## VDOC Step-By-Step Guide for FREE Registration

- 1) Click or type this link into your browser: <u>https://www.thevdoc.com/my-club/join/?c</u> <u>lub=240</u>
- 2) Enter 'ChallengerCoach' as the password
- 3) Enter all your details
- 4) Press save

- 5) At the bottom of the dashboard is a tutorial video link that takes you to a page with a host of short videos on all the attributes of the platform.
- 6) The section I assume will be of most value to you is the **resources tab** as that is where all the coaching resources/session plans etc are found (see below).



