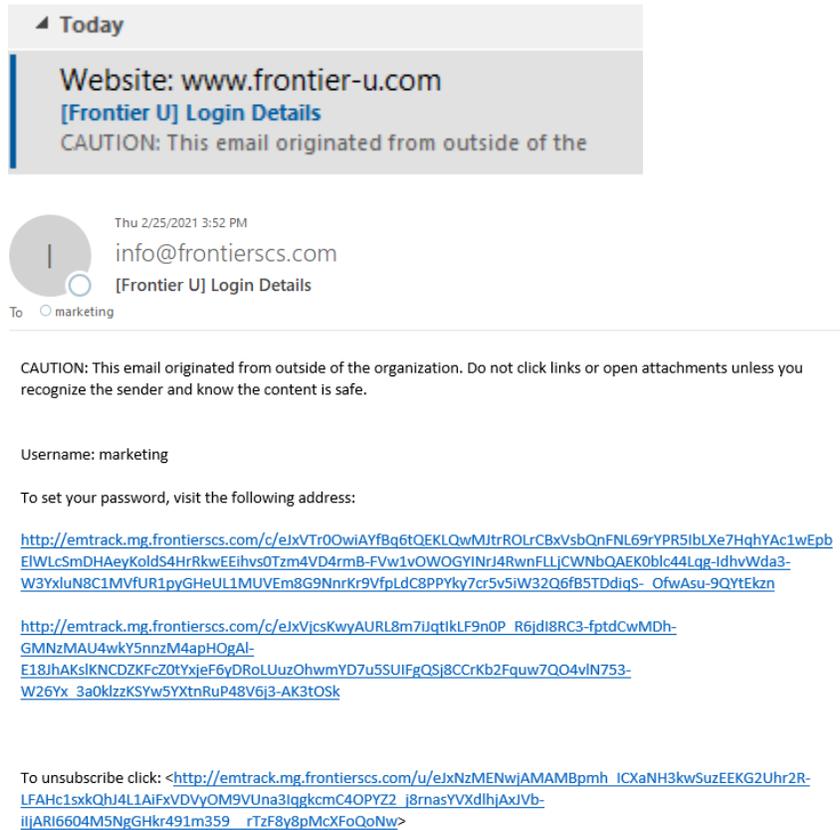
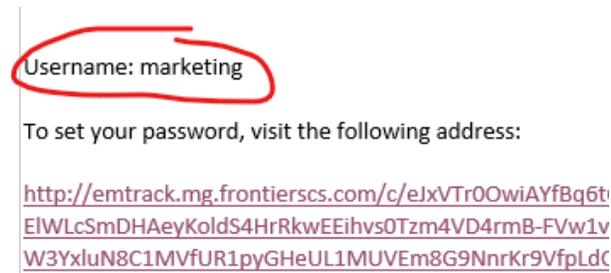


# Setting up your Frontier-U account:

**Step 1: Check your inbox, you probably received this email from [info@frontierscs.com](mailto:info@frontierscs.com):**



**\*\*note your Username given in the email**



## Step 2: Click the link (don't worry, it's not a virus)

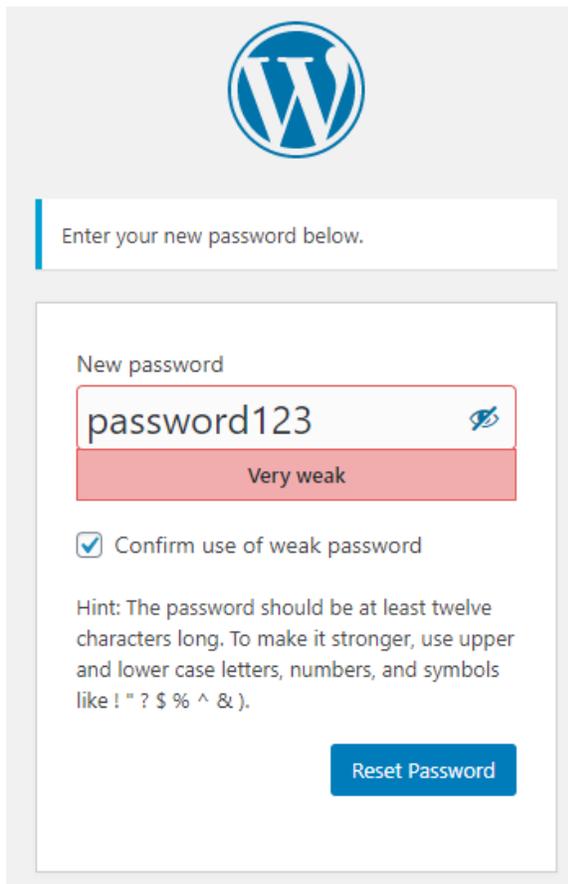
Username: marketing

To set your password, visit the following address:

<http://emtrack.mg.frontierscs.com/c/ejxVTr0OwiAYfBq6tQEKLQwMJtrROLrCBxVsbQnFNL69rYPR5IbLXe7HqhYAc1wEpbElWLCsmdHAeyKoldS4HrRkWEIihvs0Tzm4VD4rmB-FVw1vOWOGYINrJ4RwnFLlJCWNbQAEK0blc44Lg-ldhvWda3-W3YxluN8C1MVFUR1pyGHeUL1MUVEm8G9NnrKr9VfpLdC8PPYky7cr5v5iW32Q6fB5TDdiqS-OfwAsu-9QYtEkzn>

[http://emtrack.mg.frontierscs.com/c/ejxVjcsKwyAURL8m7iJqtkLF9n0P\\_R6jdl8RC3-fptdCwMDh-GMNzMAU4wkY5nnzM4apHogAl-E18JhAKsIKNCDZKFcZ0tYxjeF6yDRoLUuzOhwmYD7u5SUIFgQsj8CCrKb2Fquw7QO4vIN753-W26Yx\\_3a0klzzKSYw5YXtnRuP48V6j3-AK3tOSk](http://emtrack.mg.frontierscs.com/c/ejxVjcsKwyAURL8m7iJqtkLF9n0P_R6jdl8RC3-fptdCwMDh-GMNzMAU4wkY5nnzM4apHogAl-E18JhAKsIKNCDZKFcZ0tYxjeF6yDRoLUuzOhwmYD7u5SUIFgQsj8CCrKb2Fquw7QO4vIN753-W26Yx_3a0klzzKSYw5YXtnRuP48V6j3-AK3tOSk)

## Step 3: the link will take you to here. Choose your new password and click reset:





Enter your new password below.

New password

password123 

Very weak

Confirm use of weak password

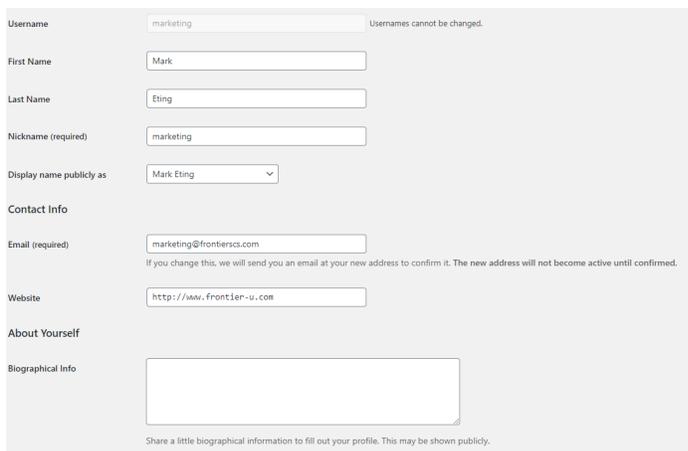
Hint: The password should be at least twelve characters long. To make it stronger, use upper and lower case letters, numbers, and symbols like ! " ? \$ % ^ & ).

[Reset Password](#)

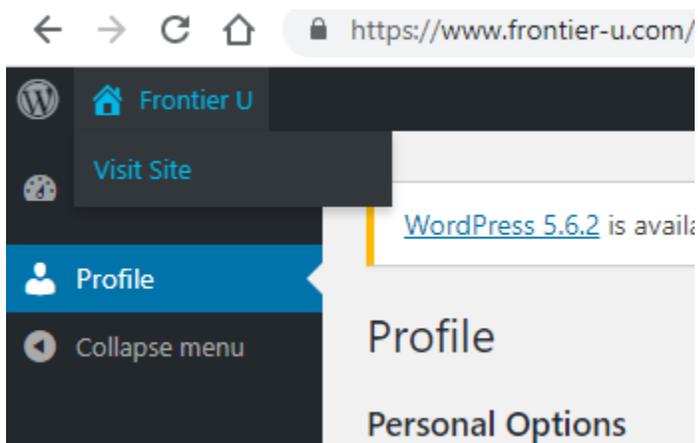
## Step 4: click to login with your new password



## Step 5: update any info about yourself and click “update profile”

A screenshot of the WordPress profile update form. The form is divided into several sections: "Username" (with a text input field containing "marketing" and a note "Usernames cannot be changed."), "First Name" (text input "Mark"), "Last Name" (text input "Eting"), "Nickname (required)" (text input "marketing"), "Display name publicly as" (dropdown menu showing "Mark Eting"), "Contact Info" (with sub-sections for "Email (required)" containing "marketing@frontierscs.com" and a note, and "Website" containing "http://www.frontier-u.com"), "About Yourself" (with a "Biographical Info" text area), and a note at the bottom: "Share a little biographical information to fill out your profile. This may be shown publicly."

## Step 6: to visit the site click “visit site” in the drop-down menu under “Frontier U” in the top left-hand corner.



Step 7: It will take you here, [choose the option to log out:](#)



You are Logged in as Mark Eting ([Logout](#))

Step 7: It will take you here, [and now you can log back in:](#)



Username

Password

[Log In](#)

Step 8: You should be at the main menu and can begin navigating the site:



Main Menu



Welcome to Frontier



Forms to Fill Out



Getting Started



Positional Training