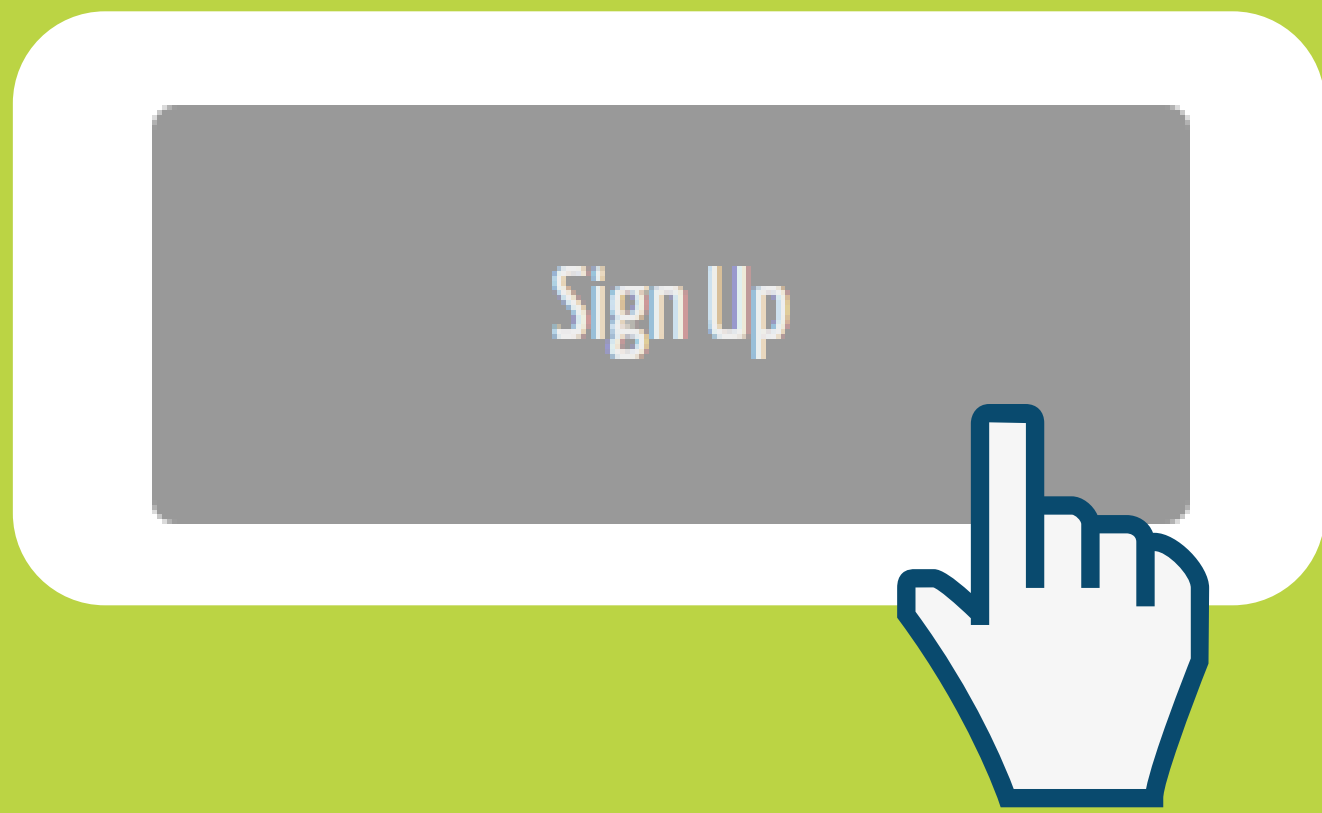


HOW TO SIGN UP

KAPNICKSTRIVE.COM/DPSCD



1

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

User Profile

LOGIN:

- * Username
- * Password
- Password Requirements
- * Confirm

PROFILE:

- * First Name
- * Last Name

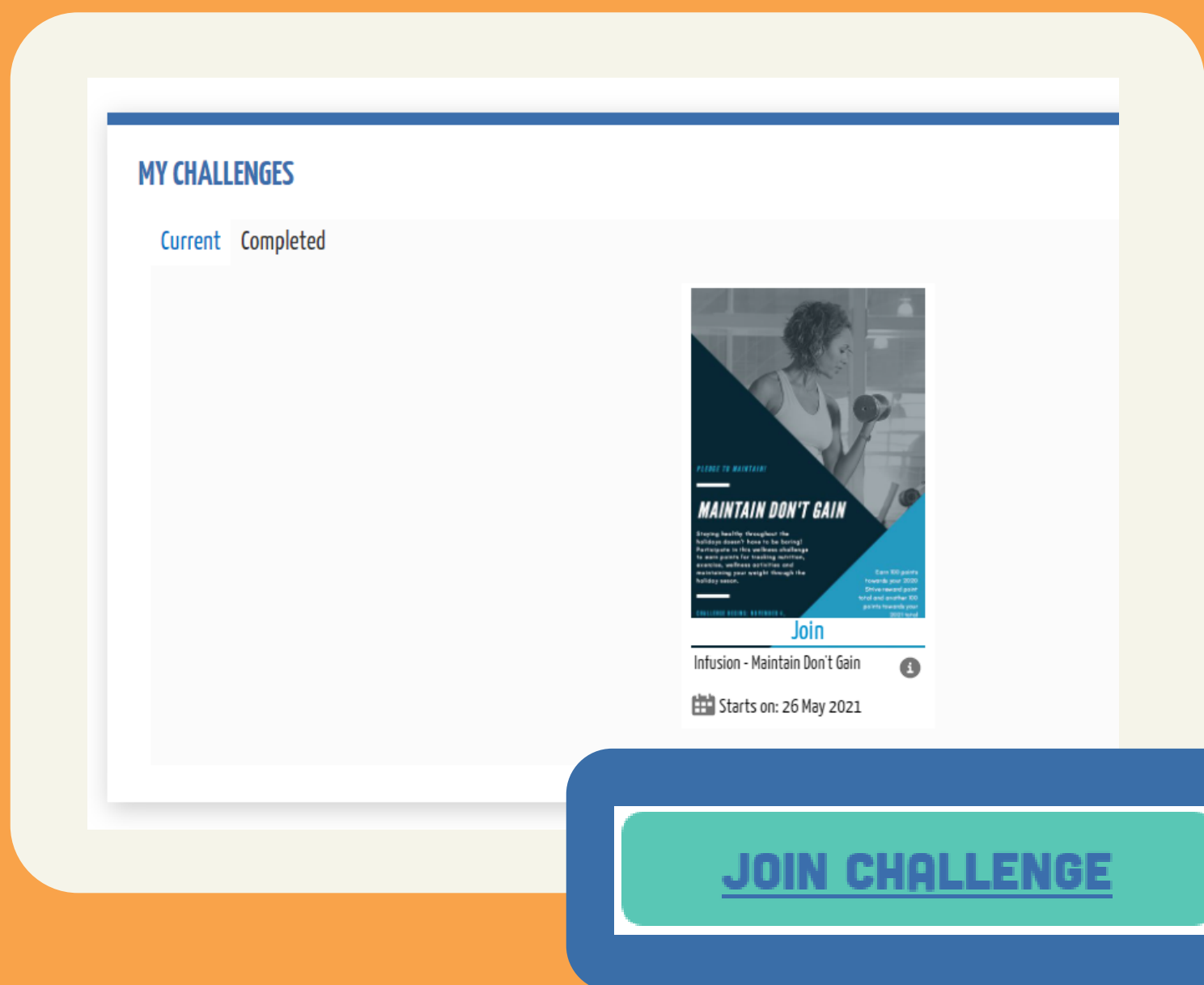
Gender

- Male
- Female

Save & Continue

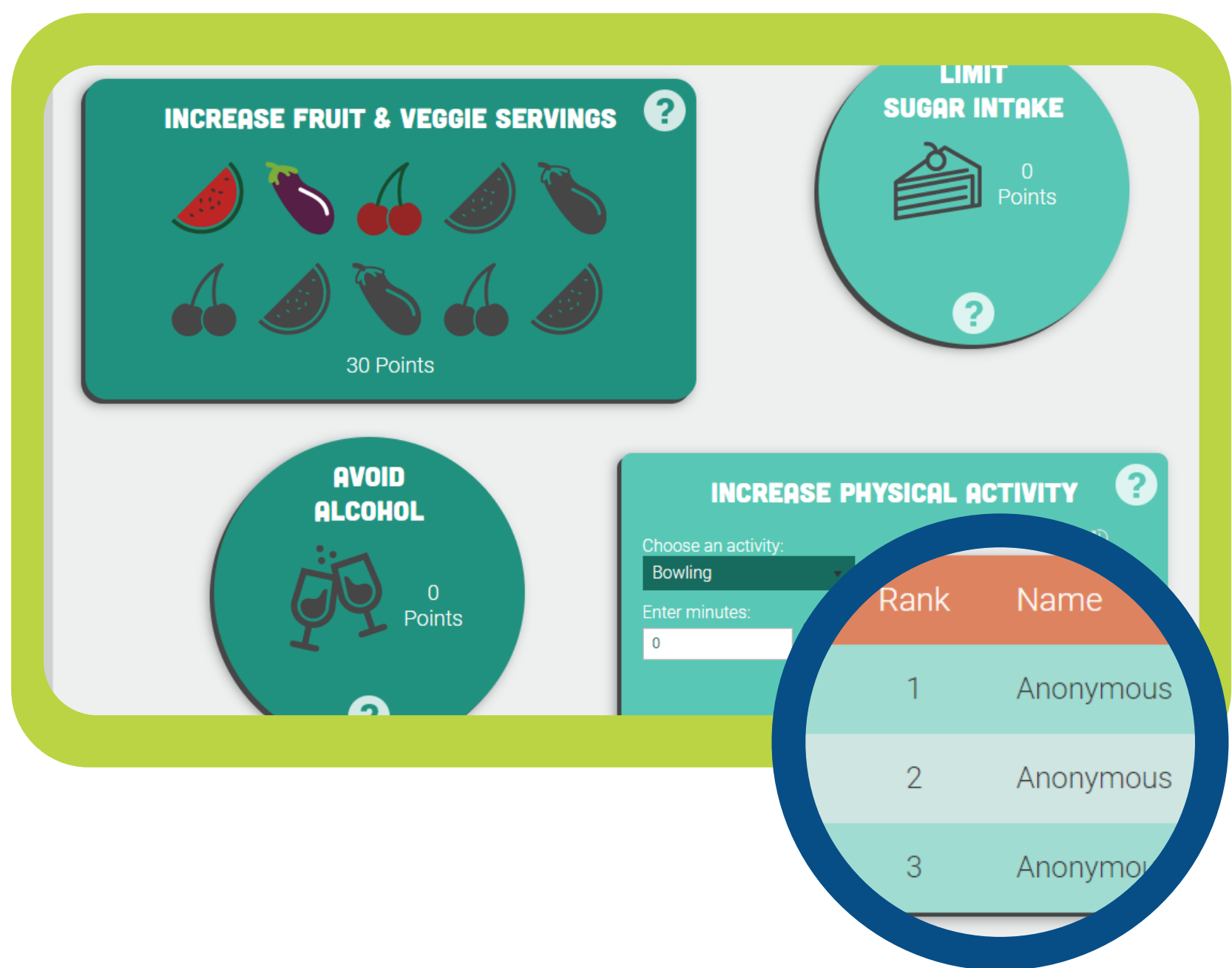
2

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!