1. Click 'Join the challenge'
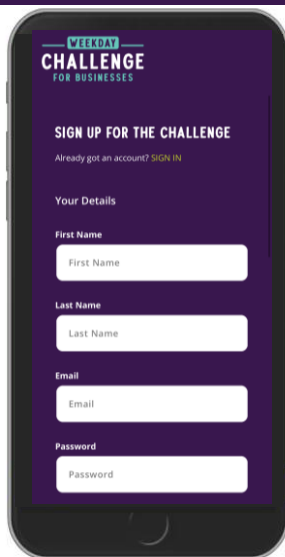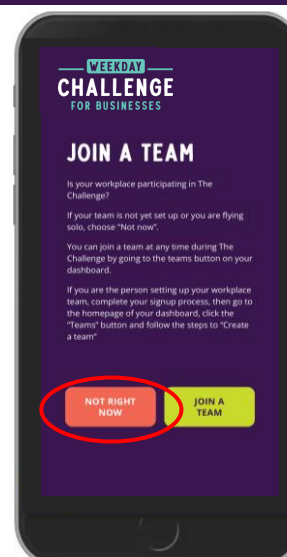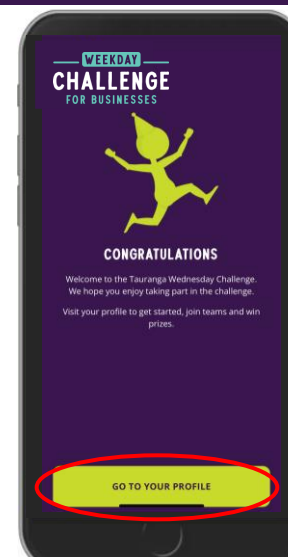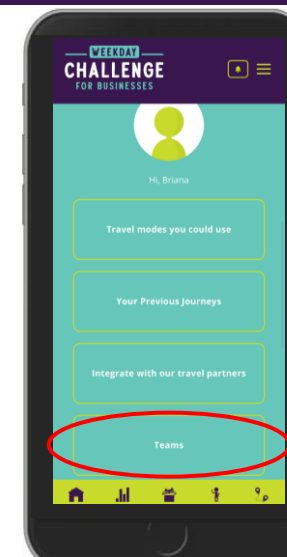
2. Complete your personal details.
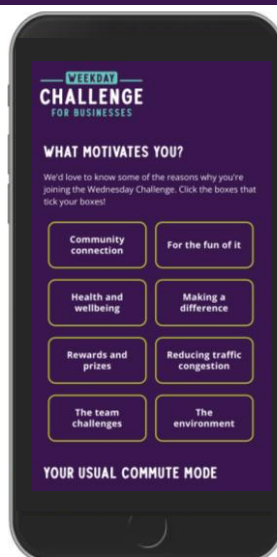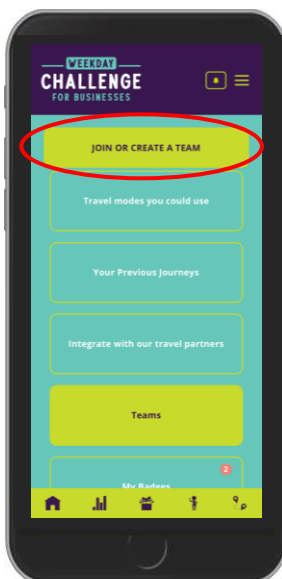
3. Answer and click 'Next'.
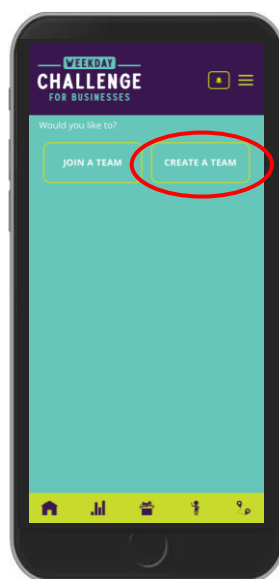
4. Select 'Not right now'.

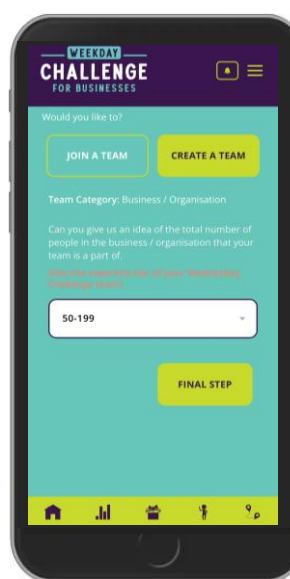**5.** Click 'Go to your profile'.

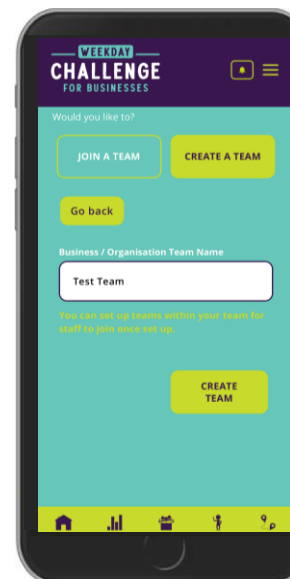**6.** Scroll down and click 'Teams'.
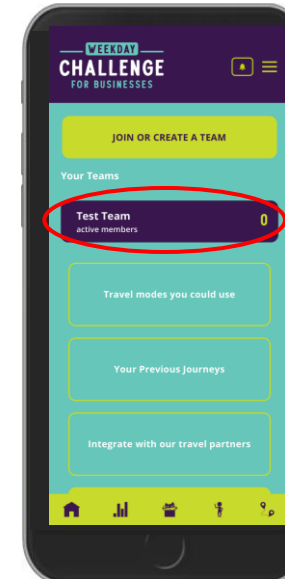
7. Click 'Join or create a team'.

8. Click 'Create a team'.

9. Select # of employees. Click 'Final Step'.

10. Enter your team name. Click 'Create team'.

11. Your Business Team has been created.

12. Send your colleagues the Sign-Up Link and watch your team grow!