

## INSTRUCTIONS on how to include a PDF download in your challenge:

1. Create the PDF you want and upload it to the Media folder (Dashboard → Media → Add New). Once you uploaded your file, click on it and in the window that opens, you will be able to find the URL where the file is uploaded. It will look something like: <http://yourwebsite.com/wp-content/uploads/2016/10/nameofyourfile.pdf>. Copy this location so you have it handy.
2. Now you need to edit the code that can be found when editing this worksheet module, which you can find at Dashboard → Pages → Challenge Page → Edit. Then scroll down to look for the day of the challenge you want the PDF for, and click to edit the Accordion module. Once you are in there, click to edit the Worksheet and you will find a code similar to this:

```
[button link="/wp-content/uploads/2016/10/PDFinstructions.pdf" color="black"
newwindow="yes"] Download[/button][pdf-embedder url="/wp-
content/uploads/2016/10/PDFinstructions.pdf "]
```

All you have to do now is change the URL in the code to the correct URL of your PDF file. So it will look something like:

```
[button link="/wp-content/uploads/2016/10/nameofyourfile.pdf" color="black"
newwindow="yes"] Download[/button][pdf-embedder url="/wp-
content/uploads/2016/10/nameofyourfile.pdf "]
```

Save and exit. Then update the page to save all the changes. Do the same for all the other PDFs you want to share in the challenge.