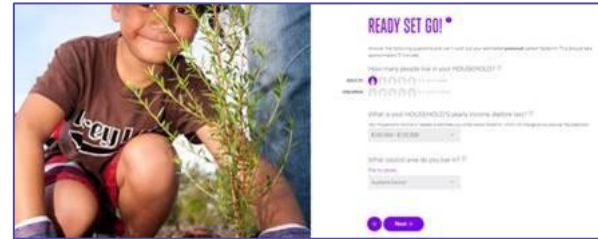


Quick steps to using FutureFit

1 Go to the website and click **Get Started**

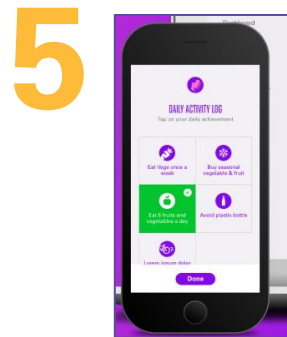


2 Answer the 3-5 minute **survey**



3 View your results then register

Click **Sign up** then fill in your details.



Take 1 minute a week to **complete actions** by email or text.

Your carbon footprint will update automatically.

LET'S GET ACTIVE

Based on the previous you've provided we've suggested some actions you can do to reduce your carbon footprint and get 50% off on your carbon footprint each month. The reward can be added to the following table:

| Activity | Frequency | Carbon Footprint Reduction | Future Fitness Increase |
|--|-----------|----------------------------|-------------------------|
| 1. Recycle for your commute | 1 time | -0.02 | +0.01 |
| 2. Shop at a farmer market or grow your own vegetables | 1 time | -0.03 | +0.02 |
| 3. Avoid fast fashion (avoid of buying for work) | 1 time | -0.05 | +0.03 |
| 4. Use public transport / instead of driving to work | 1 time | -0.08 | +0.04 |
| 5. Avoid meat of driving for a weekend day | 1 time | -0.10 | +0.05 |
| 6. Avoid meat of driving for a weekday day | 1 time | -0.04 | +0.02 |

4 Choose some actions

Go to the **Actions** page and click 'I want to do this' for the ones you want to try.

