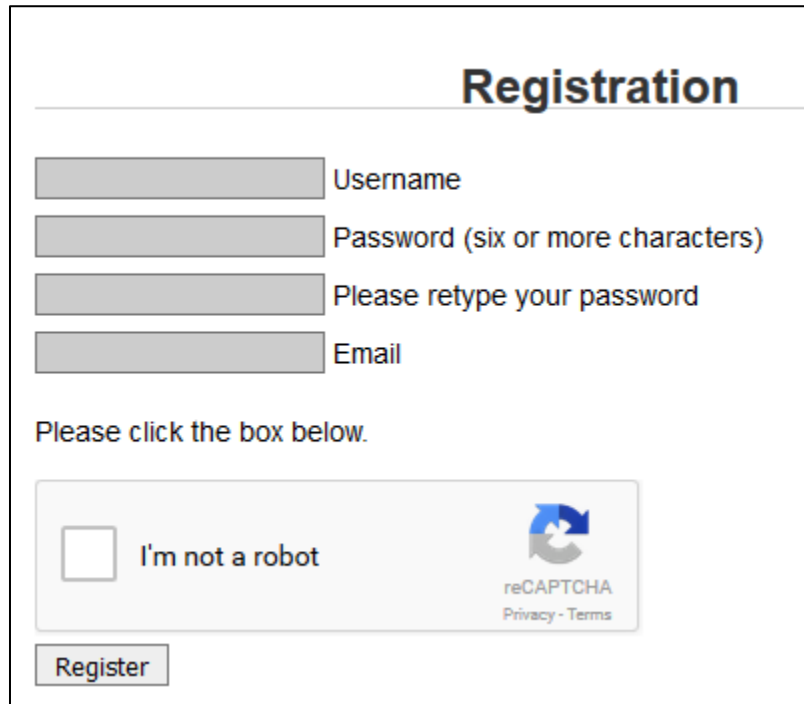
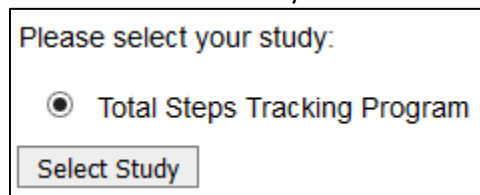


1. If you aren't already signed up, sign up for an account at study.ihtresearch.com/registration.php. When you come back later, you can log right in at study.ihtresearch.com. Fill in the form, click the box next to "I'm not a robot," and click the Register button.



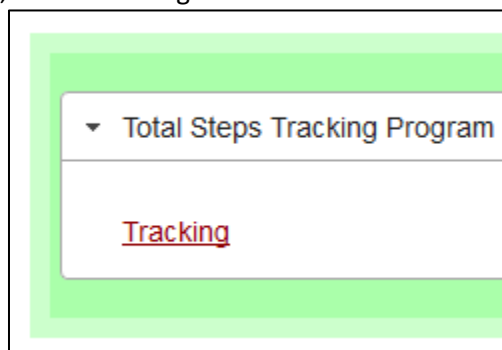
The screenshot shows a registration form titled "Registration". It contains four input fields: "Username", "Password (six or more characters)", "Please retype your password", and "Email". Below these fields is a reCAPTCHA widget with the text "Please click the box below." and a checkbox labeled "I'm not a robot". To the right of the checkbox is the reCAPTCHA logo and the text "reCAPTCHA Privacy - Terms". At the bottom of the form is a "Register" button.

2. Select Total Steps Tracking Program, and click the Select Study button.



The screenshot shows a form titled "Please select your study:". It contains a radio button next to the text "Total Steps Tracking Program". Below the radio button is a "Select Study" button.

3. Under Total Steps Tracking Program, select Tracking.



The screenshot shows a dropdown menu with the text "Total Steps Tracking Program" and a downward arrow. Below the dropdown is the word "Tracking" in red text.

The top of the Tracking page has a place to enter today's clicks. The middle has a graph showing your clicks so far. The bottom has the data for all days. If you need to edit the start date, number of days, or the clicks for previous days, there's an edit button at the bottom of the page.