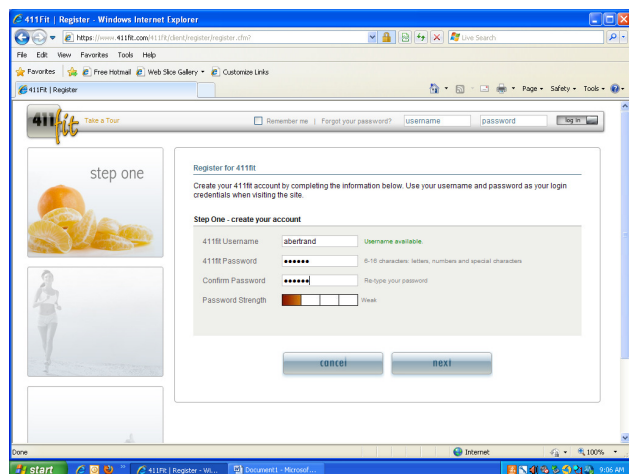




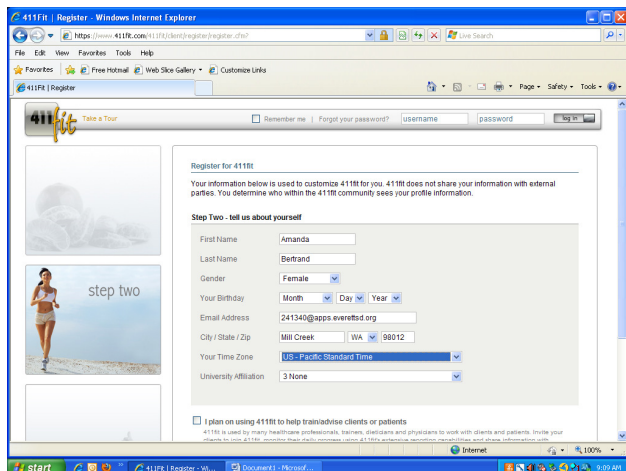
Click on the bottom:
FREE INDIVIDUAL SIGN-UP



**USE YOUR 1ST INITIAL THEN
 LAST NAME**

SLILLIBRIDGE

**USE SCHOOL ID# FOR
 PASSWORD
 CLICK NEXT**



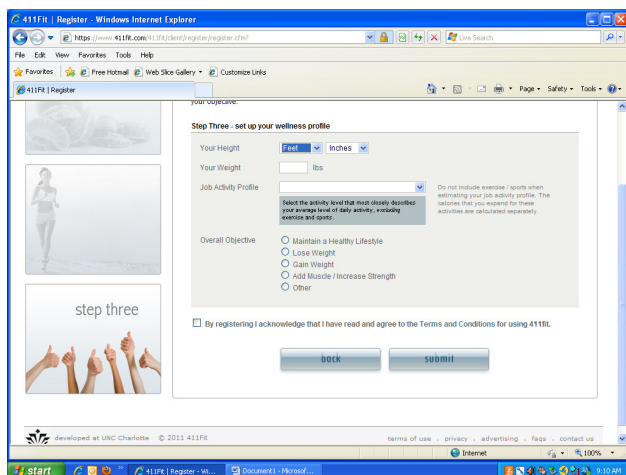
FILL IN ALL INFORMATION

EMAIL ADDRESS IS:

ID@apps.everettsd.org

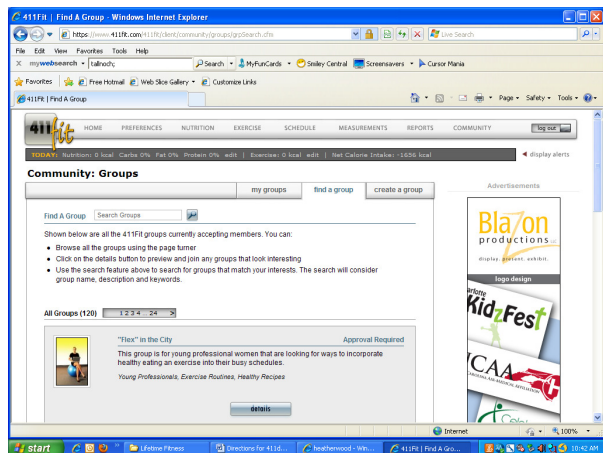
AND TIME ZONE IS:

PACIFIC STANDARD TIME

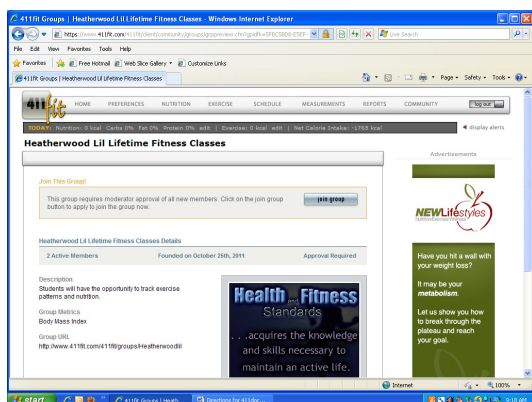


PUT IN HEIGHT AND WEIGHT

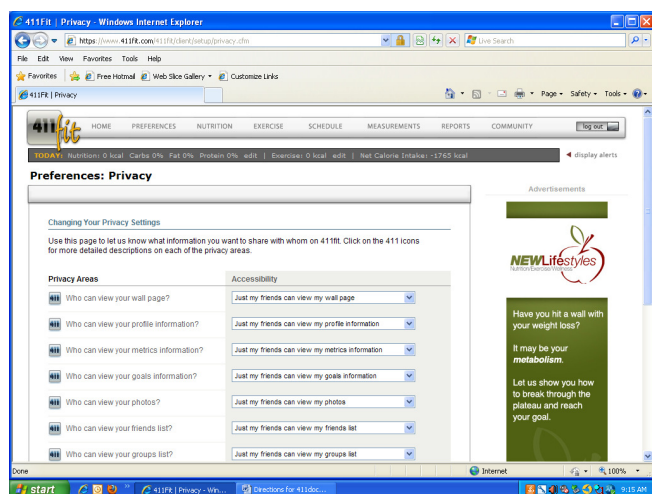
**DECIDE WHAT BOX YOU
 WOULD LIKE TO WORK ON FOR
 YOUR GOAL**



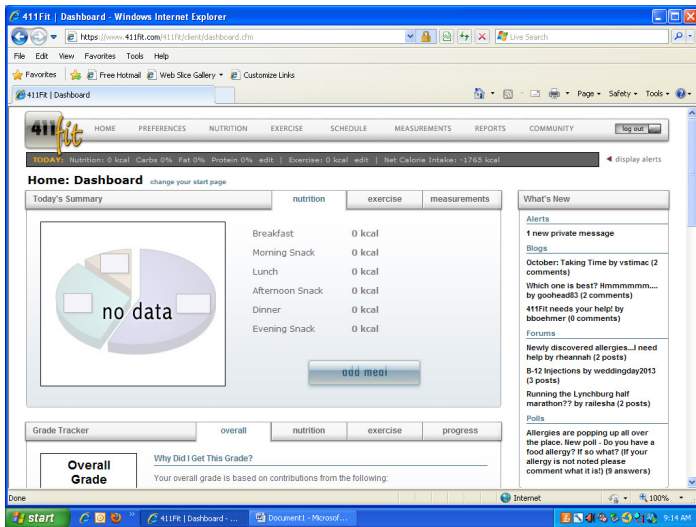
Then go to upper right side menu bar and click on community – groups
Under “Find a Group” Type in Heatherwood Lil. Pick the proper period that you have Lifetime Fitness!



Click Join Group There will be an e-mail sent to your google address as soon as I accept your request.



Change your privacy areas to read just my friends.



HOME IS YOUR DASHBOARD
CLICK ON EXERCISE AND
ENTER YOUR INFORMATION
AND YOUR NUTRITION. There
also is an area for tracking
hydration.

LOG OUT!