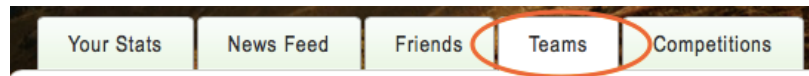


# How To: Join a Team

If you would like to participate as part of a team, follow the steps below to learn how to join.

1) Click on the Teams tab



2) If you know the name of the team you would like to join, search for it. Otherwise click on any team name you'd like.

**Teams must be set to Public to be searchable.**

## Find Public Teams

### Search Results for "The Ellens"

PAGES: 1

The Ellens  
Members: 1

PAGES: 1

3) Click on the team name to go to its page.

4) Click the blue "Join This Team" button if it is public and open to join.



4b) If you see that the team is set to public and invite only, you will need to contact the team leader to get an invitation.



Viola, you are now part of the team!  
Get to walking because every step affects your team total.

If you decide you no longer want to be part of the team, click on Leave This Team.

