

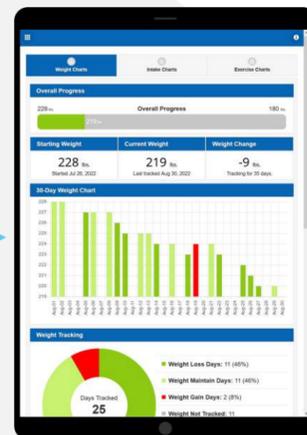
Welcome New Member!

Program Tips & Tricks

The **Daily Tracking** section has a calendar icon at the top. Open the calendar to track past days or to set future goals.

SUN	MON	TUE	WED	THU
			1 225 lbs.	2
5 224 lbs.	6 224 lbs.	7 224 lbs.	8	9 223 lbs.
12 224 lbs.	13 223 lbs.	14	15	16 222 lbs.
19	20 220 lbs.	21 219 lbs.	22	23 219 lbs.
26	27	28		

You can be signed into multiple devices at once. Be sure to add the app to your home screen on mobile.



In the **Goals & Settings / Settings** section, you can simplify tracking to a single category or enable all macros.

Tracking Options

Calorie Focus All



By default, your starting weight is the earliest weight entered on the program. Use **Goals & Settings / Settings / Restart** to change your starting weight if desired.

Upcoming Goals

- Goal Weight: 219 lbs.
Goal Date: Feb 23, 2023
Days: 2 days
- Goal Weight: 217 lbs.
Goal Date: Mar 2, 2023
Days: 9 days
- Goal Weight: 215 lbs.
Goal Date: Mar 9, 2023
Days: 16 days

Within **Goals & Settings**, use the **Goal Weight Utility** to automatically add weight goals to your calendar.

Getting Started Checklist

- Head to **Goals & Settings** and define your main goals, such as overall goal weight, daily water intake and weekly exercise minutes.
- On the **Goals & Settings / Settings** tab, adjust program settings, such as your time-zone, water and meal tracking options.
- On the **Daily Tracking Page**, fill out as much tracking information as you can for today, familiarizing yourself with the program.
- Hit the **User Icon** on the upper-right of the screen to choose an avatar & identify yourself within the program.
- Setup the program on all of your devices.

Quick Tips

- Your exercise goal is a bucket of weekly minutes to draw from rather than a daily goal.
- Use a future date to pre-plan meals and exercise if desired. This is optional.
- Adding frequent foods to your favorites list speeds up the tracking process quite a bit.
- Users that participate in community & challenges tend to be more successful than those that don't!