

Creating or joining a team/group

1. Once you have enrolled in a challenge you can create or join a group / team of 4-6 members. We have found that when people participate in teams they are more successful because they encourage and motivate each other.
2. **The first person to log in from each team** will have to enter the team name. The **rest of the team members can select** it from the drop-down list to join:

Please join an existing group or create new a group:

My Challenge Group:

The following groups already exist:

or

Type your new Group's name:

Check to see if your team name is on the list, if not enter it and click on "Create group"

If you do see your team name on the list simply select and click on "Join this group"

NOTE: The group "With-U Coaches only" is a test group and only used by your With-U coaches. Please do not select this group.

3. Once you have created / joined a team you can also invite people to join your team.

My Challenge Group:

You are currently in the following group:

Your group's 1 members: Jeannine d

Send invite to:

Name:

E-mail:

Enter their name and email address and they will receive an email with your request and which tells them what your group name is so they can join it when they sign up. Remember to click on the button to the right (see image) to submit the invitation.