



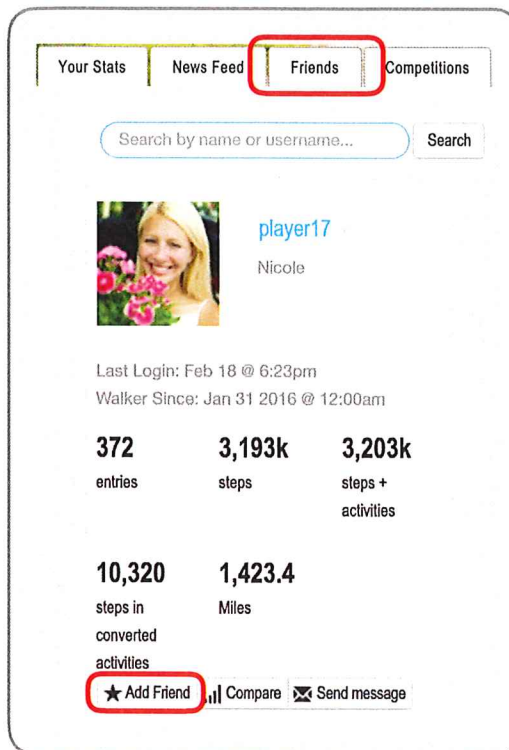
INTERACT & SHARE

FIND FRIENDS. ADD JOURNAL ENTRIES. PHOTOS. AND MORE!

1

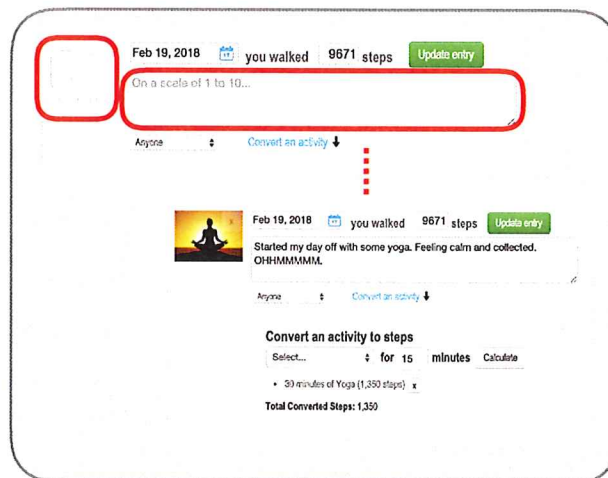
There are two ways to add friends:

1. Click on the friends tab and search for them by name or username.
2. Visit a person's page and click "Add Friend" below their avatar.



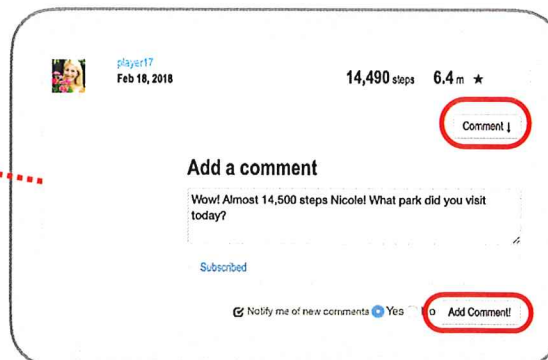
2

Add a picture and/or note to your daily step entry. Click on "Add an Entry" and click on "Upload a Photo". Add a note about your day in the text box. When you're ready click to "Add Entry" or "Update Entry".




3

Comment on a friends step entry. Cheer them on, make suggestions, get suggestions or just let them know you're thinking of them.



Have questions or need assistance?

Look for the blue  button on the lower right-hand corner when you are logged into your program.