenshot shows the Fitbit user profile settings page. The left-hand menu is open, highlighting 'Fitbit Wellness'. The main content area is titled 'Personal Info' and contains fields for 'Email Address', 'Name', 'Nickname', 'Country', 'State', 'City', 'Zip/Postal code', and 'About me'. The 'About me' field contains the text 'Distance runner, yogi, chocolate chip cookie lover'. Below the 'Personal Info' section, there's a 'Units' section with dropdown menus for 'Length' (Feet, Inches), 'Weight' (Pounds), and 'Water' (Fluid Ounces(oz)).

### 3. From here you will be able to join the Emory Program

