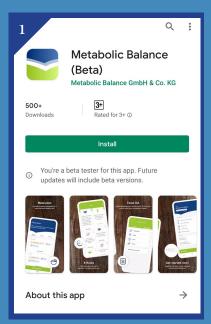


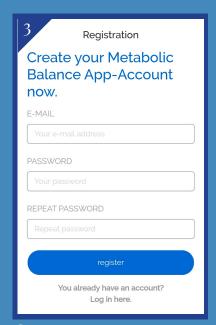


~ BRINGING YOUR PLAN TO YOUR FINGERTIPS



1. Install App

Available for free from Play store or Apple App Store



3. Create your account

Enter your email and create your password - keep your password safe



2. Open App

Scroll through introductory pages. Click to continue with nutrition plan

4 Verify
Verify nutrition plan
Please enter the confirmation code from your nutrition plan here to link to your account.
FIRST NAME
Your first name
LAST NAME
Your last name
CONFIRMATION CODE
123B5A8T-2C56
verify

4. Connect your plan

Enter your unique plan number found on page 3 of your plan