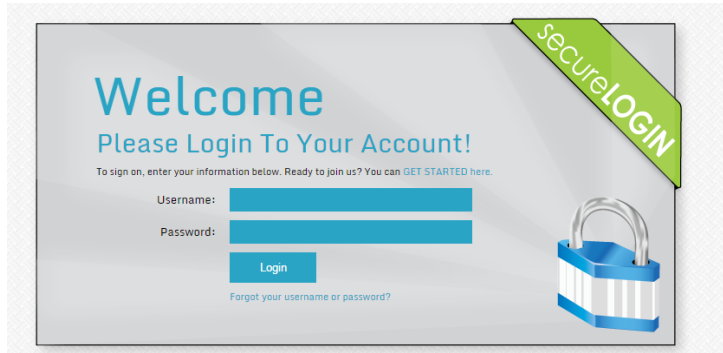


INSTRUCTIONS FOR THE WELLNESS CHALLENGE PORTAL



The login screen features a light gray background with a blue padlock icon on the right. A green diagonal banner in the top right corner reads "secureLOGIN". The text "Welcome" is in large blue font, followed by "Please Login To Your Account!". Below this is a small instruction: "To sign on, enter your information below. Ready to join us? You can GET STARTED here." There are two input fields: "Username:" and "Password:". A blue "Login" button is positioned below the password field. A link "Forgot your username or password?" is located below the login button.

LOGGING IN

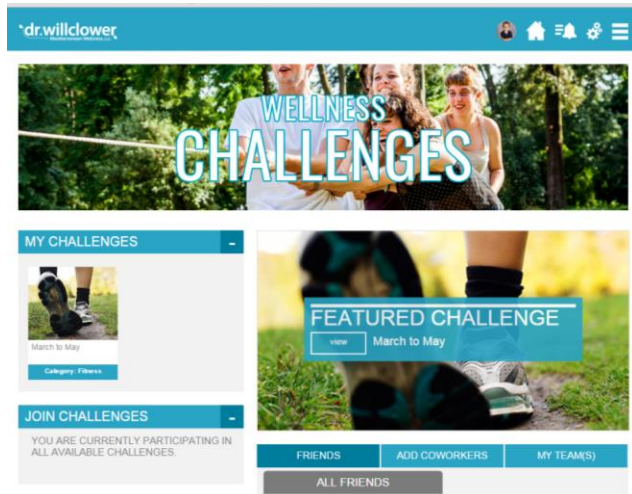
Log in to Mediterranean Wellness with the username and password that we provide for you.

After you log in for the first time, you'll have the opportunity to change this.



CHOOSE YOUR PLATFORM

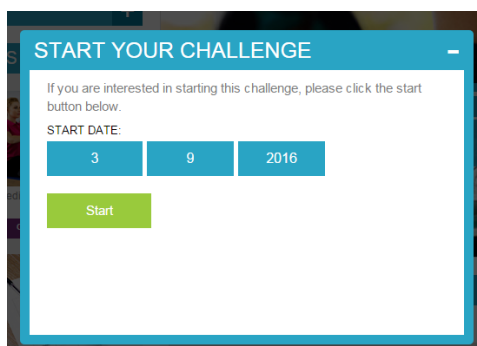
Choose the "March to May" challenge from the platform options.



CHOOSING THE CHALLENGE

Participate in the March to May Challenge!

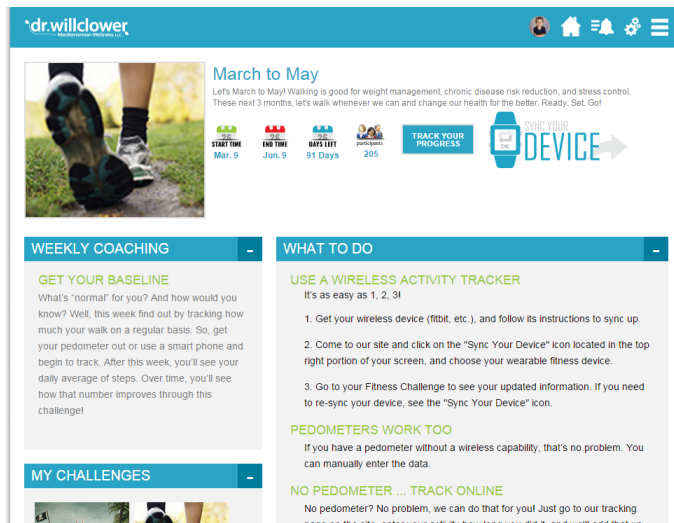
Simply, click on "more info," and then "Join."



The screen has a blue header with the text "START YOUR CHALLENGE". Below this, it says "If you are interested in starting this challenge, please click the start button below." There is a "START DATE:" label followed by three input fields: "3", "9", and "2016". A green "Start" button is positioned below the date fields.

START YOUR CHALLENGE

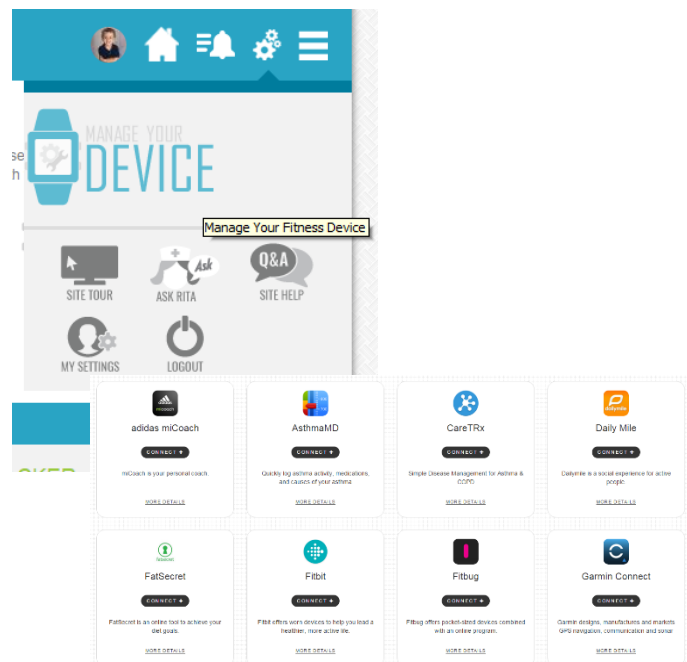
Click on the "Start" button to join the challenge. You will then be redirected to the challenge page.



THE CHALLENGE

Once you are redirected to the challenge page, you'll have access to:

- What To Do
- Weekly Coaching
- Progress Tracking
- Sync Your Device option
- Charting
- Ability to create a team
- Challenge entry and goal tracking
- View the weekly company goal



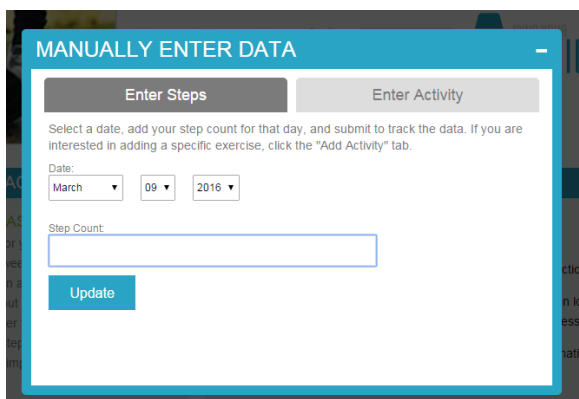
TRACKING STEPS THROUGH A DEVICE

In order to track your device through a wearable activity tracker, you'll need to connect your device to our system.

To do this, go to the "gears" icon, and click the "Manage Your Device" icon.

Choose your device and click "Connect."

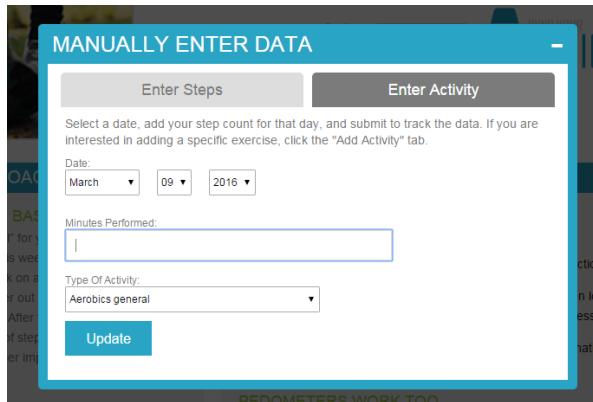
Your steps will automatically sync to your account when you return to your challenge.



TRACKING STEPS THROUGH A PEDOMETER

If you wear a pedometer, you can track your steps manually.

Click on the "Track Your Progress" button, choose the date you'd like to enter your steps for, and add your Step Count. Click "Update."



The screenshot shows a web form titled "MANUALLY ENTER DATA" with a close button in the top right corner. It has two tabs: "Enter Steps" and "Enter Activity", with the latter being the active tab. Below the tabs, there is instructional text: "Select a date, add your step count for that day, and submit to track the data. If you are interested in adding a specific exercise, click the 'Add Activity' tab." The form includes a "Date:" section with three dropdown menus set to "March", "09", and "2016". Below this is a "Minutes Performed:" text input field. The "Type Of Activity:" section features a dropdown menu currently showing "Aerobics general". At the bottom of the form is a blue "Update" button. The background of the page is partially visible, showing a sidebar with various links and a footer with the text "PEDOMETERS WORK TOO".

TRACKING STEPS FOR ACTIVITIES

If you do not wear a pedometer and do not have a wearable device, track your activity.

Click on the "Track Your Progress" button, click on the tab "Enter Activity," and choose the type of activity and the minutes you participated in that activity. Click "Update."

Our system will automatically convert your activity to steps.

SUPPORT

If at any time you need assistance with the use of our site, please contact us at: admin@willclower.com or 800-977-6337 – Monday thru Friday, 9 am to 5 pm EST, except national holidays.

A representative from our team will reach out to you within 24 business hours.