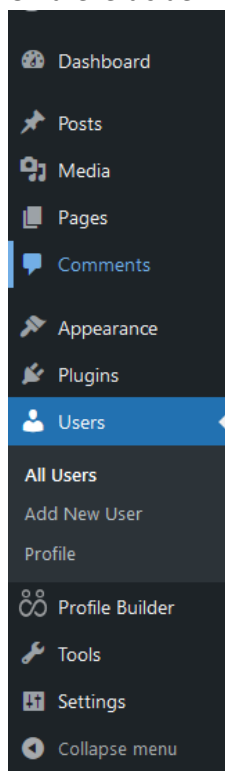


## Manual Password Reset for a user

1. Sign in to WordPress Admin (<http://workhealthandfitnessrecord.com.au/wp-admin>).
2. On the left-side menu, select Users.



3. Select the username for the user you want to reset password for.
4. Scroll down to the Account Management
5. Click 'Send Reset Link' and that will email the user the reset password link.

