

# HOW TO SIGN UP

## KAPNICKSTRIVE.COM/RIMA

1

After navigating to [kapnickstrive.com/RIMA](https://kapnickstrive.com/RIMA) 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!

**User Profile**

**LOGIN:**

- \* Username ?
- \* Password
- ! Password Requirements
- \* Confirm

**PROFILE:**

- \* First Name
- \* Last Name
- Gender
  - ☐ Male
  - ☐ Female

**Save & Continue**

**MY CHALLENGES**

Current Completed

**Infusion - Maintain Don't Gain**

Starts on: 26 May 2021

**JOIN CHALLENGE**

**INCREASE FRUIT & VEGGIE SERVINGS** ?

30 Points

**LIMIT SUGAR INTAKE**

0 Points

**AVOID ALCOHOL**

0 Points

**INCREASE PHYSICAL ACTIVITY** ?

Choose an activity: Bowling

Enter minutes: 0

Rank	Name
1	Anonymous
2	Anonymous
3	Anonymous