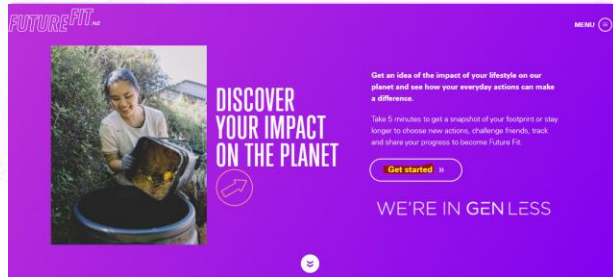




FutureFit quick steps

1 Go to the website and click **Get Started**



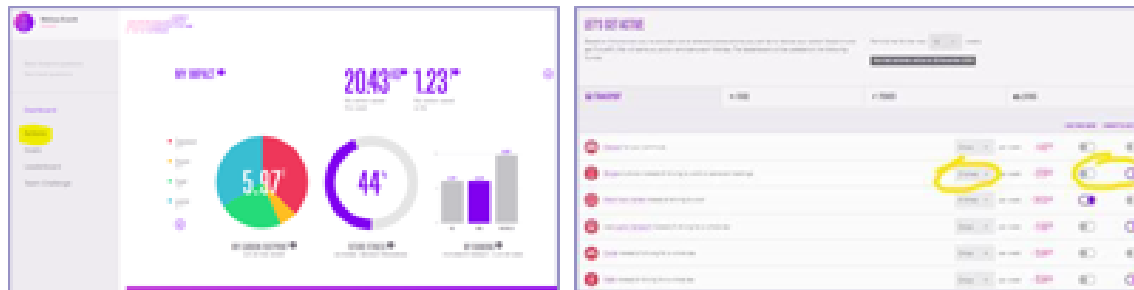
2 Answer the 3-5 minute survey



3 View your results then register
Click **Sign up** then fill in your details.



4 Choose some **actions**
Click 'I want to do this' for actions you want to try.



5 Complete actions every week by email or text. It takes 1-minute and your footprint updates automatically.

