

## Nigel Palmer's Forum Sign-Up/Log-In Instructions

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Instructions 4-9: Setting up a profile

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- 1) Click "LOG IN" prompt in upper right-hand corner of the Homepage to Sign-Up (if first time) or Log-In (if already signed up previously) to gain access to the Forum.



Log In to Connect With Members

View and follow other members, leave comments & more.

Members

Log In

- 2) Click "Sign Up" (If you have not signed in previously). When prompted, input your email address and create a password. You may choose to have your computer remember your password so that you do not need to sign in each time you enter the forum

OR Login with email address and password (if you have already signed up).

## Log In

New to this site? [Sign Up](#)

Email

regenerativegrower@gmail.com

Password

.....

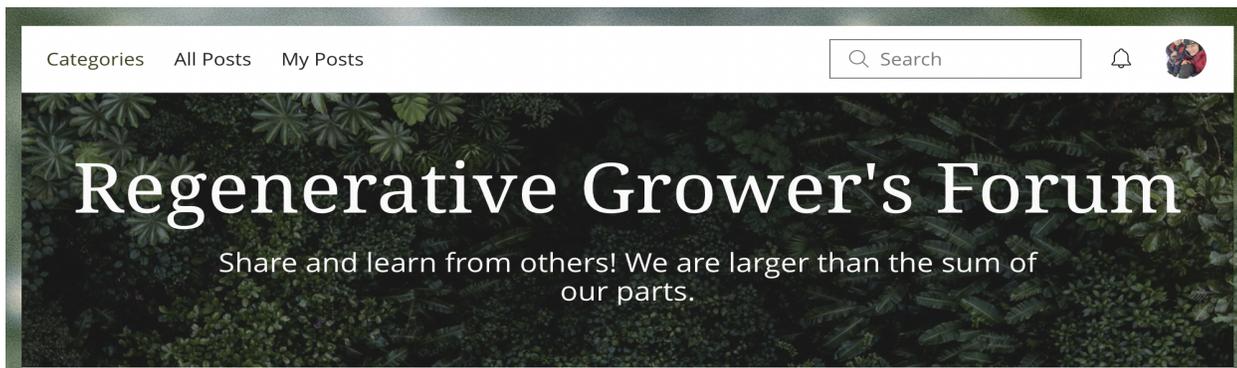
[Forgot password?](#)

Log In

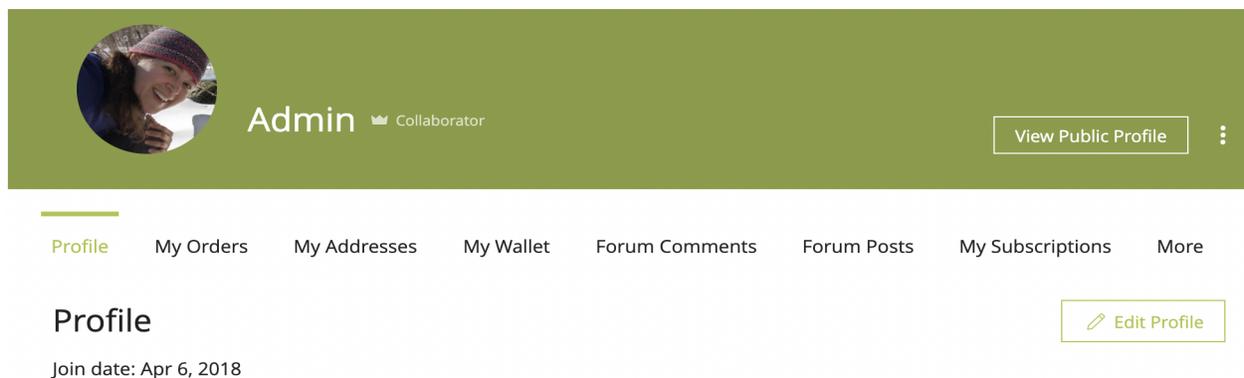
3) Click on “Forum” in the menu bar (as pictured below)



4) Click on the circle (far upper right corner of image below) to the right of the bell. Click on “My Profile” in the menu that drops down.



5) Click on the “Edit Profile” displayed on the lower right of the image below.



6) Fill in the boxes with first and last name and email.

7) Click the small LOCK image to the right of the information (name and email) to change settings to “public” so others can contact you via email. Click “Update Info” to save the information.

**Account**  
Update & Edit the information you share with the community

Login Email:  
shannon.zich@gmail.com  
Your Login email can't be changed

First Name: Shannon 

Last Name: Zich 

Email: regenerativegrower@gmail.com 

Phone:  

Phone 2:

[Discard](#) [Update Info](#)

8) Click on “Share Something About Yourself” section (in light gray font) to add details about who you are and what you are interested in so that others can learn about you.

## Profile

[Edit Profile](#)

Join date: Feb 7, 2022

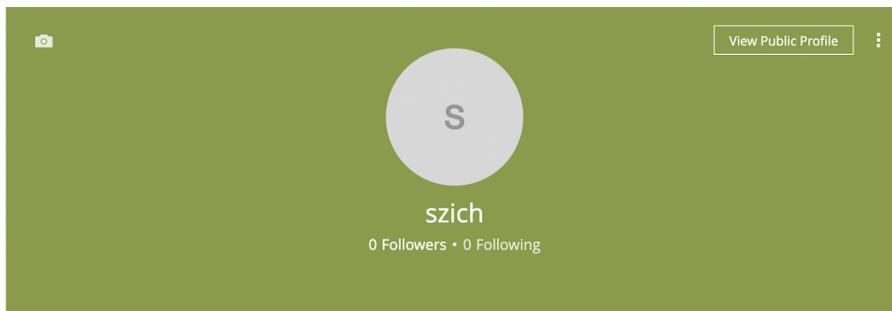
## About

0 Like Received 0 Comment Received 0 Best Answer

Share something about yourself...

  GIF

9) Add an image by clicking the center circle to add your photo.



10) Click on Forum tab in menu to make first post. Click in Member Introductions. (Feel free to post (or copy introduction from profile)).



Member Introductions

Follow

19

Connect and share your journey to foster connections and collaboration opportunities. Feel free to post a video intro!

11) Scroll down to “Create New Post” and click on it.

Follow Category

Create New Post

12) Click on “Give this post a title” and write your post below.

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Give this post a title



13) You can add photographs or videos by clicking on the images near the bottom of the post area (as seen in the image below). The camera image on far left is for photographs and the video camera next to it is for video upload. DON'T FORGET TO HIT PUBLISH TO SAVE YOUR POST.

