

Here are the steps to enroll in *Designing Your Personal Weight Loss Plan*:

1. Navigate to coursera.org and click the "Sign Up" button at the top of the screen.
2. Create your account by entering in your email address and a password, or log-in via your Facebook account.
3. Once your account has been created, log-in to Coursera.
4. Once logged-in, type "Weight Loss Plan" into the search bar at the top of the Coursera screen.
5. Click on the course "Designing Your Personal Weight Loss Plan" from the search results.
6. Click on the "Enroll Now" button on the left of the page.
7. Select the option to "Audit only," then click "Continue."
8. Click on the "Start Learning" button to enter the course.
9. On the left of the page, click "Preview Course."
10. In Week 1 Module 0.0, click on the link labeled "CWRU Wellness Participants" and complete the requested information.
11. Complete the coursework and begin implementing your personal weight loss plan.
12. Wellness Participants (those receiving the \$25 monthly incentive in 2016) may attest to completion of work in Nutrition and Weight Management Incentive area to earn \$100 in the December 2016 paycheck.

