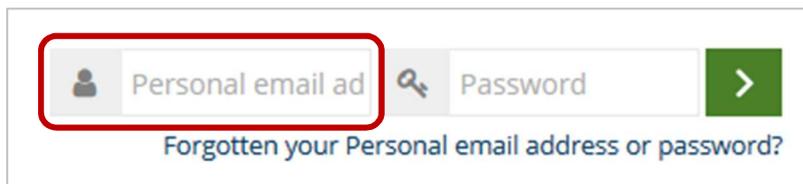


# How to log into the *Munch & Move* eLearning program training

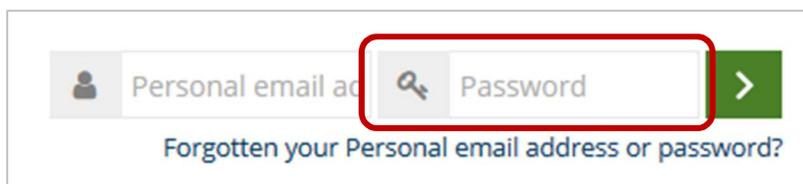
**Step 1.** Go to the *Home page*.

**Step 2.** Enter your **personal email address** (the email you registered with) in the top right corner of the screen.



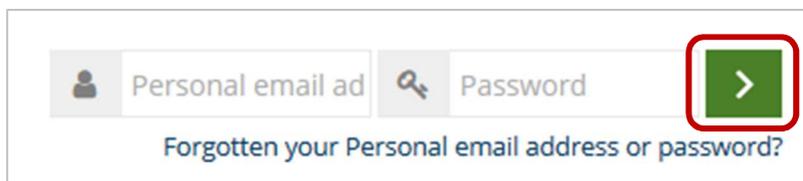
A screenshot of the login form. The 'Personal email address' field is highlighted with a red box. The 'Password' field is also visible. A green arrow button is on the right. Below the fields is a link: 'Forgotten your Personal email address or password?'.

**Step 3.** Enter your **password**



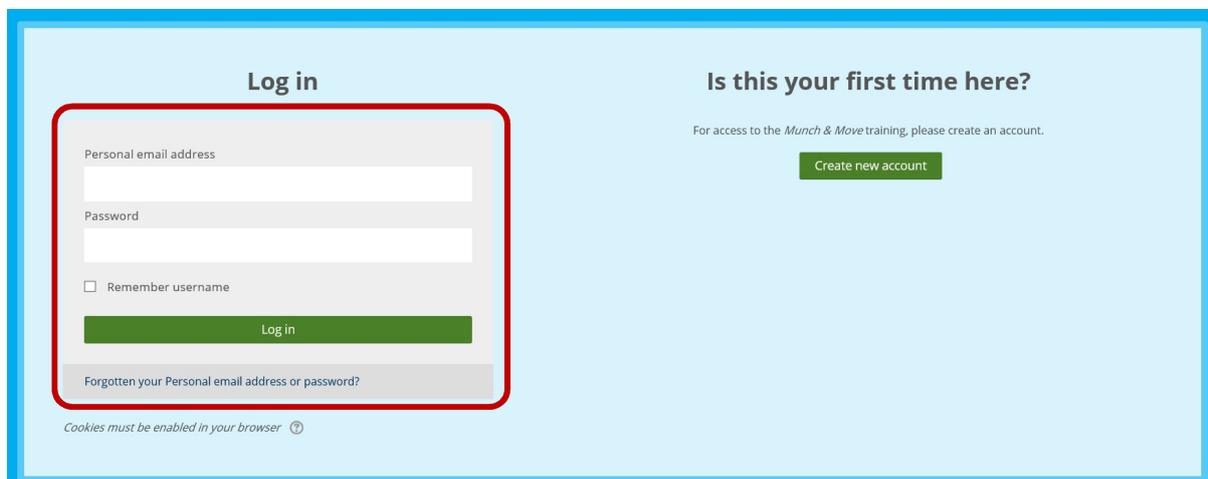
A screenshot of the login form. The 'Password' field is highlighted with a red box. The 'Personal email address' field is also visible. A green arrow button is on the right. Below the fields is a link: 'Forgotten your Personal email address or password?'.

**Step 4.** Click on the green **login** button.



A screenshot of the login form. The green arrow button is highlighted with a red box. The 'Personal email address' and 'Password' fields are also visible. Below the fields is a link: 'Forgotten your Personal email address or password?'.

Or you can log in via the *Login page*  
<https://munchandmove.com.au/login/index.php>



A screenshot of the full login page. The login form is highlighted with a red box. The form has two input fields: 'Personal email address' and 'Password'. There is a checkbox for 'Remember username' and a green 'Log in' button. Below the button is a link: 'Forgotten your Personal email address or password?'. To the right of the form is a section titled 'Is this your first time here?' with a green 'Create new account' button. At the bottom left, there is a note: 'Cookies must be enabled in your browser'.