

Onboarding checklist

01 Add a profile photo

This makes a huge difference - a faceless community is not what The Fit Life is about. This challenge is group-based, and you'll be submitting homework to a private Forum each day, so I'd like you to add a picture to your profile before we kick off.

Simply tap the 'You' tab bottom right > your initials top right > 'Profile' > camera icon

02 Toggle push notifications

This is important, as you'll need to be able to receive notifications from me (and your community) in a timely manner throughout your challenge. Make sure the following are all toggled on: 1. Trainer updates 2. Workout reminders 3. Task reminders

Simply tap the 'You' tab bottom right > Settings > Notifications

03 Take the 'Starter Quiz'

This will give you the chance to reflect on how things are currently, and it'll recommend prioritising either the beginner or advanced challenges once we get started!

Simply head to On Demand > Resources > The Challenge Pack > The Starter Quiz

04 Introduce yourself!

I'd love you to introduce yourself on the community 'Challenge Forum' and share what you're most excited to learn or accomplish during this challenge, including an introduction - a bit about yourself and why you're here.

Simply head to Today > Community Forums > The Challenge Forum