

## PAI30/40 –Strength & Conditioning

### Steps to setting up your personal blog

1. Go to [www.wordpress.com](http://www.wordpress.com)
2. Click the “**Get Started**” button
3. Enter the email address you access the most often, a password you will remember, your username, and your blog address (i.e. readeriscool.wordpress.com – you can be as creative or as original as you would like!). **Write everything down!!**
4. Scroll to the bottom of the page and select ‘**sign up**’ under the ‘**basic**’ option heading
5. You will receive an email that requires you to activate your blog before you can proceed with personalizing your blog
6. Once you have activated your blog, you will be prompted to go through a series of steps which allows you to make this blog your own. Follow the steps, entering information as you see fit. I would suggest you focus on the following steps:
  - a. **Step 3:** Set up your blog
  - b. **Step 4:** Choose a theme
  - c. **Step 5:** Customize (you can choose different colors, upload a picture for your header, etc)
  - d. **Step 6:** Create your first post → select ‘text’. In the ‘title’ box, I strongly encourage that you include the date of your blog entry. In the big text box, you can complete your first post.
7. Once you have completed your first post, I would suggest that you become familiar with your blog and wordpress.
8. While navigating your blog, under the ‘**Reader**’ option, select ‘**Blogs/Follow**’. You will be prompted for the address of the blog you wish to follow. Input ‘**crossfitcphs1.wordpress.com**’ and then select ‘**Follow**’.
9. **\*\*\*Please advise Mr. Dickie of your blog address.**
10. **\*\*\*Remember to record your workouts daily on your blog. If you have any questions about how to use the blog, please don’t hesitate to ask for assistance! Happy blogging!**

**The address for our class blog is  
crossfitcphs1.wordpress.com**