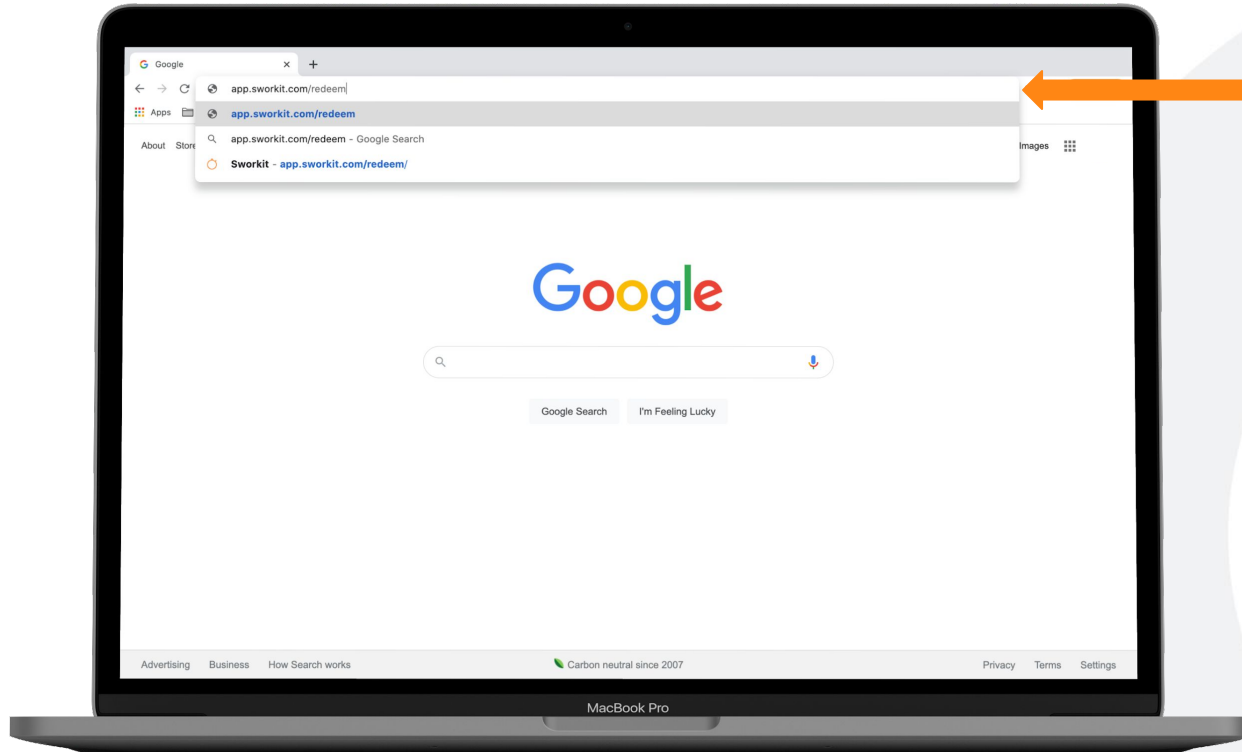


SWÖRKIT

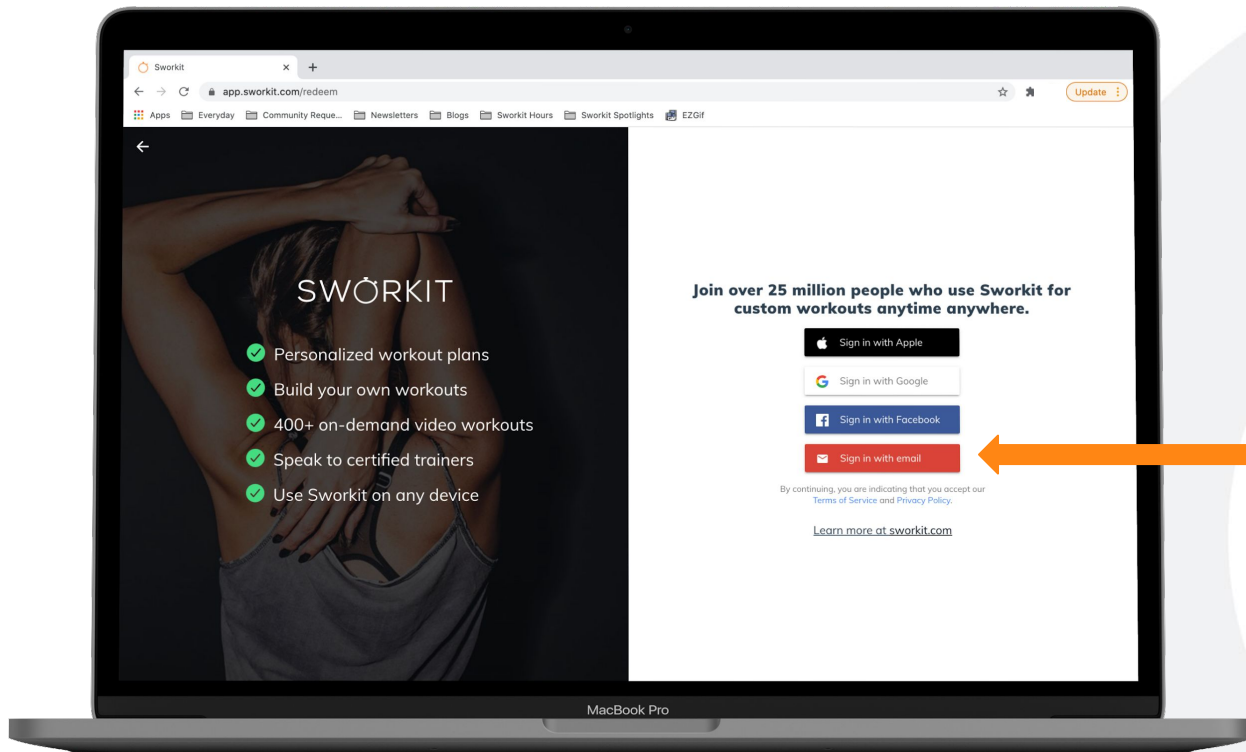
How to Guide: Students Create a Sworkit Account with their School Email



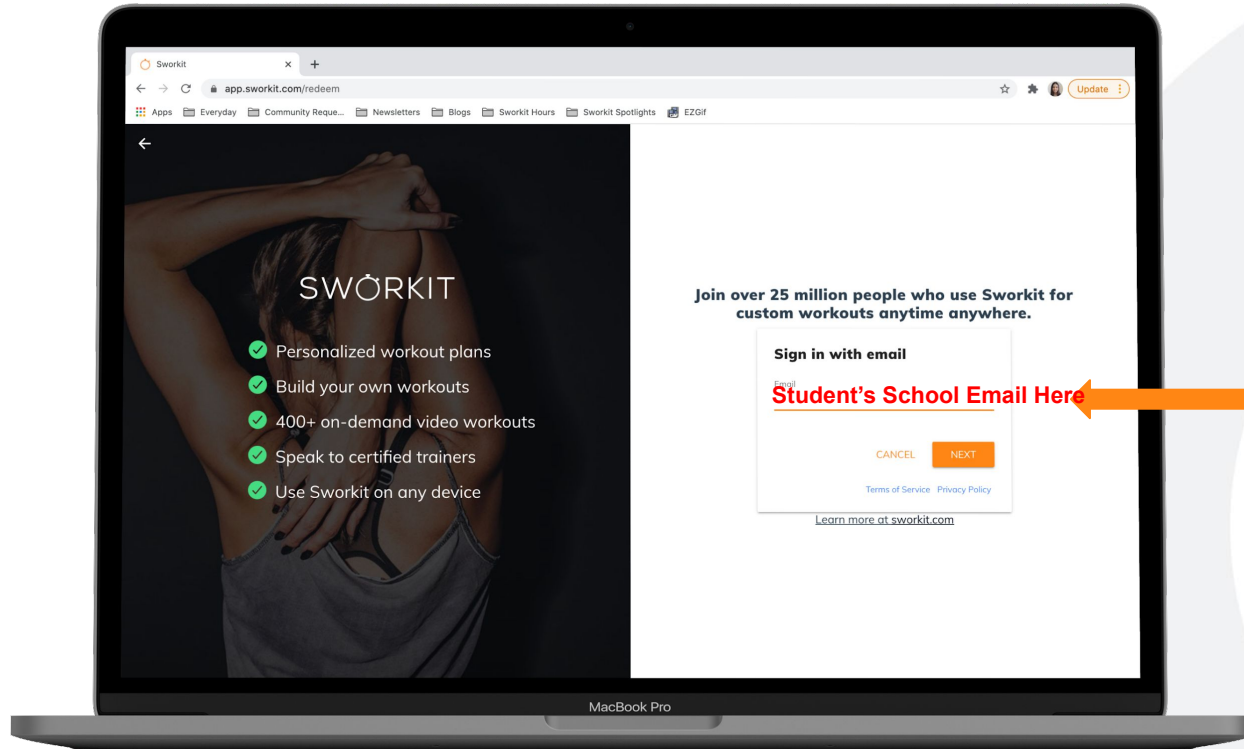
Step 1: From your web browser go to
<https://app.sworkit.com/redeem/>



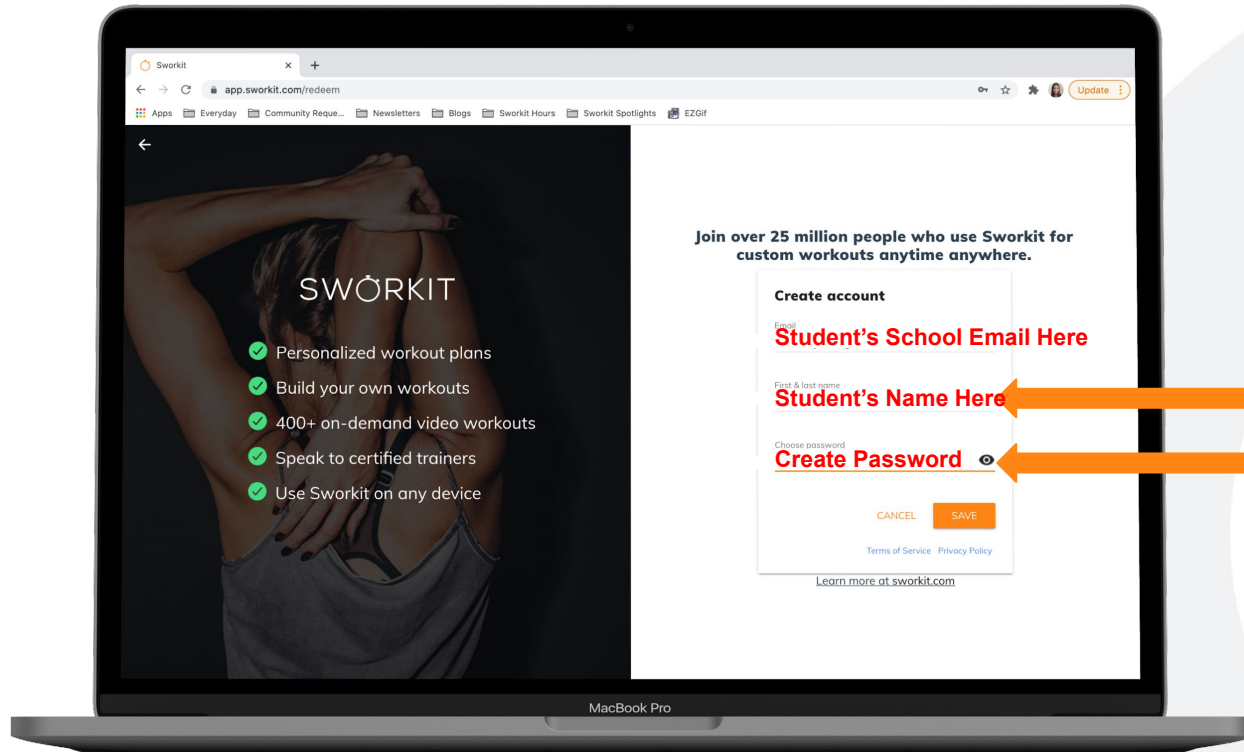
Step 2: Select "Sign in with email"



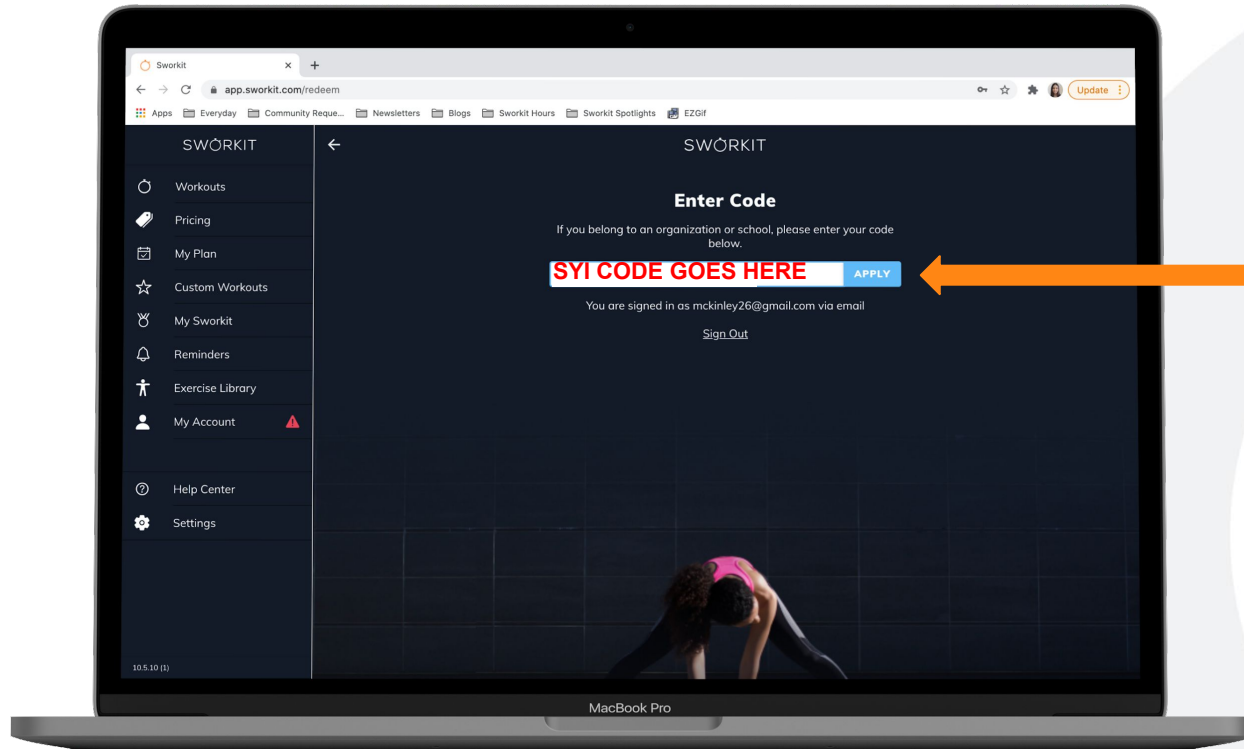
Step 3: Input school email then hit "Next"



Step 4: Student will input first and last name and create account password

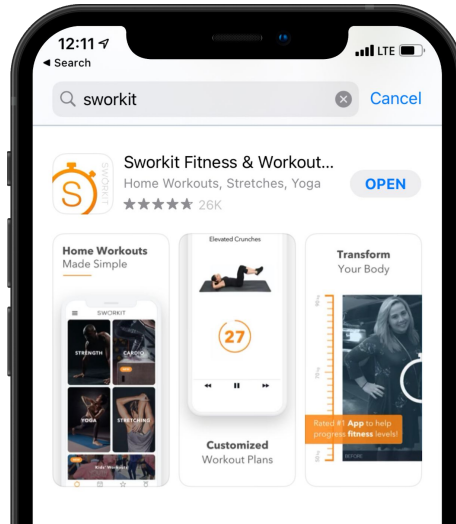


Step 5: Enter the Sworkit Youth Initiative access code provided and click "Apply"



Step 6: Once the account has been created, then download the Sworkit mobile app on any mobile device or tablet for more flexibility with use.

When signing into the mobile app, use the same email and password used to create the account on the web.



Step 7: Explore the app — there are a lot of workouts to choose from and you can select any workout for any amount of time. Sworkit should be used with adult supervision.

