## How to sign up

Contraction of the subscription of the subscri
Sign Up First Name Last Name Email Password Must be 8-20 characters long and Include at least 1 letter and number. Verify Password
Already have an account? Log in here Powered by HIMOTIV com

Go to the Sussex Moves page: www.himotiv.com/ signup/uosussex

Follow the steps to create your profile and connect your fitness tracker this can be a free app or wearable tracker

Earn points from your activity, to help towards rewards and the chance to win prizes Enter your details, using your @sussex.ac.uk email address

Once synced with your tracker your points will update automatically after sessions, allowing you to track your progress