



HOW TO ENROLL IN CHALLENGE NOTIFICATIONS

Sample Challenge
ABOUT THE CHALLENGE >

You are not enrolled in message check-ins for challenge. **Enroll Now >**

Sample Challenge

This challenge allows you to receive daily check-in reminders via text message, email and app notifications. Text message reminders allow you to check-in directly from your phone each day by replying with your total for the previous day. Ex: Receive reminder on Tuesday and reply with your total from Monday.

Choose Message Option:

- Send SMS Text Message (requires valid mobile number entered below)
- Send Email Message
- Send App Notification Message (only available if using the Android or iOS app)

Confirm Or Enter Your Mobile Phone Number

We need a valid phone number capable of receiving text messages to send your daily reminders. We will never share your personal information. You can stop receiving the reminders at any time.

555-555-5555

Select a Time for Your Daily Reminder

The time that you receive your reminder message to reply with your check-in total from the previous day.

8:00 AM

I confirm that I would like to receive a daily text message reminder during this challenge. I understand that I can stop receiving these reminders by editing my settings or replying "STOP" to a received text message.

You must enter a mobile phone number to receive SMS text messages.

Cancel **Enroll**

✓ Your message options have been updated

Sample Challenge
ABOUT THE CHALLENGE >

You are enrolled in text message check-ins for challenge. **Update Options >**

Select the challenge you would like to enroll in for message check-ins and click on "Enroll Now."

Select which message options you would like to receive.

If you choose to enroll in text messaging, please enter in a valid phone number capable of receiving text messages and select the time of day you would like to receive your reminder.

Check the confirmation box for receiving text messages (if you have chosen to do so) and click on "Enroll."

Please note: You may also use text messaging to report your tracking for the previous day. Only reply once per day with numerical data and NOT alphabetical data. For example, if you consumed 8 cups yesterday for a water challenge, you would reply only with "8" instead of "8 cups." If you are participating in a check box challenge, your text message will contain a link that will direct you back to the portal to track.

A confirmation message will appear at the top of the page when you have successfully enrolled.

To "opt out" or update your notification preferences in the future, click on "Update Options."