## **Registering for the Health Community (required to participate in health challenges)**

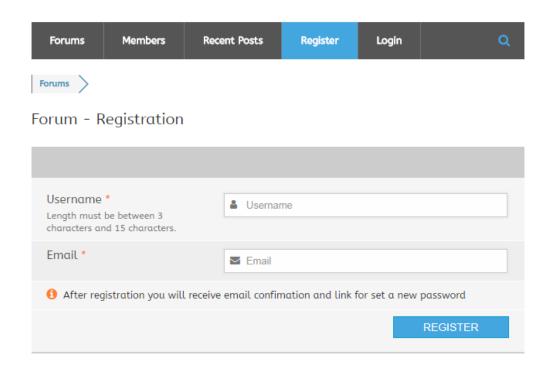
1. Click on the HEALTH COMMUNITY page from the drop down menu of the CHALLENGES link



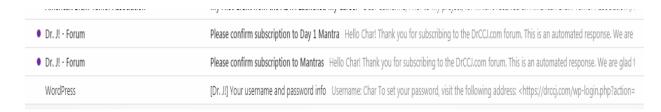
2. Click on the Click the REGISTER button on the Health Community page



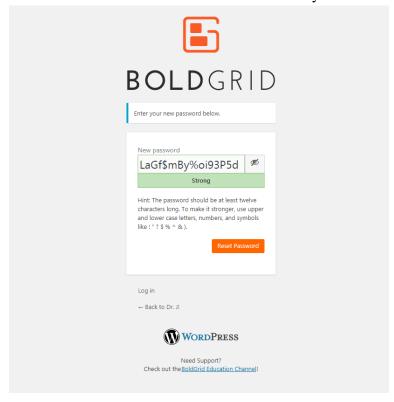
3. Enter a USERNAME and your EMAIL address in the boxes. Then click the blue REGISTER button below



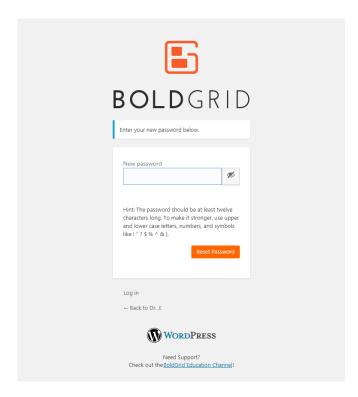
4. After registration CHECK YOUR E-MAIL. You will receive an email confirmation and link to set a password. If the e-mail is not in your inbox, check your spam folder.



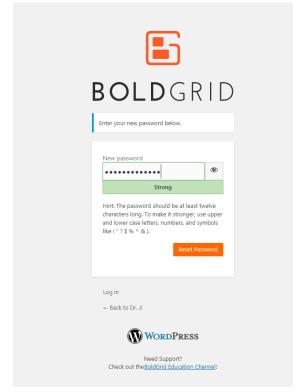
5. CLICK THE LINK in the email and click the link. It will take you to BOLD GRID.



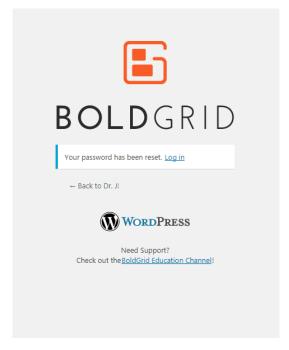
6. DELETE the generated password in the box.



7. Now REPLACE the generated password with your own personal password. Then click the set password or reset button



8. Once set, you will see a message stating your password has been set or your password had been reset.



9. CLICK THE LINK at the bottom of the screen TO GO BACK TO DR. J! which will take you back to DrCCJ.com



10. Once back to the website. Go back to the HEALTH COMMUNITY and LOG IN to comment and reply.

