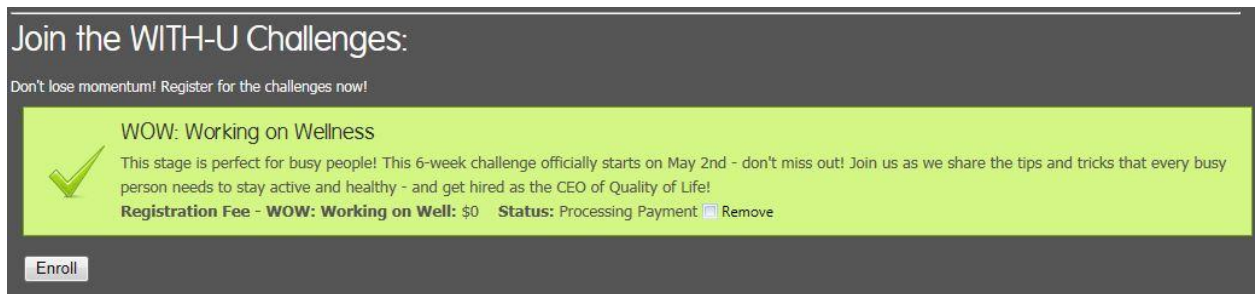



Signing up for a challenge

1. If you have registered on the With-U site at any point for any previous challenge you do not need to register on the site again.
2. To sign up for a new challenge simply log in to your account – even when you are not signed up for a challenge you will have access to your Member’s Home page.
3. Select the program you’d like to join (e.g. WOW – Working on Wellness) and click on the Enroll button.



Join the WITH-U Challenges:

Don't lose momentum! Register for the challenges now!

 **WOW: Working on Wellness**

This stage is perfect for busy people! This 6-week challenge officially starts on May 2nd - don't miss out! Join us as we share the tips and tricks that every busy person needs to stay active and healthy - and get hired as the CEO of Quality of Life!

Registration Fee - WOW: Working on Well: \$0 **Status:** Processing Payment Remove

4. It may not look like anything is happening once you click on Enroll but if you click on your Member’s Home button to refresh the screen the Challenge will be checked and highlighted green – you are now enrolled.
5. At this point you will also see the option to create / select a group name for your challenge.
6. For more information on Groups please see the FAQ section.