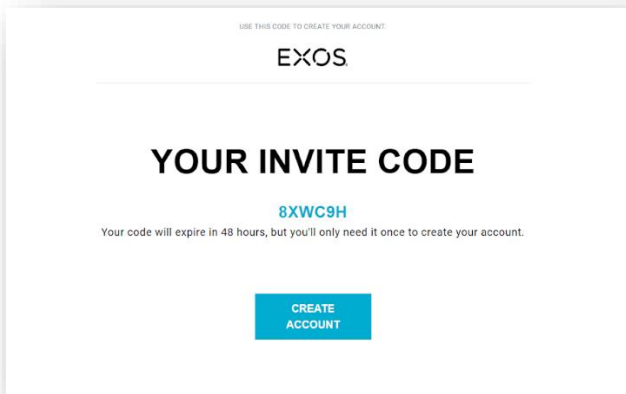


STEP 1:

Contact Mai Tran Wagner at tranm@smccd.edu with your preferred email to receive an invite code.

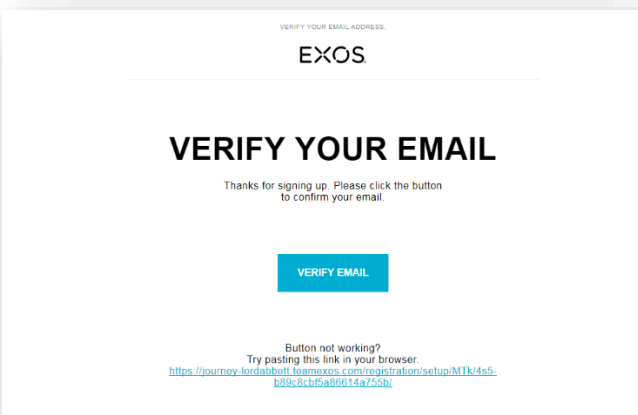
STEP 2:

Check your inbox for the special invite code from EXOS. Click on CREATE ACCOUNT within 48 hours of receiving the email (*code will expire if account is not created within the 48-hour time frame*). Check your spam or junk mail if you don't see it in your inbox.



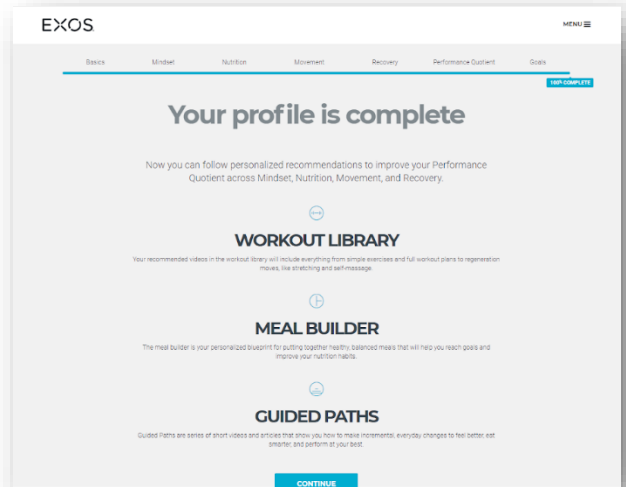
STEP 3:

Enter your email address and accept the Terms & Service. You will receive an email to verify your email. Check your spam or junk mail if you don't see it in your inbox.



STEP 4:

Complete your Journey Profile from there!



- You should be able to access all the valuable tools under TOOLS & RESOURCES, including the Workout Library, Meal Builder & Guided Paths!
- Your Performance Quotient will give you a baseline for the 4 Pillars- Mindset, Movement, Nutrition and Recovery.

