1. Ask Dr. Lemas for Log-In information and the signature of the cover letter.
2. Complete the submission checklist.
3. Fill out the submission system.
4. Split the manuscript into several parts as the submission system requested (e.g., the system may ask you to split title page and main manuscript, etc.).
5. Submit the manuscript.
6. Send Dr. Lemas an email including the PDF version proof once the manuscript is submitted.
7. Check the submission system, once the status informs you that the manuscript passes the editor and will be reviewed by reviewers (e.g., a status like “under review”), send an email to all authors and include the submission proof as well as the citation information of the paper. Following is an example citation information:

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Du X, Newsome FA, Cardel MI, Millar DR, Aristizabal-Henao JJ, Xu K, Wane I, Marmol HM, Bowden JA, Lemas DJ.Untargeted urinary metabolomic analysis of an acceptance-based therapy intervention for diverse adolescent girls with overweight/obesity.*Pediatrci Obesity.* 2022. (Under Review)

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