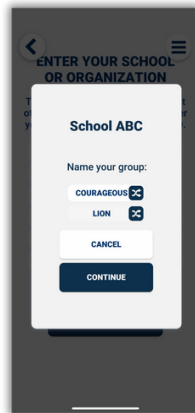


# NFL PLAY 60: FITNESS TRACKING COMPETITION

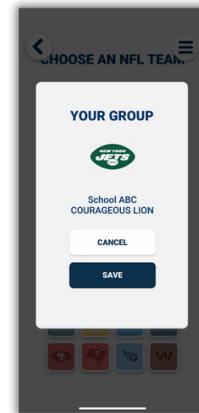
## How to Participate Through the NFL PLAY 60 App



**1**  
Tap the menu button and select the "Teachers" button.



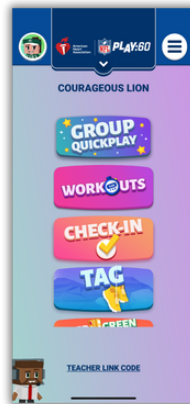
**2**  
Use the shuffle buttons to create a unique group name.



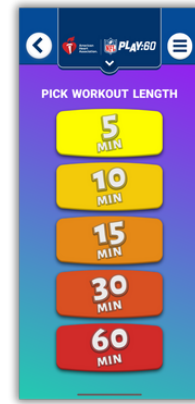
**3**  
Select the NFL team closest to you to compete under.



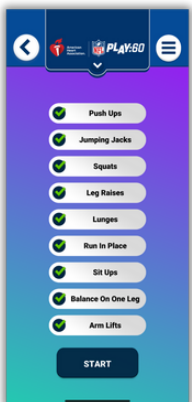
**4**  
Share "Teacher Link Code" with your group.



**5**  
Select "Group Quickplay" from the main menu.



**6**  
Choose workout length.



**7**  
Select activities.



**8**

**HAVE  
FUN!**