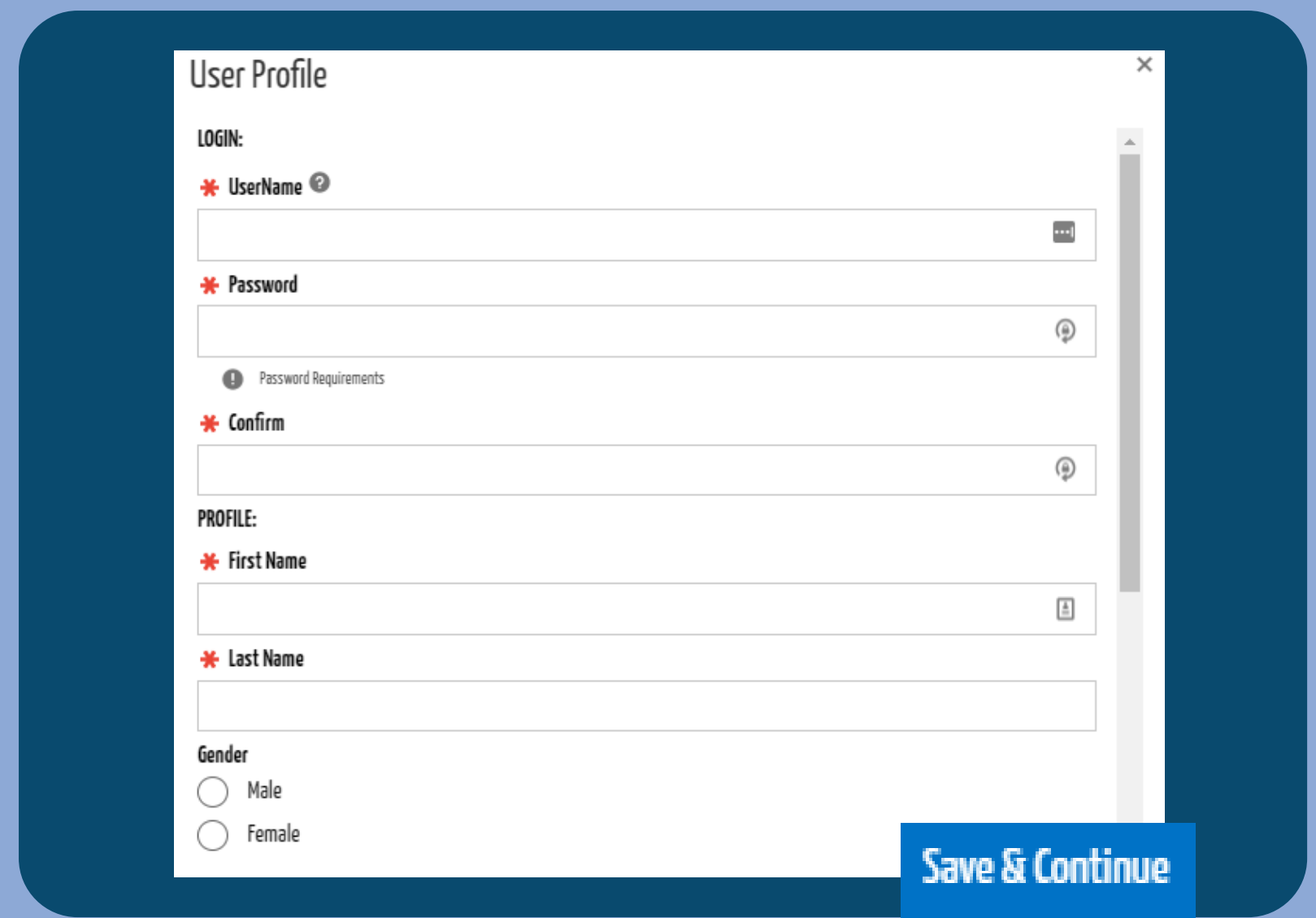
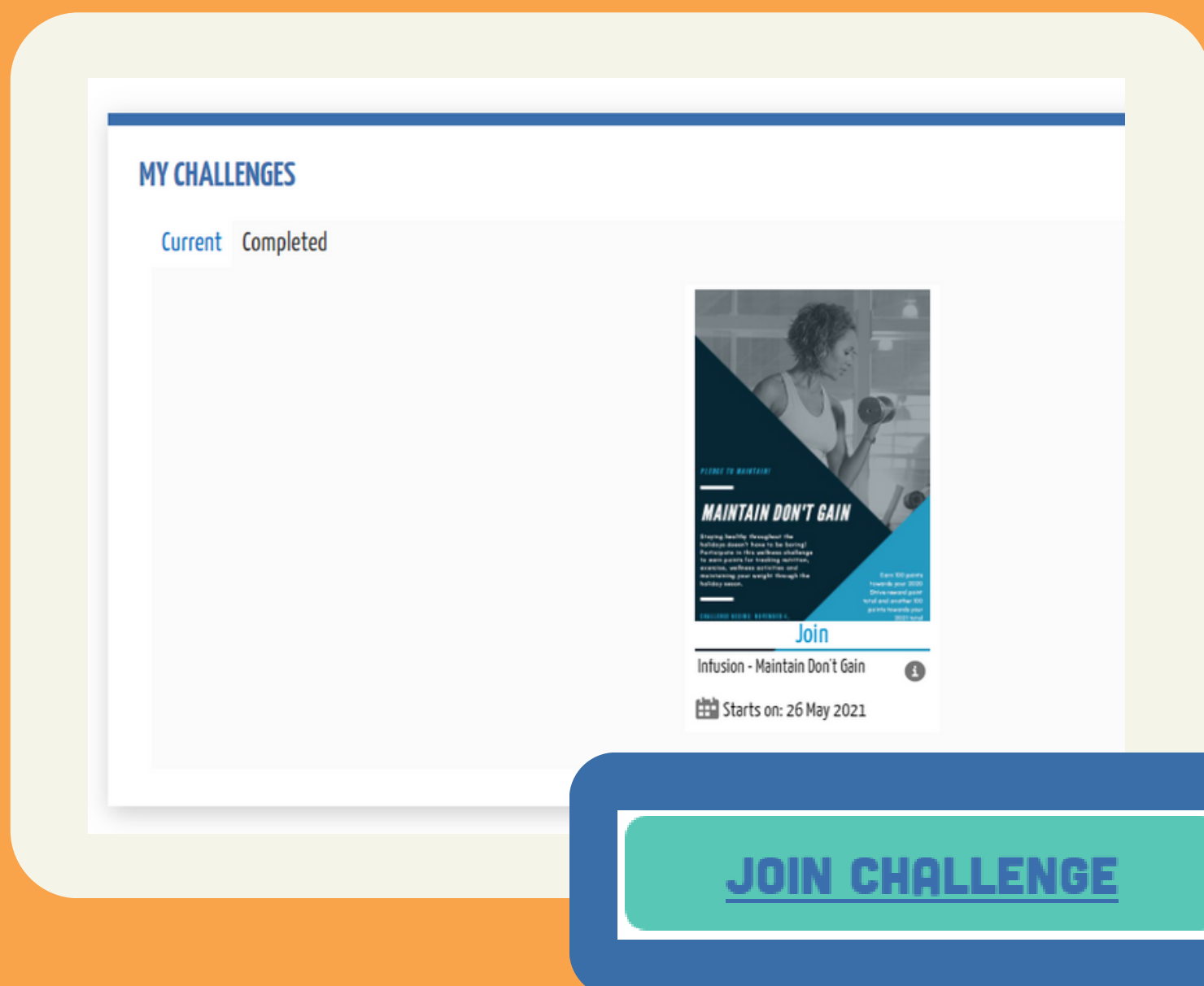


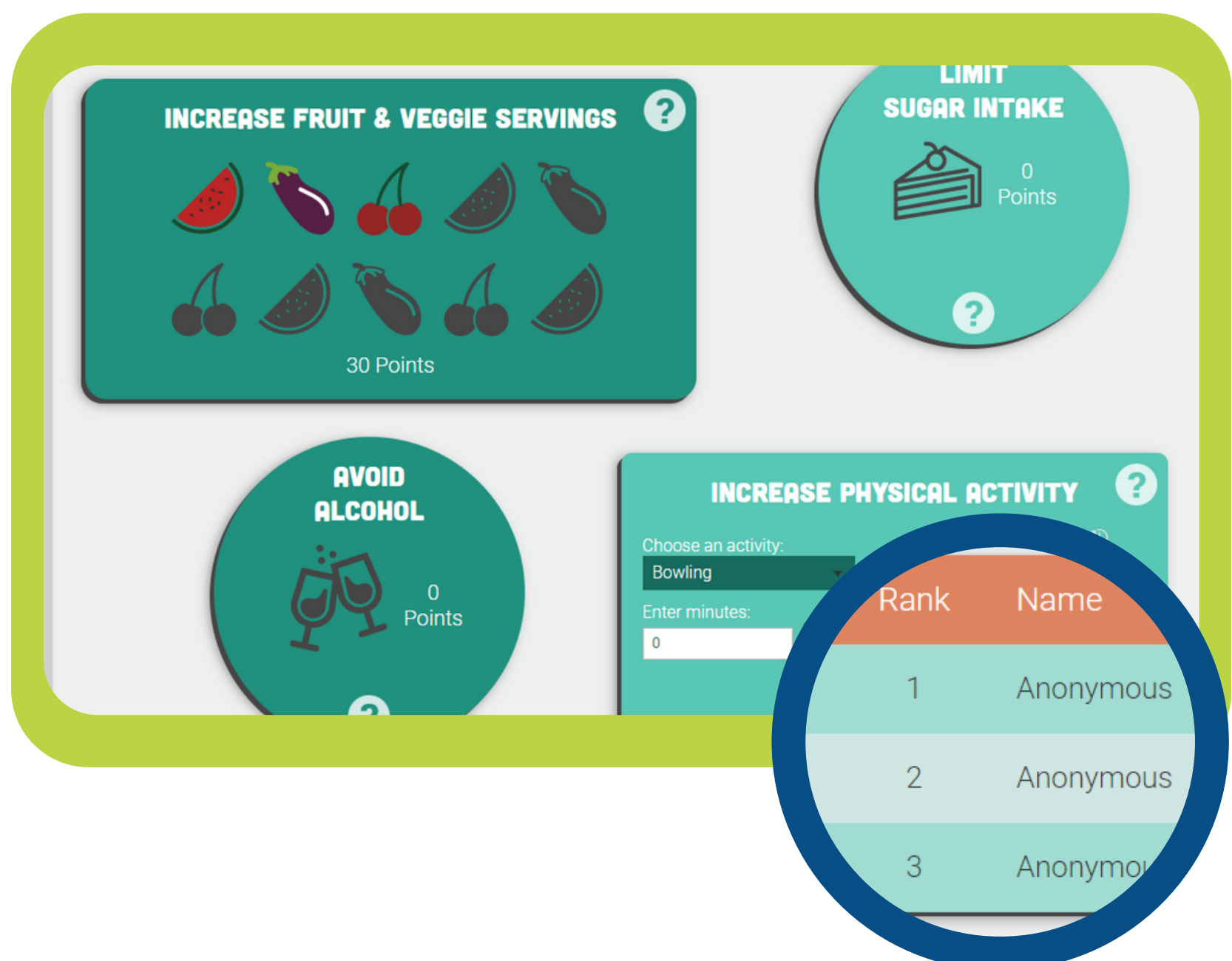
1 After navigating to kapnickstrive.com/commongroundwellness, click on the Sign Up button. Make sure to give your consent!



2 Create a username and password and enter your profile information. When you're done, click Save & Continue!



3 This is where you'll be able to see your available wellness challenges! Click on a challenge to join!



4 Keep track of your stats, track your progress, post to the message board, and earn challenge points!