

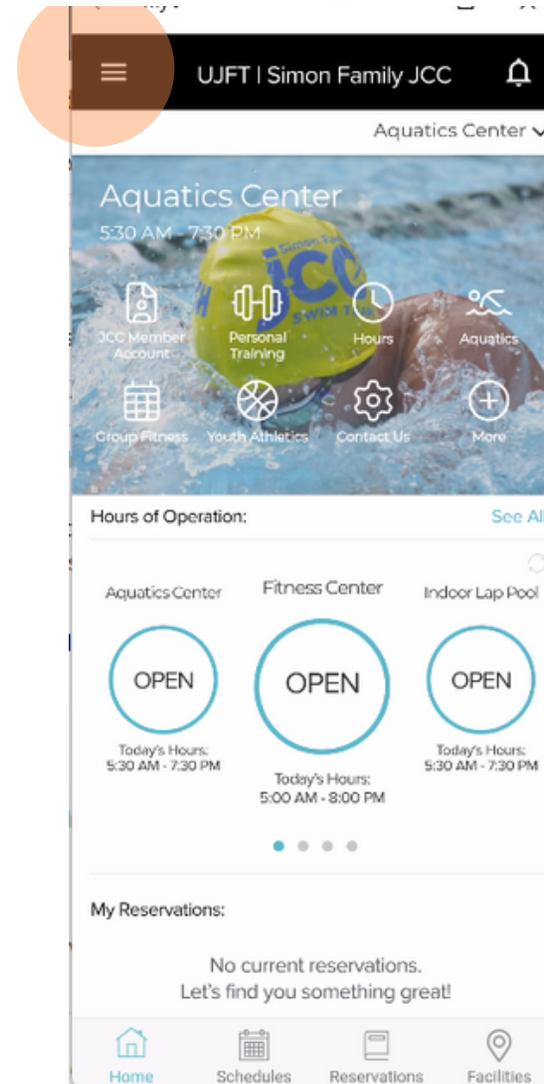
How to Join a Challenge



Fitness. Family. Fun.
FOR EVERYONE!

1. Begin by logging into the MyJ app on your phone.

Next, click on the menu in the upper left hand corner.

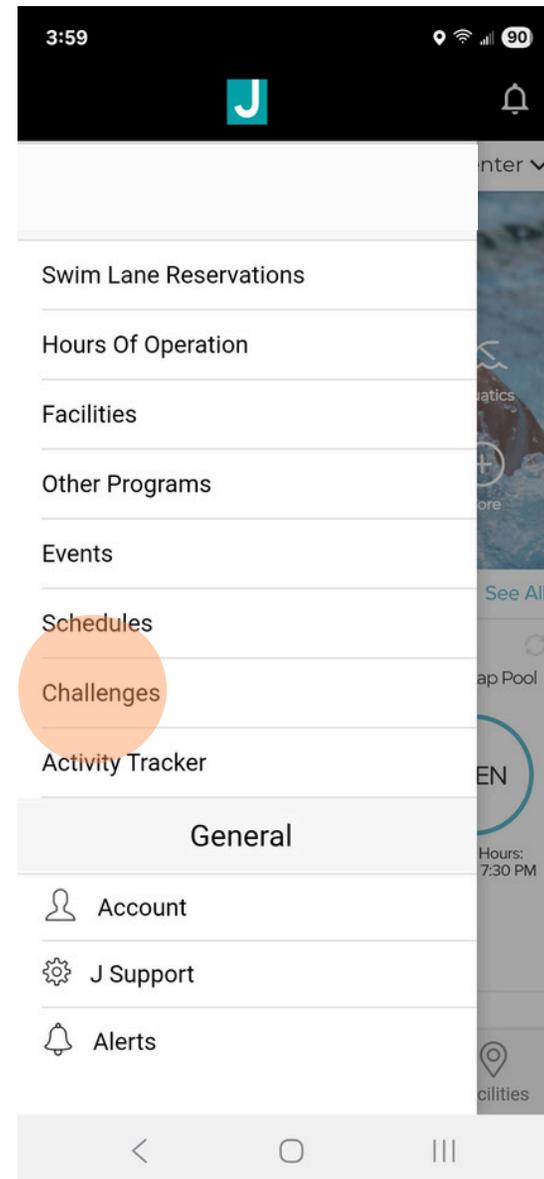


How to Join a Challenge



Fitness. Family. Fun.
FOR EVERYONE!

2. Once you have the menu, click on Challenges.



How to Join a Challenge

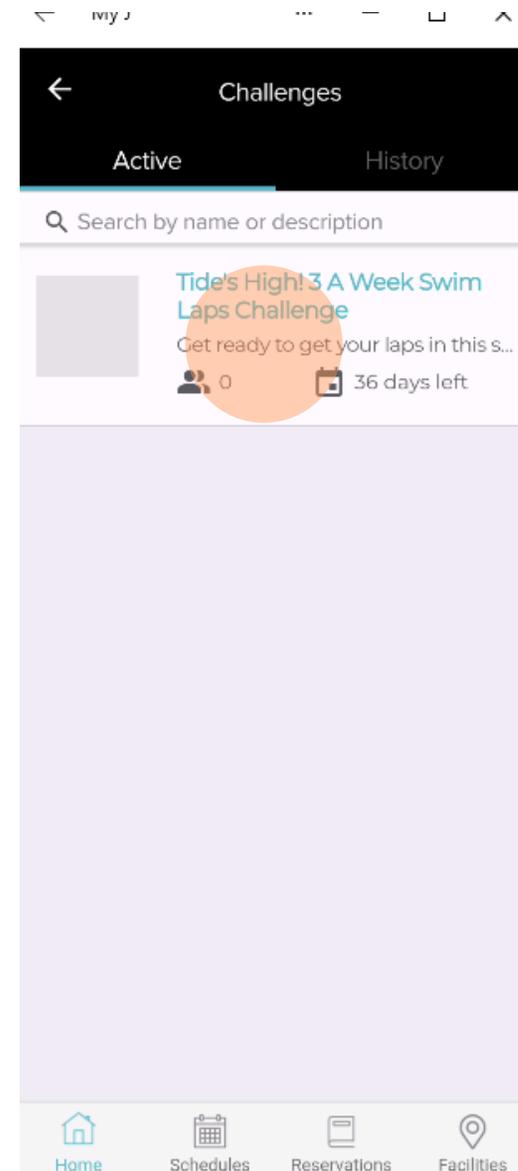


Fitness. Family. Fun.
FOR EVERYONE!

3. When the Challenges menu opens, you'll see all the Challenges that are being offered. Some of these Challenges will appear in the list a month or so before you can join, so people have time to plan to participate.

Keep in mind that the Challenges can be anything, so be sure to read the description on the Challenge. In this instance, it's a swim challenge.

Click on any Challenge to see the details or join.



How to Join a Challenge

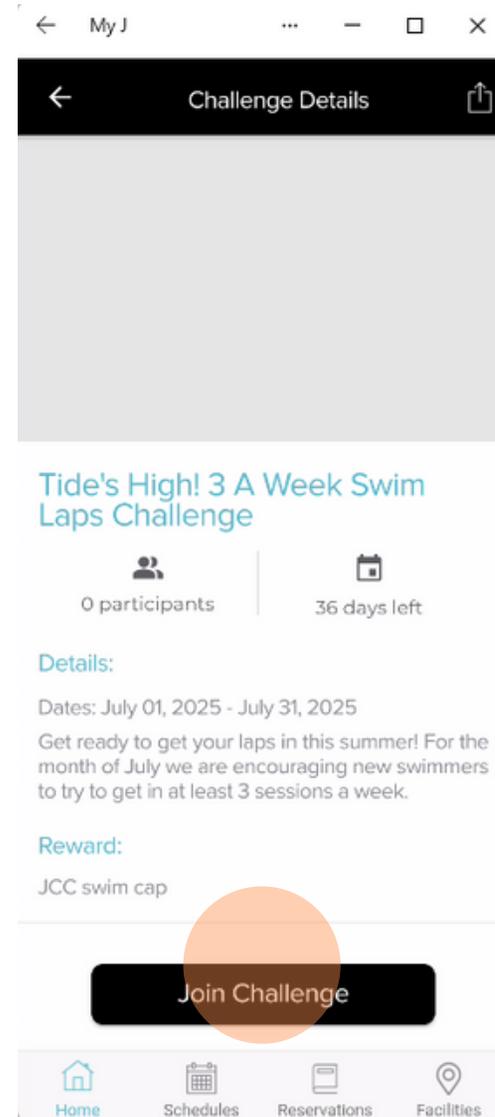


Fitness. Family. Fun.
FOR EVERYONE!

4. Under Challenge details you'll see what's required, as well as the time limit for the Challenge.

If there are any prizes for the Challenge you'll see those in the Reward box.

To join the Challenge, just click **JOIN CHALLENGE**.

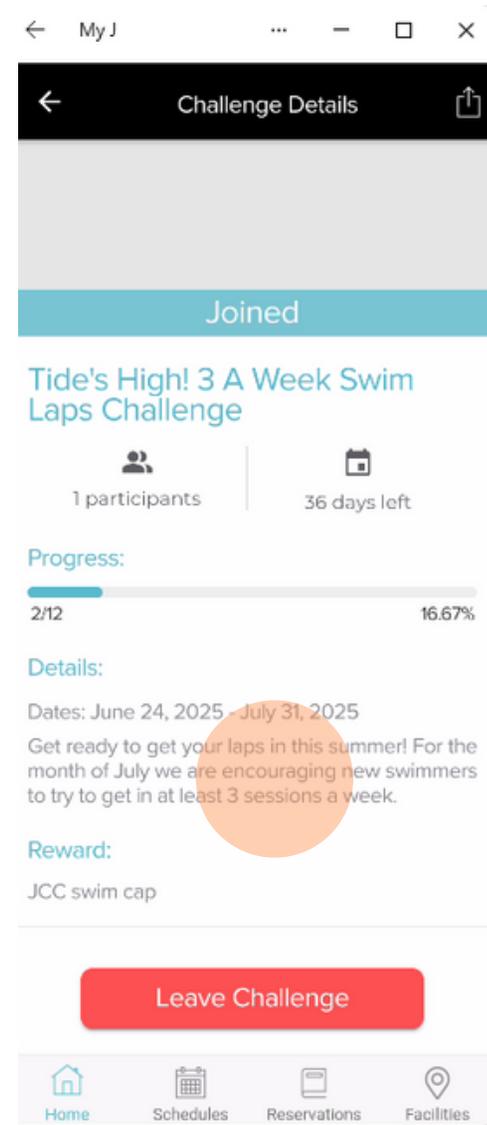


How to Join a Challenge

5. Once you have joined the Challenge, there are 2 types of things you'll need to do.

First, if the Challenge says *classes*, or *sessions*, you'll need to register for the particular class or make swim lane reservations.

Once the reservations have been made, **make sure you CHECK IN** on the tablet in the Front Desk area or outside the exercise studio.



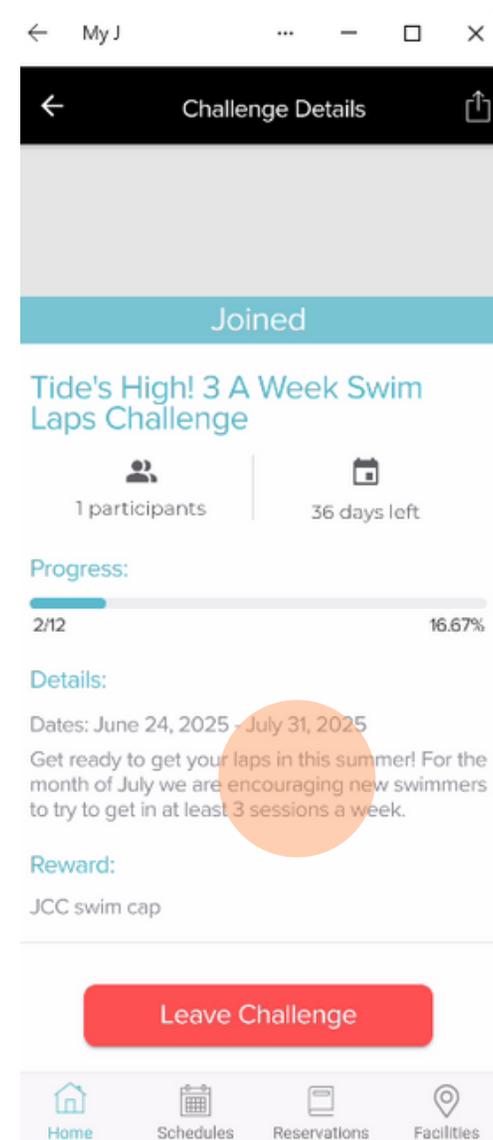
How to Join a Challenge



Fitness. Family. Fun.
FOR EVERYONE!

6. Second, the other way to participate in a Challenge is to log your activities under the Activity Tracker.

Some Challenges are interested in steps, or other activities and those are logged in the Activity Tracker. The Tracker will also autopopulate the date and the time that you've completed an activity, so don't forget to log it when you're done.



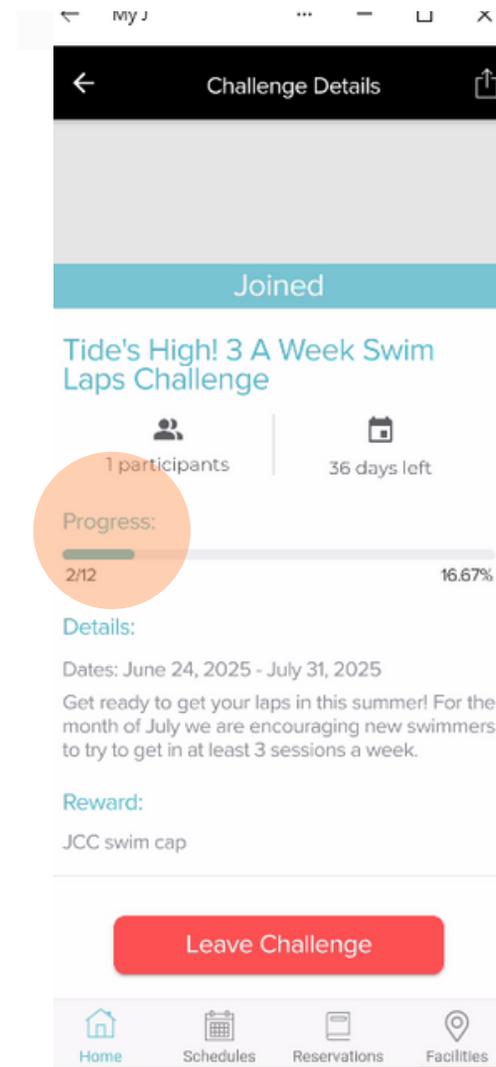
How to Join a Challenge



Fitness. Family. Fun.
FOR EVERYONE!

7. As you participate in the Challenge, MyJ will follow your progress and show you how you're coming along.

Since this Challenge was about swim sessions, you can see that the participant has already registered and checked in for 2 out of the 12 Challenge sessions.



How to Join a Challenge



Fitness. Family. Fun.
FOR EVERYONE!

8. Sometimes things don't go as planned, or your Challenge gets interrupted. It's okay, we have plenty more Challenges coming up.

To stop participating in the Challenge, you can open the Challenge list again, choose the Challenge you're participating in and click the LEAVE CHALLENGE box.

You'll be able to pick up another Challenge when you're ready!

