TEXT MESSAGING FOR CHALLENGES

1 Hover over your profile and click your name

2 Enter your mobile number, ✅ will appear when verified

3 Take a screenshot of the verification text to earn 10 points. Upload ito the text messaging activity.

4 In your challenge details, toggle the status switch to on

ON

5 Select the days and time

Text Messaging

Days
S M T W T F S

Time
06:00 PM

6 SAVE!!!

7 Respond to text reminders with appropriate measurement. (Yes/no, amount)

8 You do not need to go into website or app to update challenge. Text reminder already did it.