

## FORUM GUIDELINES

A few words about the forum...

1. All challenges are FREE to participate in. DrCCJ.com charges nothing to participants to participate in these challenges. Dr. J and the team loves to see all who desires to live a healthier lifestyle do so and recognizes it is not always easy to make positive health changes alone. Join in for support and encouragement. Also, join to interact with like-minded others to help hold you accountable.
2. Challenges may offer a free gift and have prize drawings, both for active participants.
3. You must register for the forum to participate in the challenges. Need help registering? [Click here](#) for step by step instructions. Be sure to keep your login information so you can login in later. However, if you lose it or forget it there's an option to reset your password if necessary. Email admin @DrCCJ .com if you forget your username.
4. Once registered you can participate in whatever challenges you want from one to all. To be notified of upcoming challenges be sure to subscribe to get text alerts directly to your phone. See "Get Text Alerts" on the upper right side of the page to subscribe.
5. Once you register you can log in via computer, smart phone (Apple or Android) or tablet to post comments, reply to others and share photos and other applicable content. No more constant text messages throughout the day and night. Check-in to see and share content as you wish.
6. There's a Welcome Center forum where general information can be found and where new registrants can introduce themselves. There is also a Help and Tech Support forum to ask general questions about the website or forum.
7. Be sure to update your profile. Add a photo. Share some information about yourself. Have fun with it!
8. Forums for each challenge will open no later than 2 weeks prior to the start of the challenge.
9. Some groups are open, meaning participants may join at any time. Other groups are closed meaning no new participants may join after the first day of the challenge.
10. Specific guidelines for each challenge will be posted on the challenge's respective forum page.
11. Challenges are competitions. Though we may be starting at different places in our journey, we are all on a health journey. No one's experience is better or worse than anyone else's, regardless of how long an individual has been on a healthier path or how much he or she knows.
12. Please be respectful to fellow participants. We are here to encourage, uplift and support one another.
13. This is a positive, no judgment zone. No negativity or negative language (i.e., racist remarks, name calling, etc.) is allowed. Violators will have their registration suspended.
14. The purpose of the forum is to support and interact with the health community. No advertisements or promotions are allowed. Violators will have their registration suspended.
15. Forums will close 2 weeks after the end of each challenge. Once a forum closes no new comments are allowed but feel free to refer back to the information whenever you like.