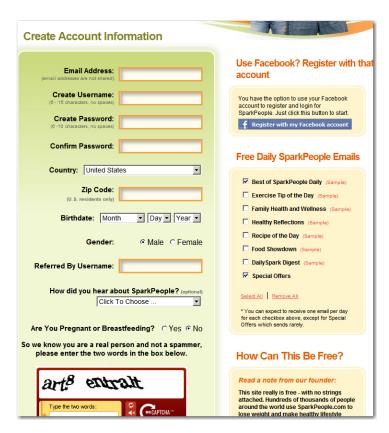
## Instructions to register at Sparkpeople.com and join the HuskyPAW team

1. www.sparkpeople.com



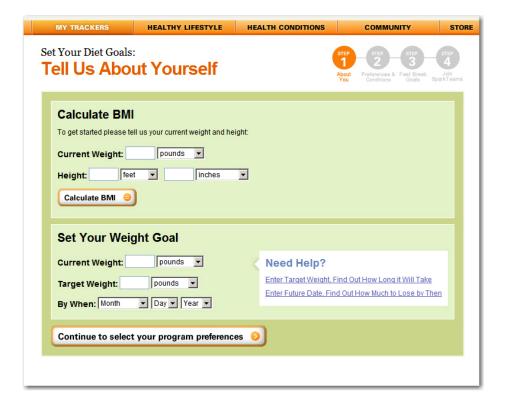
2. Complete the registration process. When registering as a user, please use your Michigan Tech ISO user ID. If you choose to use an ID other than your Michigan Tech ID, please email the Benefits office at benefits@mtu.edu to let us know what your user name is.



3. Choose your options.



4. Provide necessary information.



## 5. Enter preferences.

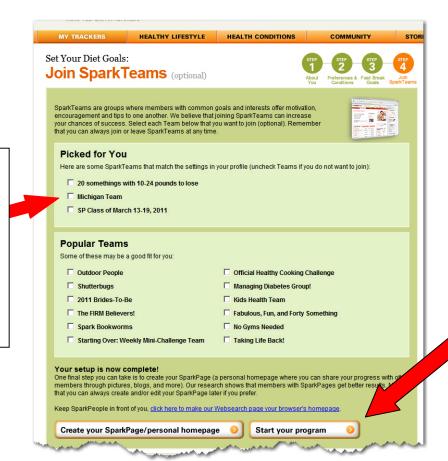


## 6. Set goals.



## 7. Join teams.

Uncheck these teams unless you want to join them. Our team name is Michigan Tech HuskyPAW. See below for the final steps to join HuskyPAW.





Click here and follow the prompts to join HuskyPAW

http://www.sparkpeople.com/myspark/groups individual.asp?gid=27471&gcode=J53QJWQKT1