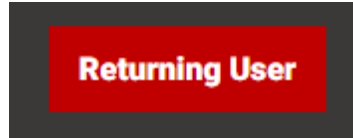
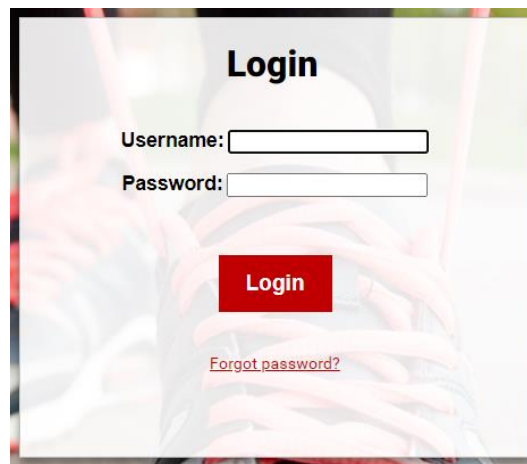


Video: <https://uada.hosted.panopto.com/Panopto/Pages/Viewer.aspx?id=fec84d33-6173-4668-beff-ad7f00eb3764>

- 1.) On the [Walk Across Arkansas](#) home page, click [Returning User](#).



- 2.) Use your Walk Across Arkansas account Username and Password to login.



- 3.) Update your information to register for the session you are participating in. Read through the questions to make sure your information is up to date, then select submit at the end of the form.

Update Your Information

First name:	Last name:	
<input type="text" value="Heather"/>	<input type="text" value="Jackson"/>	
Address Line 1:	Address Line 2:	State:
<input type="text" value="708 Allison Street"/>	<input type="text"/>	<input type="text" value="AR"/>
City:	Zip:	County:
<input type="text" value="Pearcy"/>	<input type="text" value="71964"/>	<input type="text" value="Pulaski"/>
Phone:	Mobile:	
<input type="text"/>	<input type="text"/>	
Are you an Extension employee?	Are you an EHC member?	Are you a 4-H member/volunteer?
<input type="text" value="yes"/>	<input type="text" value="no"/>	<input type="text" value="no"/>
Age:	Race:	Gender:
<input type="text" value="19-29"/>	<input type="text" value="White"/>	<input type="text" value="Female"/>

- 4.) Choose a team or create a team. (Once you join a team, you cannot be moved from the team.) Once this part is complete you are ready to start recording your physical activity minutes.
*Creating a team will mean you are the team captain.