

How to sign up



1
Go to the
Sussex Moves page:
[www.himotiv.com/
signup/uosussex](http://www.himotiv.com/signup/uosussex)

2
Enter your
details, using
your
@sussex.ac.uk
email address

3
Follow the steps
to create your
profile and connect
your fitness tracker -
this can be a free app
or wearable tracker

4
Once synced with
your tracker your
points will update
automatically after
sessions, allowing you
to track your progress

5
Earn points from
your activity,
to help towards
rewards and the
chance to win prizes