

YMCA 360 On Demand



Latest Activity			View All	
Tue, Oct	26			
	Daily routine • Apple Health			
	Endurance	52 activity	points	
	1 mi • 389 cal			
Mon, Oct	25			
	Daily routine • Apple Health			
	Endurance	72 activity	points	
	2 mi • 543 cal			
My Trainin	g Plans			
(360)				Ó
360	On Demar	nd	My Y	Progress

After you have enrolled and paid for the Lose 2021 Challenge. You will follow these steps to join the challenge in the App so you can track your workouts.

On the Home Screen of the App, click on the "+" on the top right Holiday Challenge 2012 – How to join Challenge on the App



Under Quick Actions, click on "Join Challenge"



## Select the "Lose 2021 Holiday Fitness Challenge" from this screen



## Click on "Join Challenge" at the bottom of the screen



Once you have joined the challenge, you will see joined with a checkmark right under the challenge title.