MOVE4MANA SIGN UP INSTRUCTIONS

How can YOU participate in this 21-day challenge?

**Signing-up on the Active For Good App:**

  
1. Download the free Active For Good app on your Apple iOS or Android phone.

2. Press “Enter Event Code” and type in “RSSM4M.”

3. Enter a username, email address, and password. An email will be sent to you to verify your account.

4. Begin tracking your physical activity!

**Logging an activity:**  
1. Tap on “LOG AN ACTIVITY” and select your activity type.

2. Select your start time, duration of your workout, and effort of your workout.

3. Press save an activity.

**Automatically logging an activity:**1. Press on the three-bar side menu and click on settings.

2. Select your fitness device (Fitbit, Garmin, Health app).

3. Follow the instructions on the screen.

**Accessing the three-bar side menu**

1. Your stats

2. The leaderboard

3. Your activity history

4. Your messages