Changing a character's mesh

1. Copy PlayerEthan in the scene.
2. Right click and Unpack Prefab Completely
3. Delete the three child objects
4. Drag the Beta fbx in as a child.
5. Set the Character to use BetaAvatar in the animator.
6. OPTIONAL - save the new character as a prefab

Adding a new Animation from Mixamo

1. Go to mixamo.com and set up an account
2. Find and animation you like and download it with skin
3. Drag the fbx into Unity
4. Set Rig to Humanoid and Apply
5. Select the animation and edit.
6. Check boxes for Bake into Pose for all three settings. And Apply
7. If the animation looks wrong, click on the Avatar on the end of the animation and Configure. Find Pose and click Enforce T Pose
8. Drag your animation into the node called "Hello"
9. Play and press M to activate the animation.