

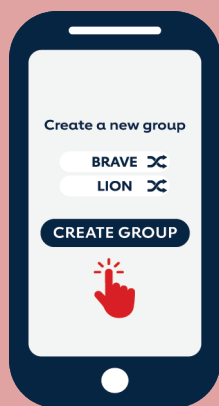
NFL PLAY 60: Fitness Tracking Competition

How to Participate Through the NFL PLAY 60 App

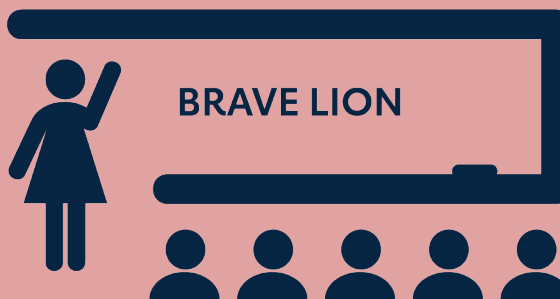
- 1 Tap the **menu button** and select the **"teachers"** button



- 2 Use the shuffle buttons to create a unique **group name**



- 3 Share **"teacher link code"** with your group



- 4 Select **"group quickplay"** from the main menu



- 5 Choose **workout length**



- 6 Select **activities**



7 **HAVE FUN**



American Heart Association.



The American Heart Association and National Football League are working together to get youth physically active. The American Heart Association and National Football League (NFL) are proud to work together to produce the PLAY 60 app.