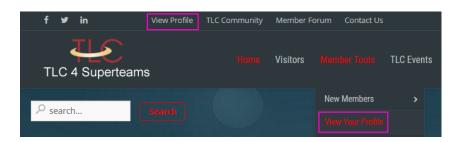
To Upload Files/Photos/Videos to your Profile Page

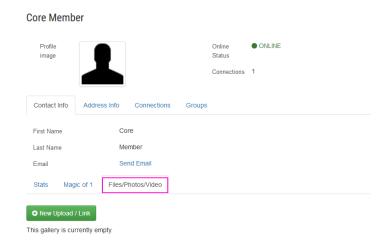
1. Click on "View Profile" at the top of the page, or navigate to "Member Tools > View Your Profile"



This will bring up your profile page.

Scroll to the bottom where the tabs for "Stats", "Magic of 1" and "Files/Photos/Video" are.

2. Click on the "Files/Photos/Video" tab. Click "New Upload/Link" button.



3. Click on the gray square to browse your computer for the file(s), photo or video – or drag file(s) from a window on your computer to the gray square.

New Upload / Link		
	≛ Click or Drag & Drop to Upload	
	OR —	
Have a media link to share?		Share
		Done

Allowed file formats are as follows:

Files: doc, docx, pdf, txt, xls, csv, zip, rar, mp3, m4a, wav

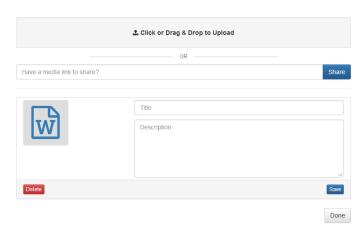
Photos: jpg, jpeg, gif, png

Videos: mp4, ogv, ogg, webm, m4v (max. size 200MB)

*See end of document for instructions for .mov formats

The file(s) will be uploaded. You will be prompted to enter a Title. This is optional, but encouraged – if you do not enter a title the file name will be used instead. The description is optional, as well. If you enter a title, click "Save" when done.

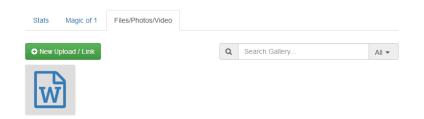
New Upload / Link



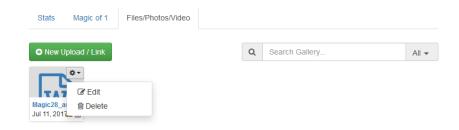
4. When done adding file(s), click "Done"

There will be a pop-up that asks "Are you sure you are done? All unsaved data will be lost!" Click OK.

The files will now appear on your Profile page.



You may edit the title and description or delete the file at any time from here.



*For .mov video files:

.mov files cannot be uploaded to the website. These would need to be converted to mp4 or uploaded to YouTube or DropBox and the link provided in the "Have video link to share?" Copy and paste the link in the box and click "Share" box. Click "Done" when finished.

New Upload / Link

