

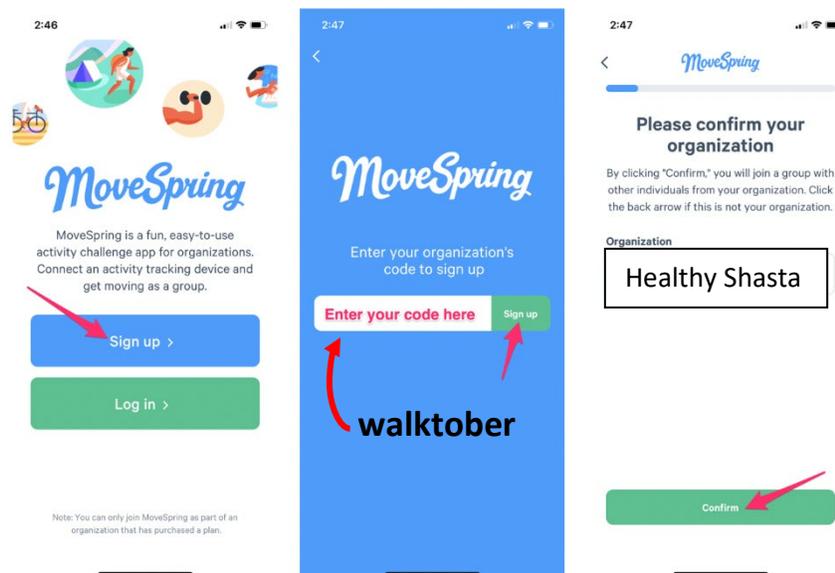
## Creating an account with MoveSpring

Sign up for the Healthy Shasta Walktober Challenge

1. To sign up online follow this link:

<https://link.movespring.com/join?orgCode=walktober&groupCode=MG23GK>

2. To sign up with an app: Use your personal device, download MoveSpring from the app store and open MoveSpring.
3. Select **Sign up** to sign up for a MoveSpring account.
4. Enter the code **walktober**. Once you've entered your organization's code, select **Sign up** again.
5. Confirm your organization is **Healthy Shasta** by selecting **Confirm** (If your "Healthy Shasta" isn't displayed, select the "<" arrow at the top left to try again).



6. Fill out additional information to set-up your profile. Select **Continue**.
7. Personalize your profile by selecting a photo and a username. Then, select **Continue** to finalize your account creation.
8. Select **Connect your device now** to [connect a device](#). (This is the app or device you use to track your steps.)
9. You should now be redirected to your MoveSpring dashboard, where you can view your daily activity, **join challenges**, and more. Learn how to navigate the MoveSpring dashboard [here](#).
10. Find the **Challenges** section and join/start a team in the **Walktober Challenge**. Happy stepping!