

## Sign-Up Instructions

Step 1: After clicking on the “Sign Up Now” button, select “Join Now” on the next screen. You will sign in here later.

Contact Information	
First Name	Test
Last Name	Test
Street	123 Test St
City	Test
State	North Carolina
ZIP	28694
Birth Date	05/31/2001
Home Phone	555 - 555 - 5555
Work Phone	555 - 555 - 5555
Cell Phone	555 - 555 - 5555

Account Information	
Email (username)*	info@littleshealthandfitness.com <small>Must be a valid email; you will need to confirm it before you can log in.</small>
Password	.....
Re-type Password	.....

Site Terms of Use	
<input checked="" type="checkbox"/>	I have read and agree to the site terms of use <small>required</small>

Sign In	
Username	<input type="text"/> <small>required</small>
Password	<input type="password"/> <small>required</small>
Forgot password?	<input type="button" value="Sign In"/>
Not Yet a Member? <a href="#">Join Now!</a>	
<a href="#">Register Your Account</a> with a registration code.	

Step 2: Fill in your information.

### New Member Registration

Test,

Thank you for submitting your registration information!

An email verification request was sent to your email address. You should receive it momentarily. Please check your spam folder if needed.

Click on the link provided in the email to complete the registration and [sign in](#).

Step 3: Go to your email, select the email entitled “Email Address Confirmation”. Click the link to verify your email.

Hello Test,

Thank you for joining Little's Health & Fitness!

To complete the registration process, we need to confirm your email address.

Click the link below or copy and paste it in your browser:

<https://ca.efitcorp.com/emails.cfm?ra=Verify&cid=261&mid=5C689BE773AAEF005009148536E97E05&em=4003755928E085DC5D2F5EE00C86BC36E021D724F629F386BC013691979EF504DF31234B21E417BB21E9C6E901C6ABF9>

If you did not authorize this request, please contact us immediately at [info@littleshealthandfitness.com](mailto:info@littleshealthandfitness.com).

Thank you,  
Little's Health & Fitness

Step 4: Go back to the “Sign Up Now” link on the LH&F website and sign in. Your Username is your email. Select :Buy Membership”.

Membership Status
Pending
<input type="button" value="Buy Membership"/>

Step 5: Follow directions on the screen to add your payment information. Payment will be billed around the date, each month, of your sign-up.

Step 6: Come in to the gym during staffed hours to get your key fob, fill out paperwork, and get your picture taken.

Hours: Monday & Thursday 6 am – 7 pm, Tuesday & Wednesday & Friday 6 am – 4 pm, Saturday 9 am – 12 noon

Complete! Welcome to Little’s Health & Fitness!