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Confirm your email

Revision 2026-10-10

Enter the verification token from your email to activate your coach account.

Your account works only after you confirm your email.

Confirm your email

1. On the **Check your email** screen, select **Enter verification token**.
2. Open the email we sent and copy the verification token.
3. Paste it into the **Verification token** box. The page says "Paste the verification token from your email."
4. Select **Verify and continue**.

If you're starting a new program, you go straight to team setup. Coaches joining a team land on their dashboard.

If it doesn't work

- **"Verification failed"**: check that you pasted the whole token, with no spaces before or after it.
- Want to stop and come back later? Select **Back to sign in**.
- If you joined an existing program, you'll also see that your join request is waiting for team approval. A coach on that team approves it under **Staff**.

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