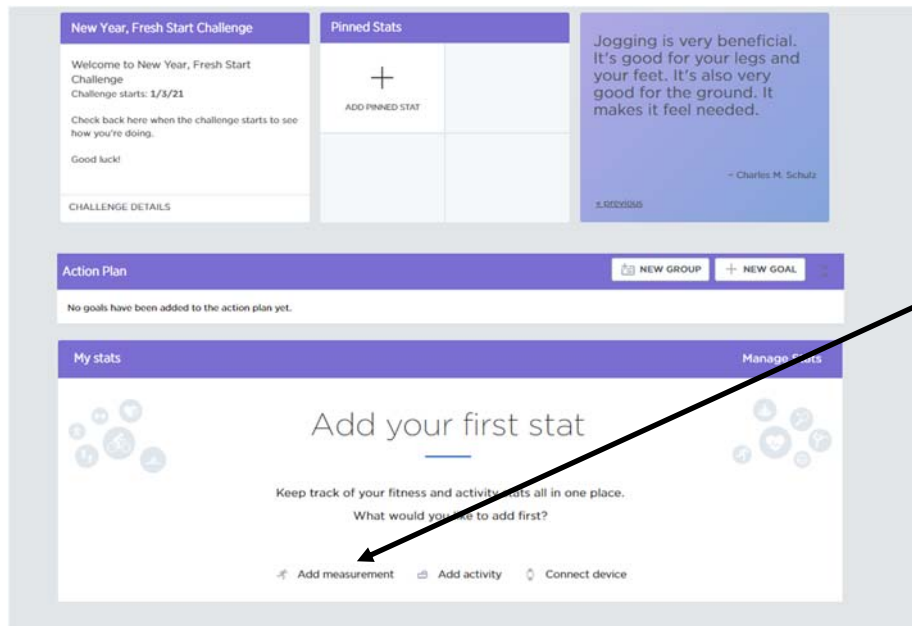
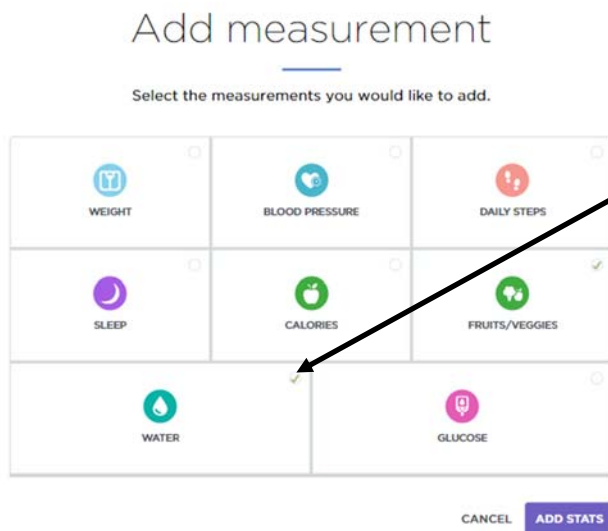


WELLD LOG IN INSTRUCTIONS

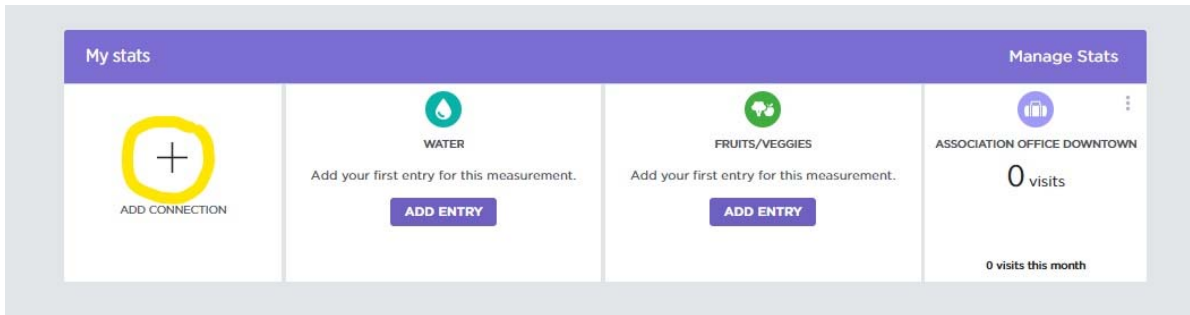


This is your homepage where you will access and record your stats for the challenge.

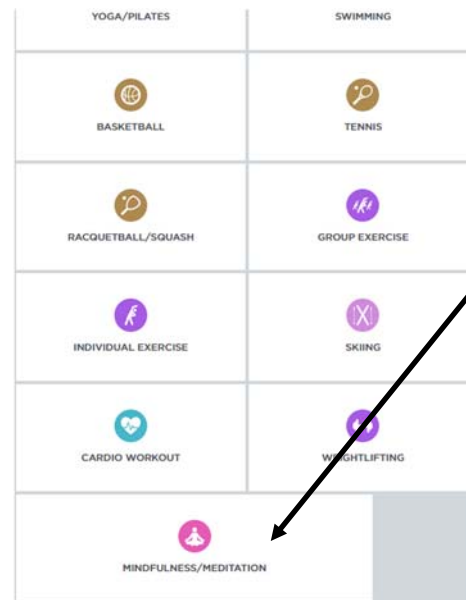
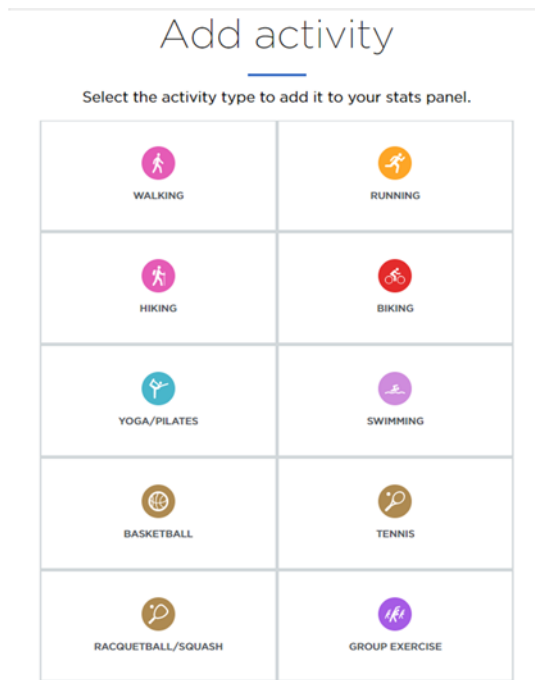
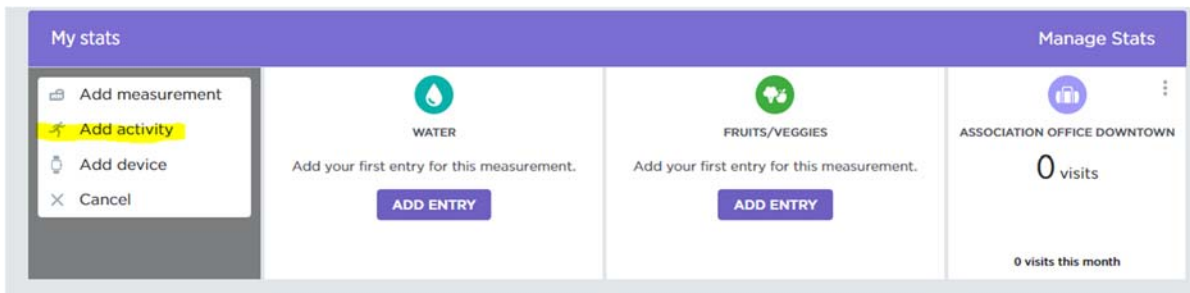
1. Start by adding your first stat. Click "Add measurement"
2. Under measurements you will log fruits/veggies and water. Make sure to check the boxes for water and fruits/veggies.
3. Then click "ADD STATS"



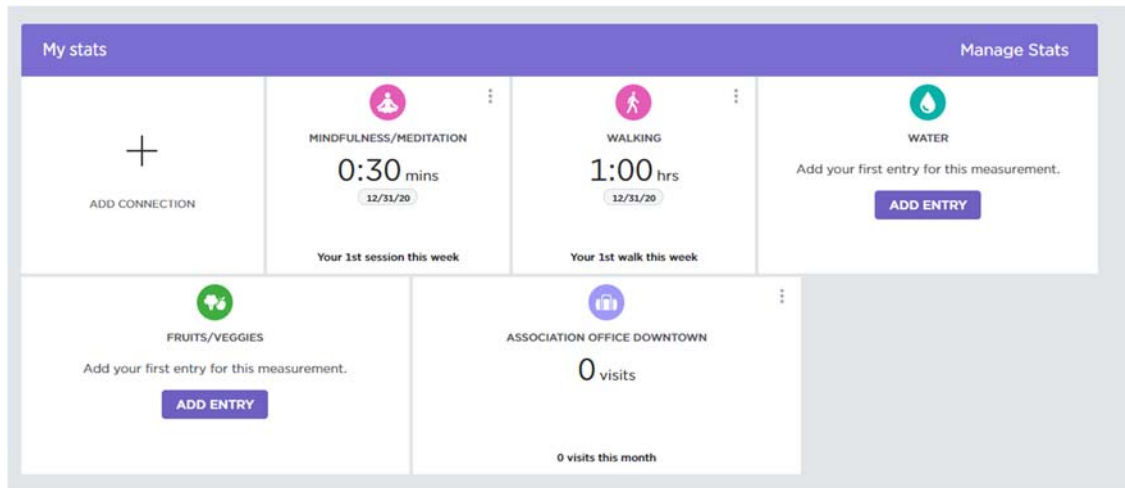
You can track any of the categories listed to the left. However, you will only receive points for water and fruits/veggies.



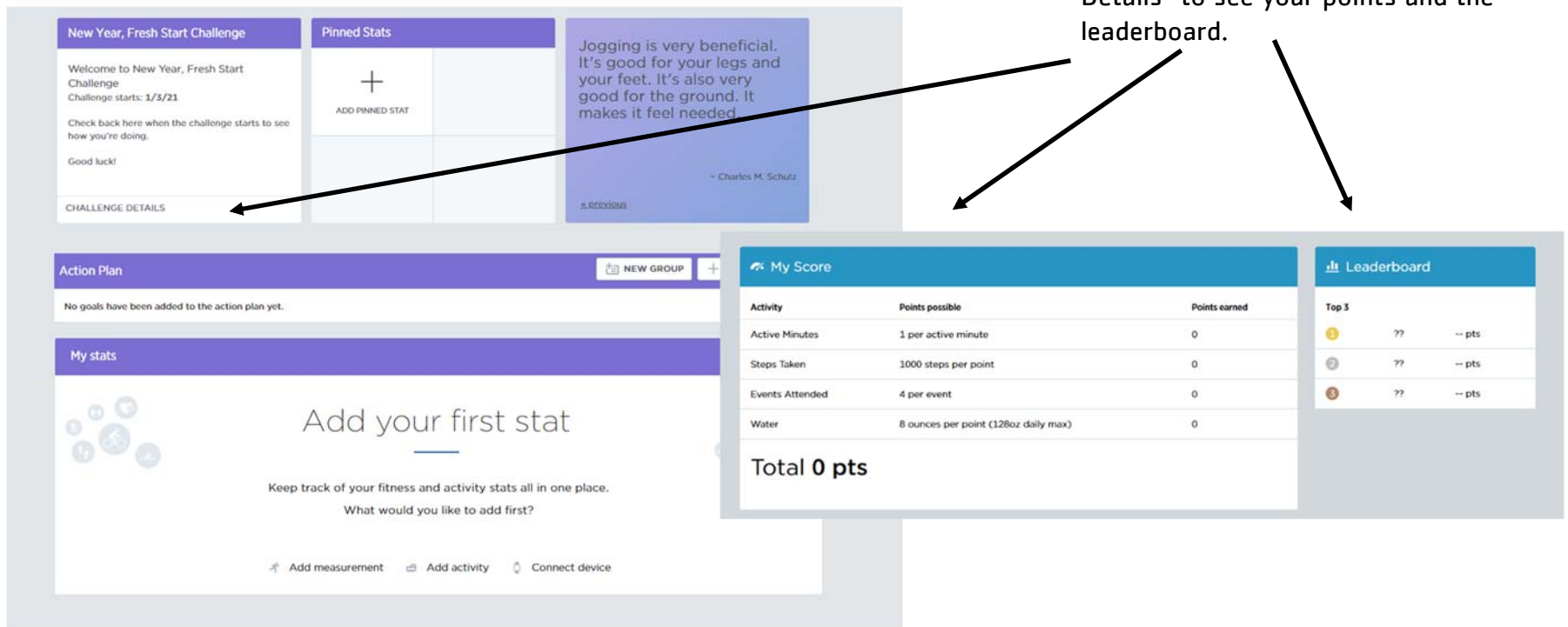
4. Next you will add activities to your stats. Click "ADD CONNECTION" and then select "Add activity"



5. Choose your activity from the list. For the weekly themed activities please choose "mindfulness/meditation." After selecting your activity, you will be prompted to enter the duration in hours/minutes. You will also be given the opportunity to set a goal for each activity. Goals do not need to be set and can be changed at any time. However, research shows those with goals tend to be more successful.



6. All your stats will be shown on the "My stats" panel. This is where you will find the icons to log your daily entries.



7. At any time you can click "Challenge Details" to see your points and the leaderboard.