



Strong starts here_____.

How to Register, Track, Connect and Log Activity

Register

1. Visit the Sign Up Page (<https://app.wellable.co/blueandyoufitnesschallenge>).
2. Enter required information to create a Wellable User Account
 - a. First name
 - b. Last name
 - c. Email address
 - d. Confirm email address
 - e. Select an organization from the dropdown menu (this will automatically become the individual's team assignment)
3. Read and agree to Wellable's Privacy Policy and Terms of Use
4. Select a Create Account button to finalize the registration process

Join The Blue & You Fitness Challenge!

The Blue & You Fitness Challenge has a new platform, powered by Wellable With Wellable, you will have the opportunity to have fun getting active, improving your health and well-being, and competing against other teams to be crowned the winner in your size category!

To get started, please create a Wellable Account by completing the form below. Once completed, you will receive access to your account. Check your inbox for a welcome email containing your Wellable credentials and instructions for connecting an app or device to your account—it's the easiest way to automatically track your activity and earn Wellable Points!

Have questions or need help? [Wellable Support](#) is always ready and happy to help!

First Name*

Last Name*

Email Address*

first.last@example.com

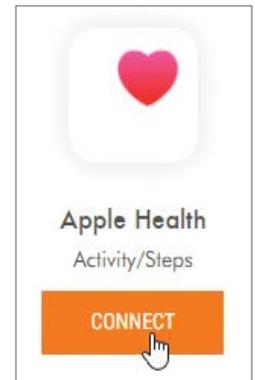
Track Activity/Earn Wellable Points

You will earn Wellable Points in the challenge for tracking all types of physical activity! You can choose to easily sync data by connecting an app or device or by manually adding data directly in your Wellable Account. In addition to physical activity, you also will earn Wellable Points for completing Daily Challenges.

Connect An App Or Device

Once you have created a Wellable User Account through the Sign-Up Page, you can check out the full list of apps and devices eligible for the challenge on the Connections page of your Wellable Account. If you are not currently using a mobile app or wearable device, such as a Fitbit, Garmin, or Apple Watch, to track your activity, you can download one of the many free apps that will automatically track your steps from your phone! If you plan to connect an app or device, follow the easy instructions below.

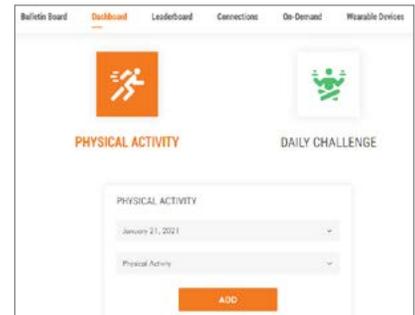
1. Go to the Connections page while signed in to your Wellable User Account.
2. Select Connect below the app or device you would like to connect to Wellable. You must first have an existing account or create one for the app or device you would like to use prior to connecting it to your Wellable User Account.
3. Follow the prompts and enter your app or device credentials. This will be your username and password for the app or device account, which may be different from the username and password for your Wellable User Account.



Manually Track Activity

If you are not using an app or wearable device to track your activity, you can manually log activity directly in Wellable. Follow the easy instructions below.

1. Go to the Dashboard page while signed in to your Wellable User Account.
2. Select the Physical Activity button.
3. Select a date.
4. Select the physical activity you engaged in from the dropdown menu.
5. Select the Add button.



Logging Daily Challenges

In addition to physical activity, you can earn Wellable Points for completing and logging Daily Challenges, which are small but meaningful activities that embrace the impact small behaviors can have on health. There are nine Daily Challenges to choose from, and you can earn Wellable Points for logging up to two per day during the challenge. To manually log Daily Challenges directly in Wellable, follow the easy instructions below.

1. Go to the Dashboard page while signed in to your Wellable User Account.
2. Select the Daily Challenge button.
3. Select a date.
4. Select the Daily Challenge you completed from the dropdown menu.
5. Select the Add button.

