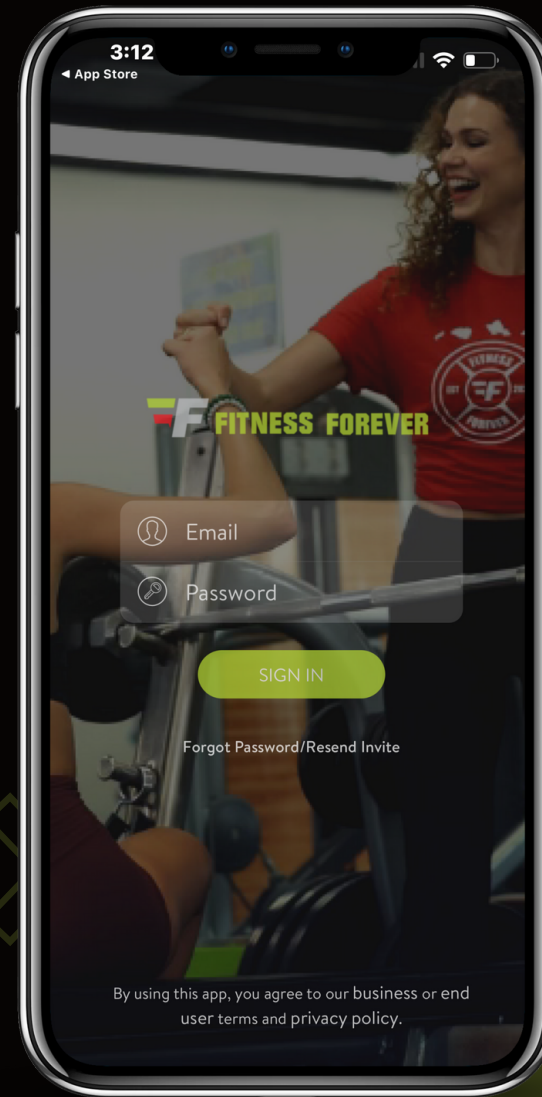


# FITNESS FOREVER APP

## GUIDE

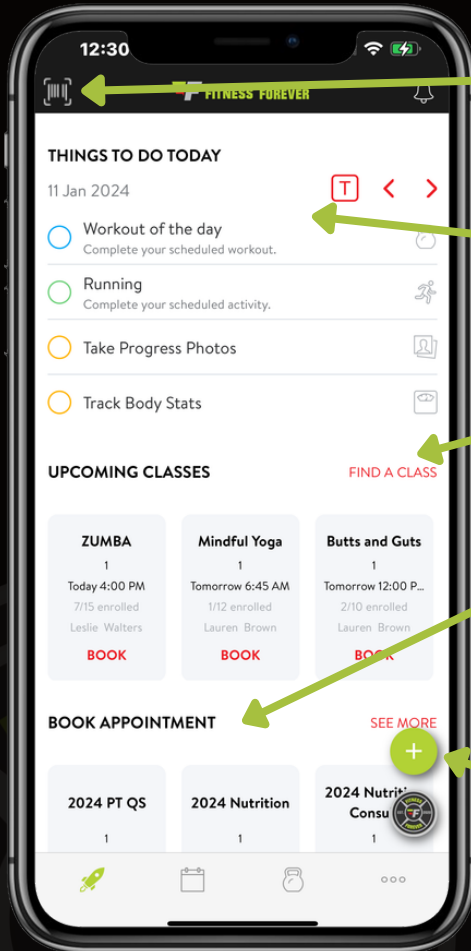


GET IT ON  
 Google Play

 Download on the  
App Store

# GETTING STARTED

## Welcome Screen features



### Check-in Barcode

Digital barcode to check-in.  
Ability to add to Apple Wallet.

### Things To Do Today

Boxed T selects current day.  
Ability to change days with arrows.

### Fitness Classes

Find a class in the future or view upcoming classes for the day by scrolling.

### Book Appointment

Book a meeting with a Personal Trainer, Nutrition Consult, Fitness Assessment + more!

### Add +

Add workouts, activity, meal, appointments, photos, body stats and sleep info.

### Navigation Icons



Take Action- Main Screen



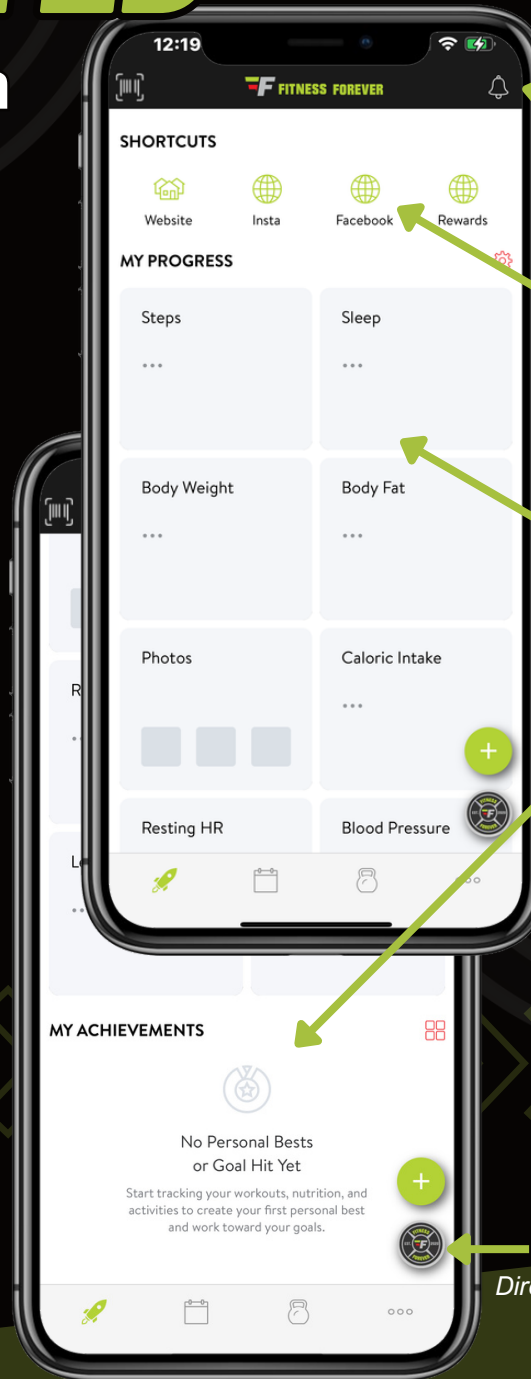
Meet our Trainers- Intro + How-to Videos



Calendar- Preview of scheduled tasks



Account Info + Settings



### Notifications

Any immediate messages from our Fitness Forever Team.

### Shortcuts

Direct links to our website, social sites and Ohana Rewards Program.

### My Progress

Track your progress through Apple Health, Withings, Fitbit or manual input (not all progress can be manually inputted).

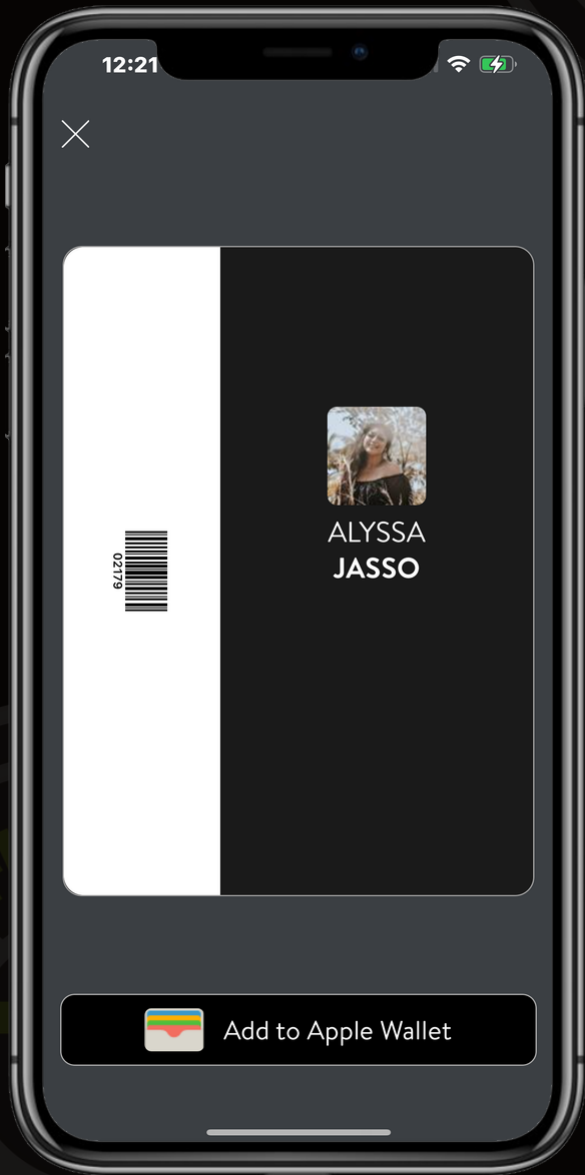
### My Achievements

Badges won when personal bests and milestones have been achieved.

### Messages

Direct messages from Fitness Forever and your Personal Trainer.

# DIGITAL BARCODE

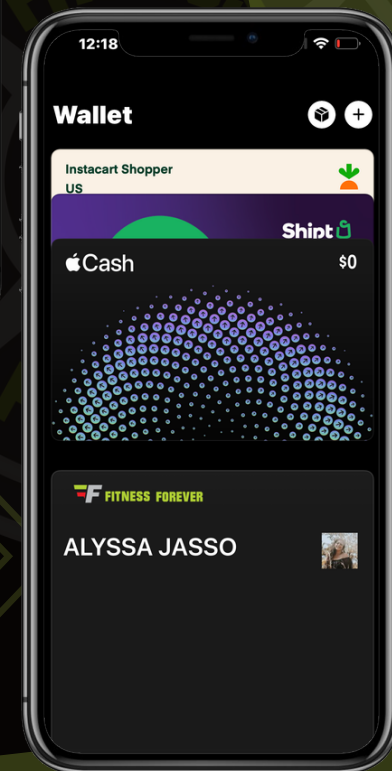
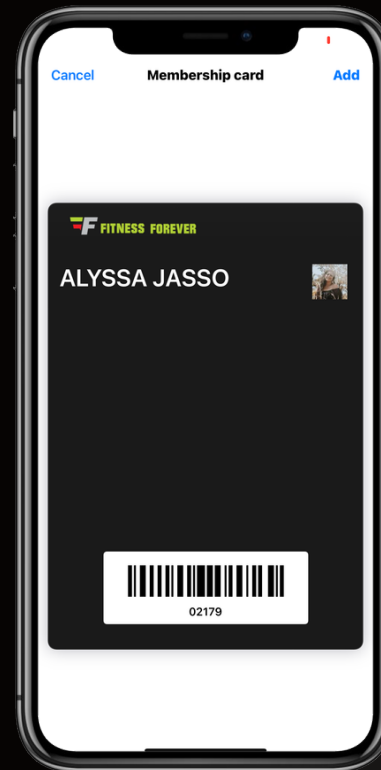


## EASY CHECK-IN

*No more worrying about lost scan tags or having to say your name at the front desk. Easily access your check-in barcode with this digital feature at your fingertips. Ability to add to Apple Wallet!*

### **Directions to Add to Apple Wallet:**

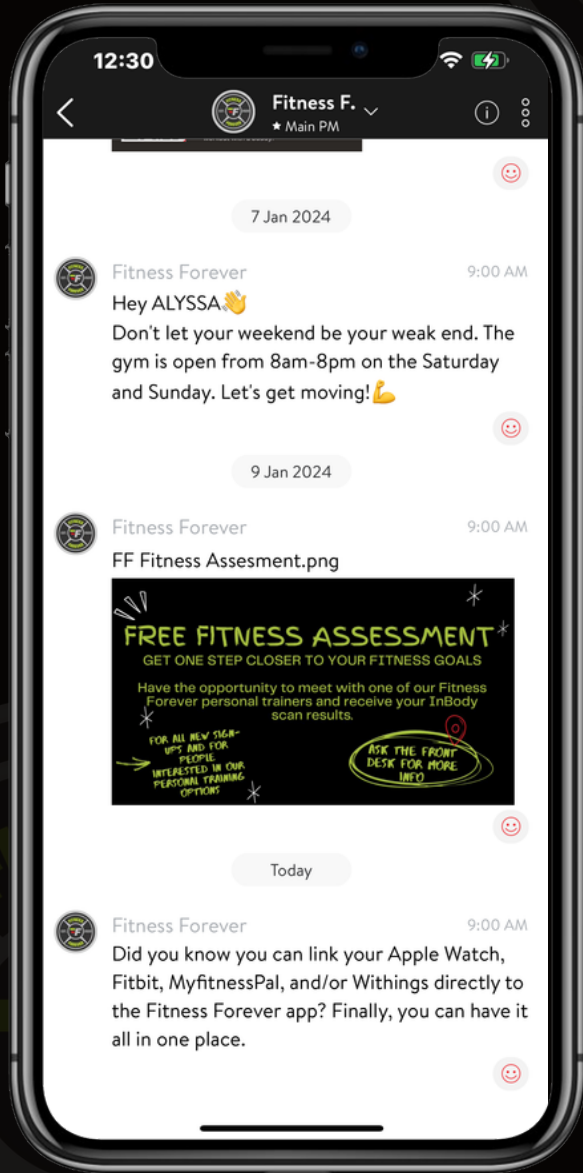
1. Select "Add to Apple Wallet"
2. Membership Card will pop up - select Add (tap once, multiple taps will send multiple cards to wallet)
3. Navigate to Wallet App - Digital pass will show with cards in Wallet



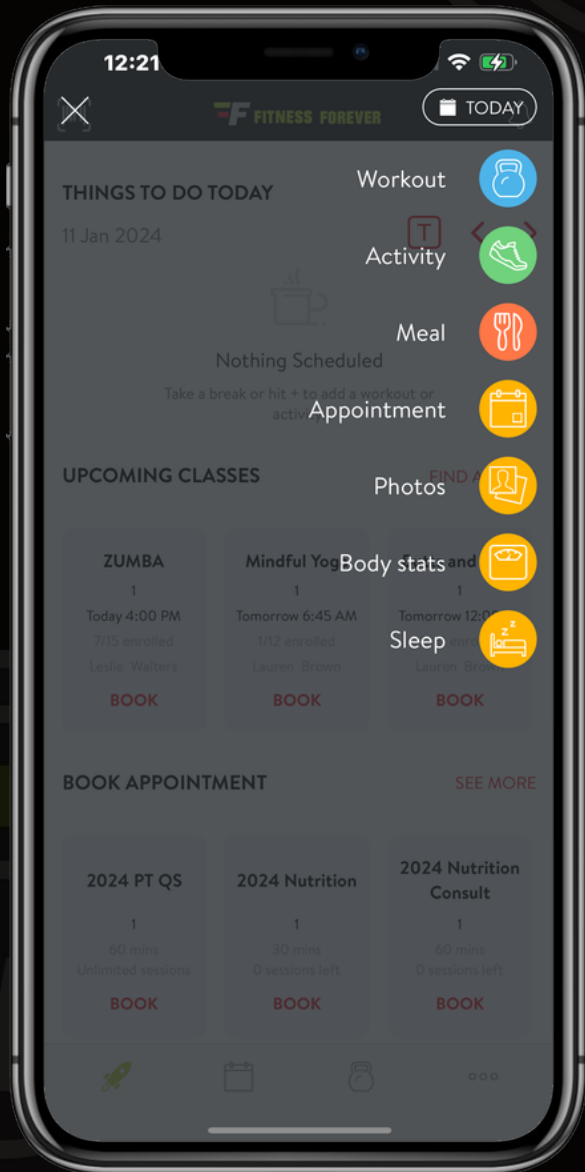
# PERSONAL MESSAGES

## MESSAGES

*Messages from Fitness Forever and personal trainer can be found here.*



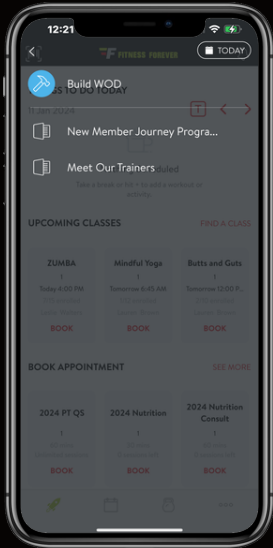
# ADD +



## INPUT GOALS + STATS

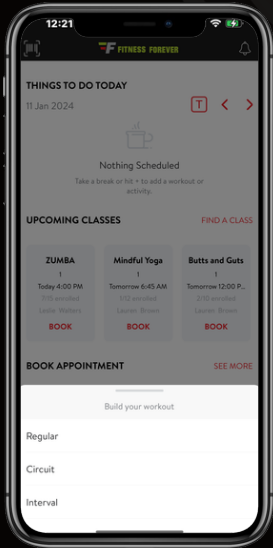
*Set up a workout, plan an activity, record a meal, set an appointment, upload progress photos, update body stats and sleep information.*

# ADD WORKOUT



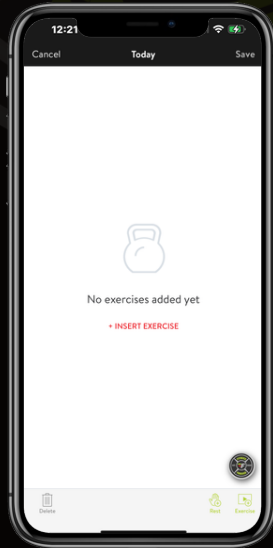
## BUILD WORKOUT OF DAY

Select icon to start building workout of day. Can also change the day workout will be added to.



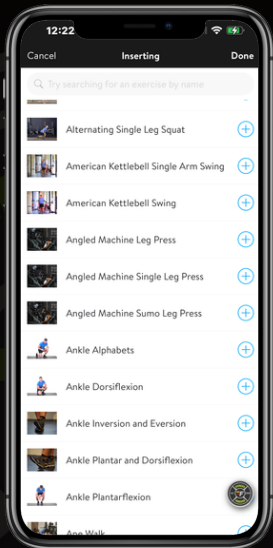
## SELEC TYPE

Choose between regular, circuit or interval workout. (This example selects circuit)



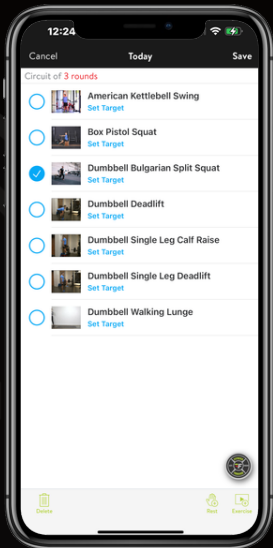
## INSERT EXERCISE

Add exercises to your workout.



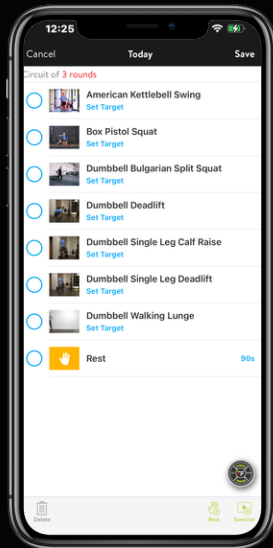
## EXERCISES

Scroll through plenty of exercise options to choose from. Tap photos to view instruction videos. Tap blue circle with plus sign to add exercise.

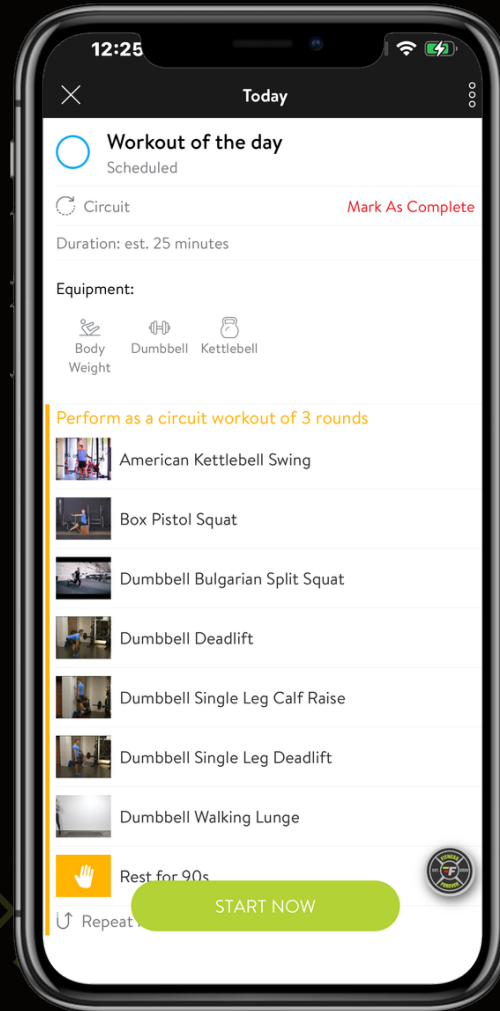


## EASILY DELETE + SET TARGETS ADD REST + EXERCISES

Select an exercise to easily delete it from your workout. Set targets by time or with text of reps, tempo, etc.



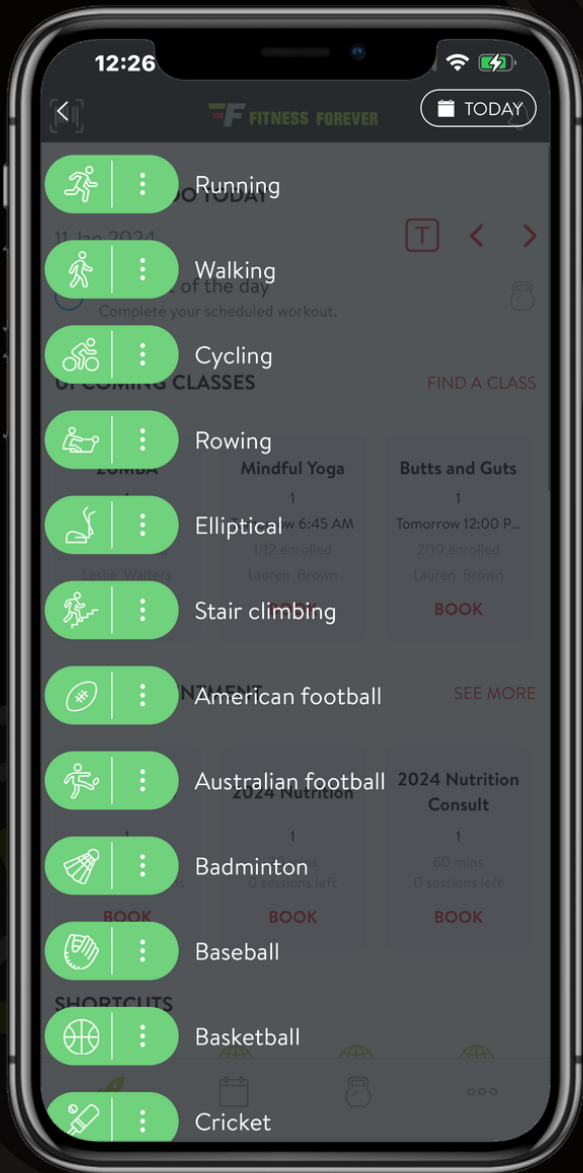
Use icons on the bottom right to add rests and more exercises. Change rest time by clicking on blue time.



## SAVE + START

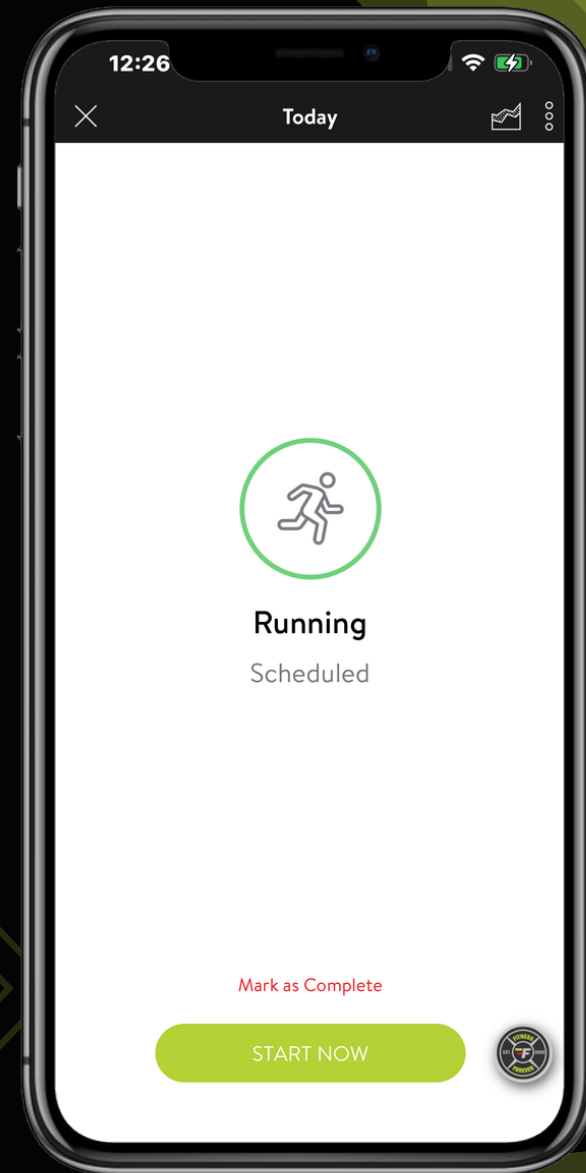
Save workout and start it immediately.

# ADD ACTIVITY

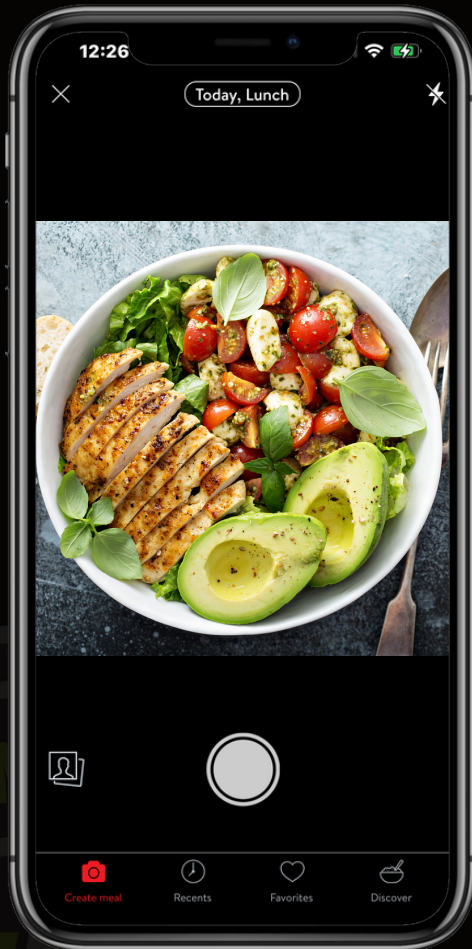


## ACTIVITIES

*Select from many activity options.  
Tap the three dots next to activity to  
set target goals by distance or time.  
Select activity to start now and  
record time of activity.*

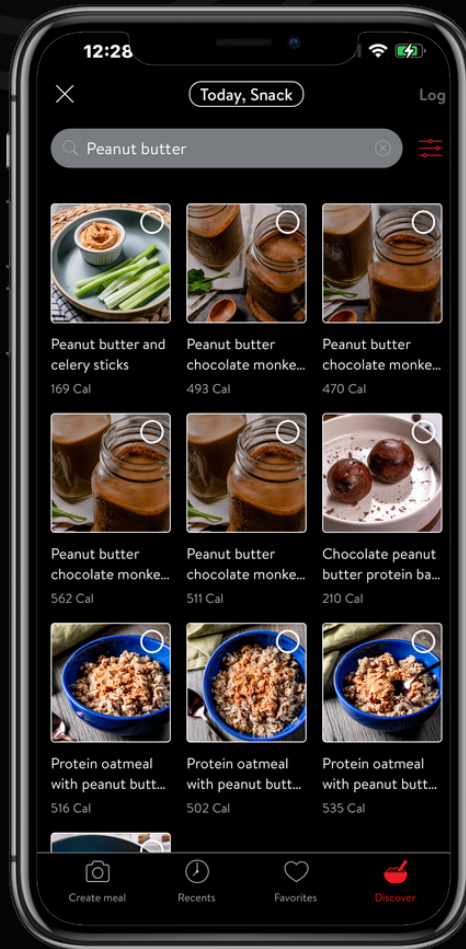


# ADD MEAL



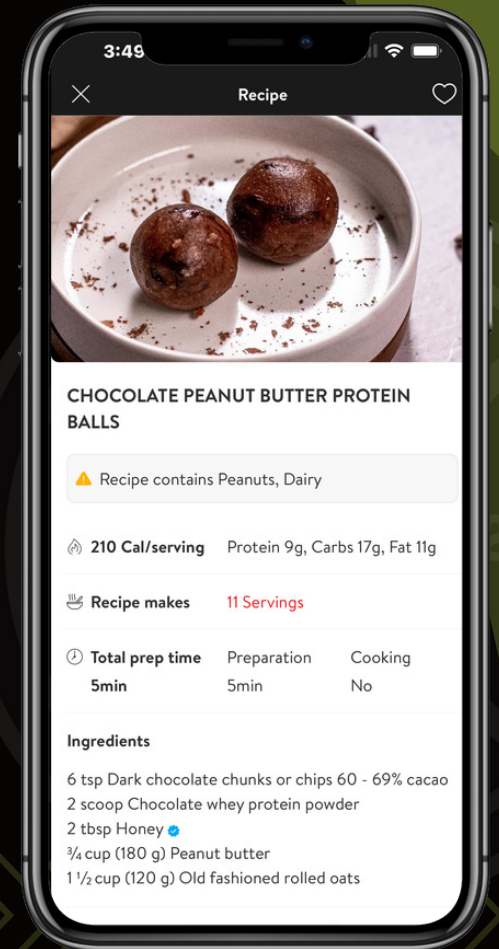
## FOOD PHOTO DIARY

Snap a photo of meal.  
Select icon at top to log breakfast,  
lunch, dinner or snack.



## SEARCH RECIPES

Search a term to find recipes options.



## RECIPES

Tap a photo to gather recipe  
ingredients, directions to prepare  
and nutrition information.  
Heart the recipe to keep in favorites.



# ADD **BODY STATS**

12:28

Cancel Today Save

Body Weight lbs

Fat % %

Caliper Body Fat %

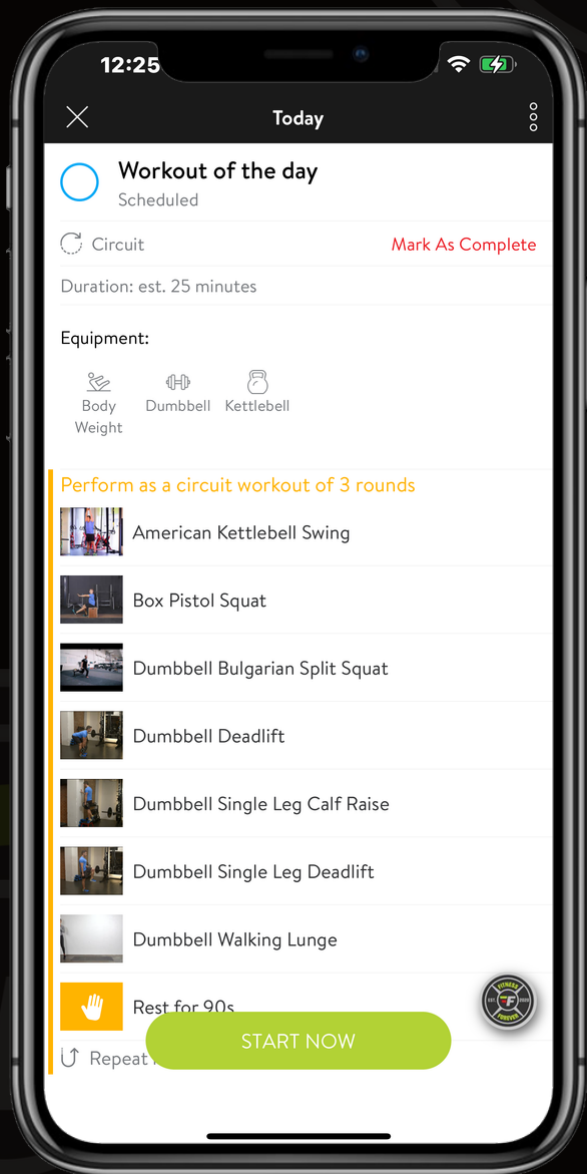
Left Side Right Side

Neck	in
Shoulders	in
Chest	in
L Bicep	in
L Forearm	in
Waist	in
Hips	in
L Thigh	in
L Calf	in

## MEASUREMENTS

*Input body stats as your journey progresses.*

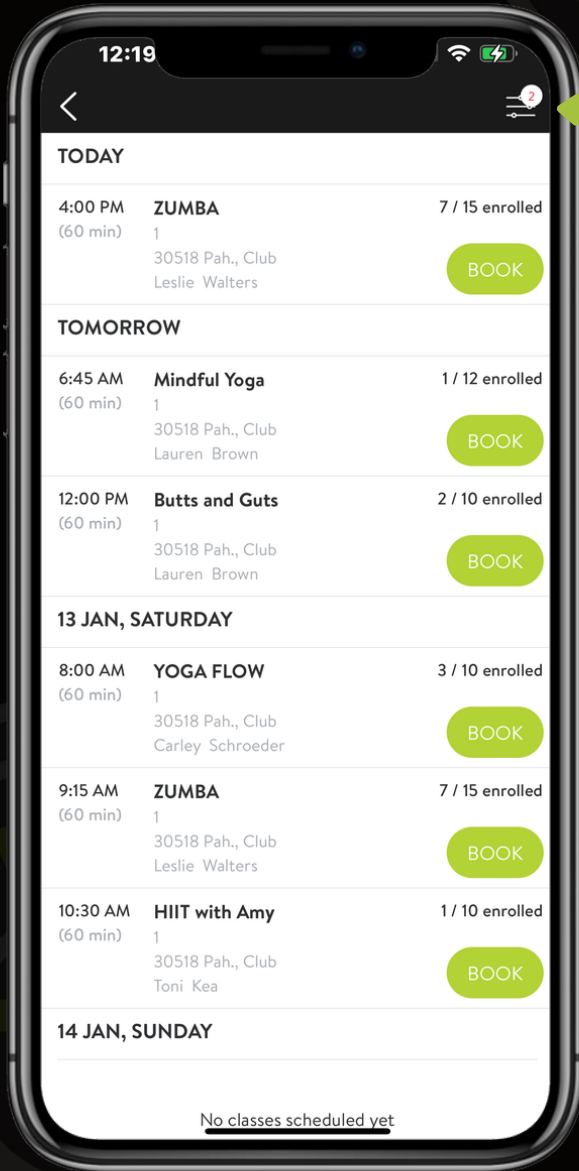
# THINGS TO DO **TODAY**



## Keeps track of Goals for the day

*When a goal is selected, you have the opportunity to start the workout or complete the activity being requested.*

# FIND A FITNESS CLASS

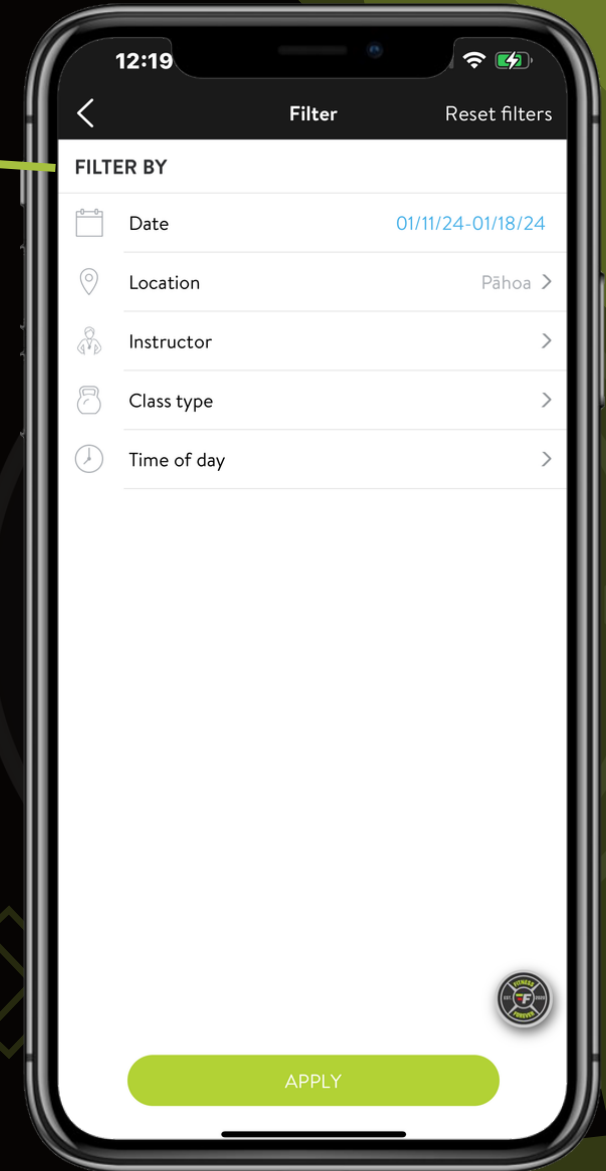


## FILTER RESULTS

*Pick a date range, location, instructor, class type and type of day to narrow results.*

## CLASSES

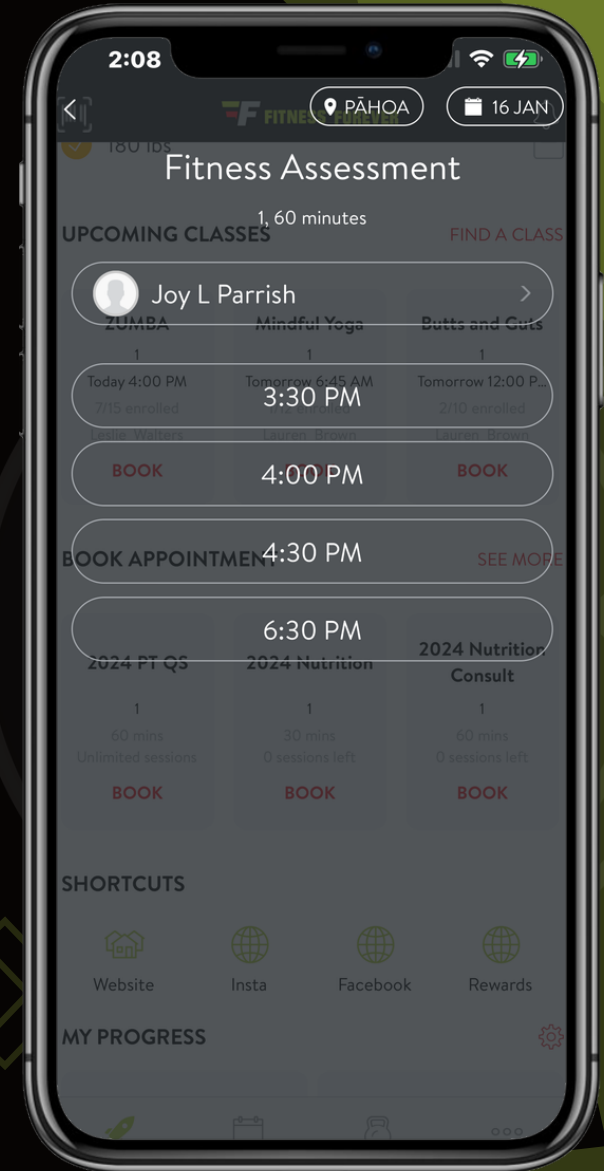
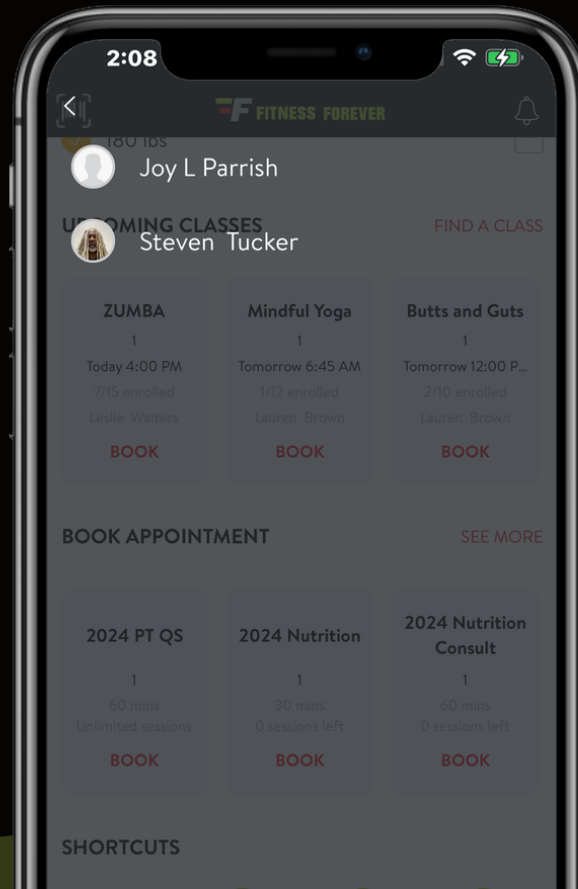
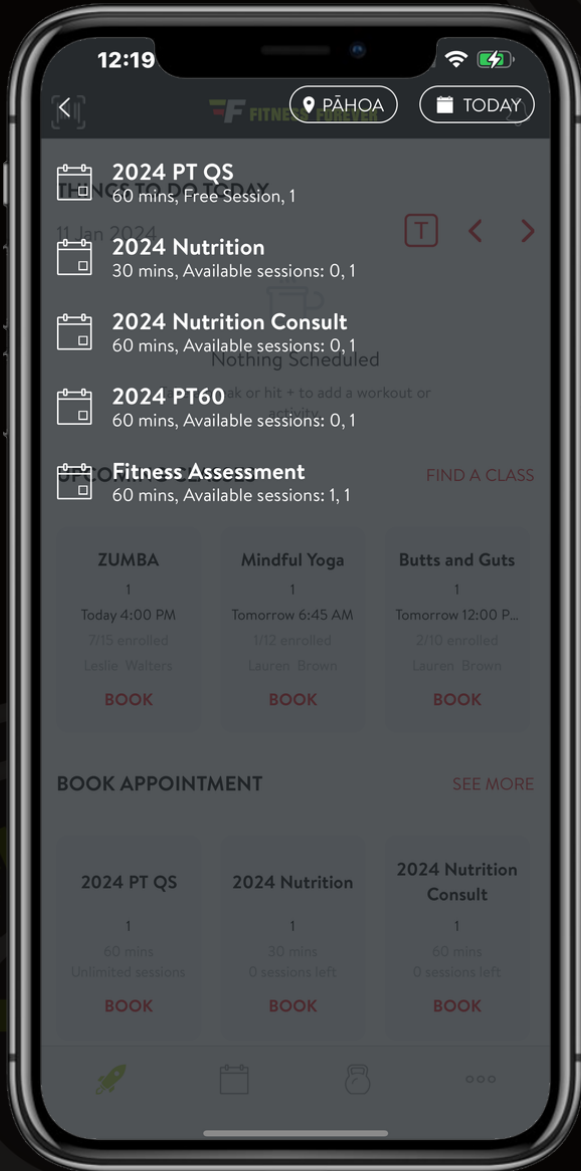
*View available classes, # of enrolled, and book to save your spot.*



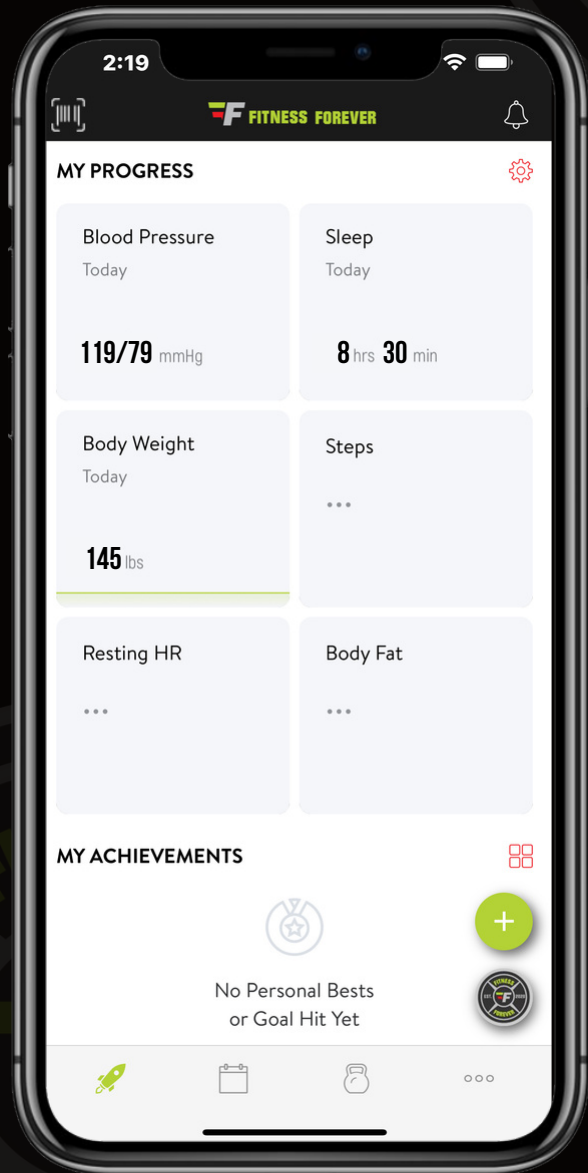
# BOOK AN APPOINTMENT

## DIRECT SCHEDULING

*See what available sessions you have or schedule a new session.  
Select desired personal trainer.  
Change location and date with buttons located in the top right to find availabilities.*



# MY PROGRESS

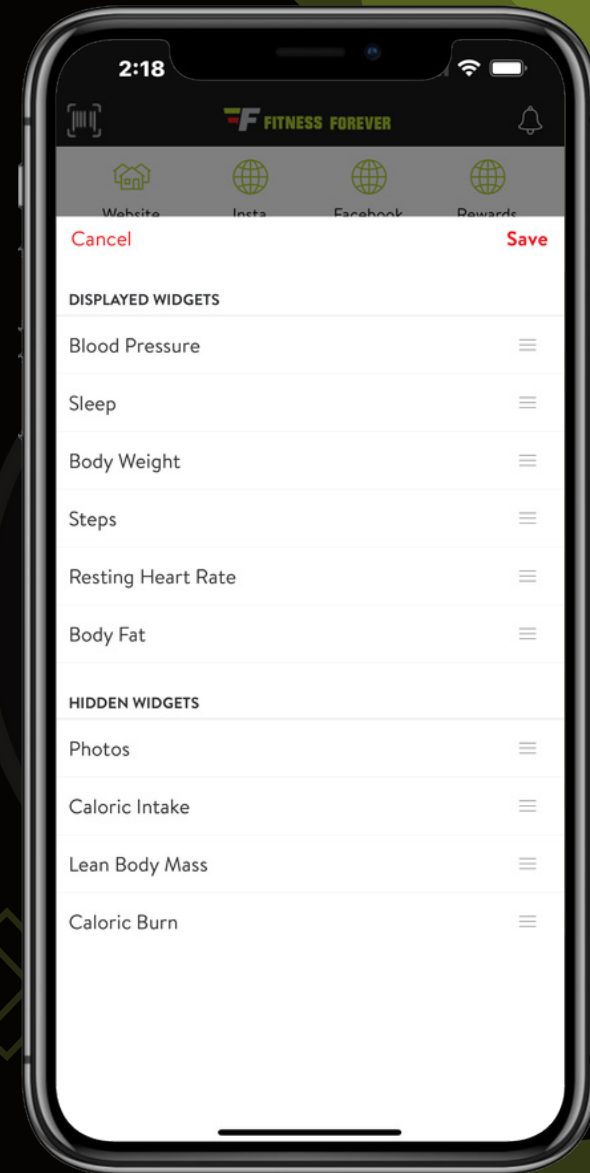


## TRACK IT

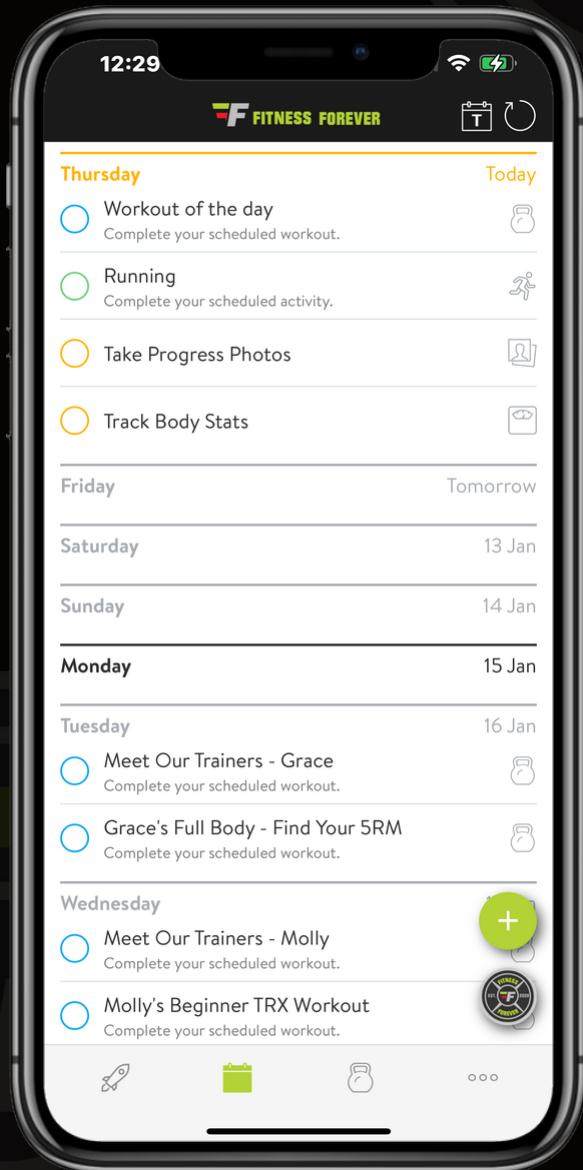
*Visual of inputted numbers to track progress.*

## WIDGET SETTINGS

*Change the order of widgets shown and ability to hide widgets not often used.*



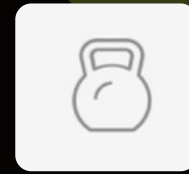
# MY CALENDAR



## DAILY GOALS

*View current day goals and goals for the days to come. Select a day to add a goal to your calendar.*

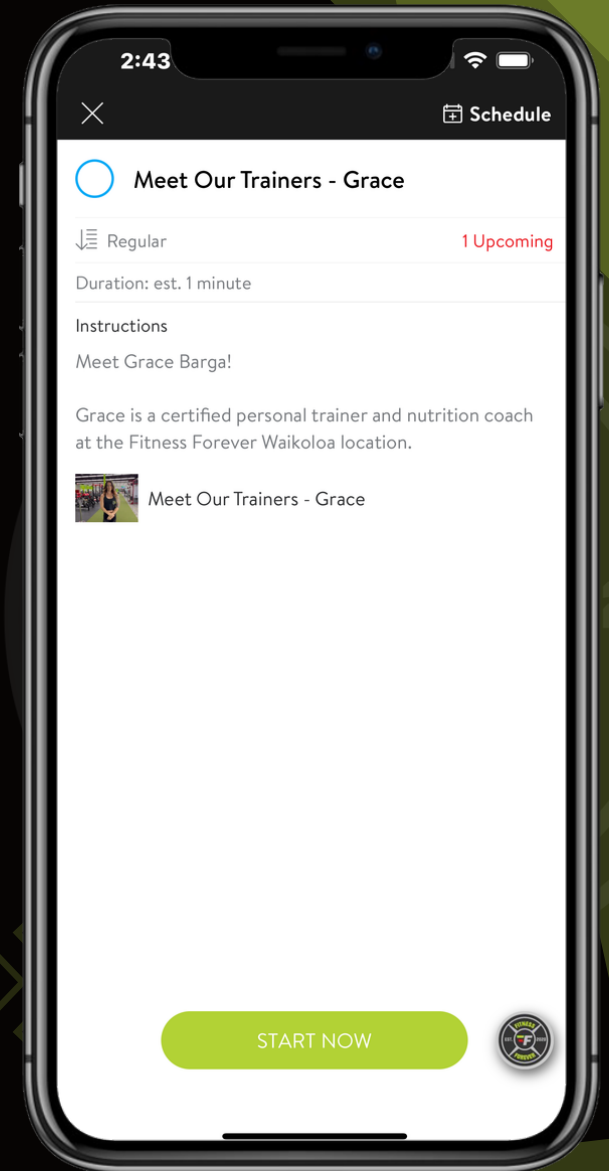
# MEET OUR TRAINERS



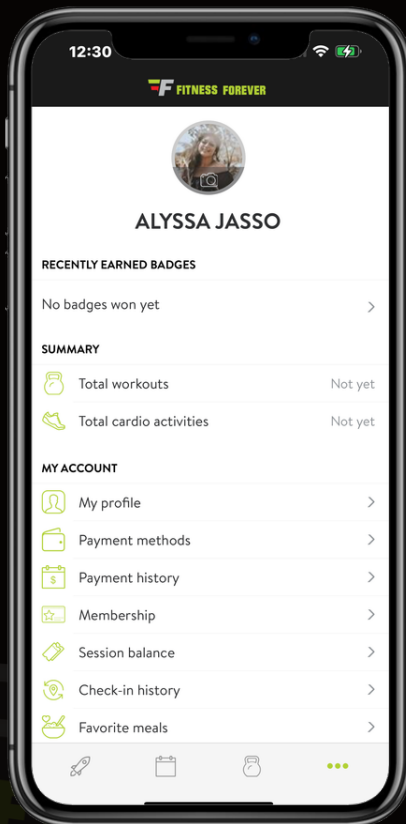
## PERSONAL TRAINERS



*Scroll to meet our personal trainers from all gym locations. Select a bio to watch an introductory video. Also features special workouts by our Personal Trainers.*

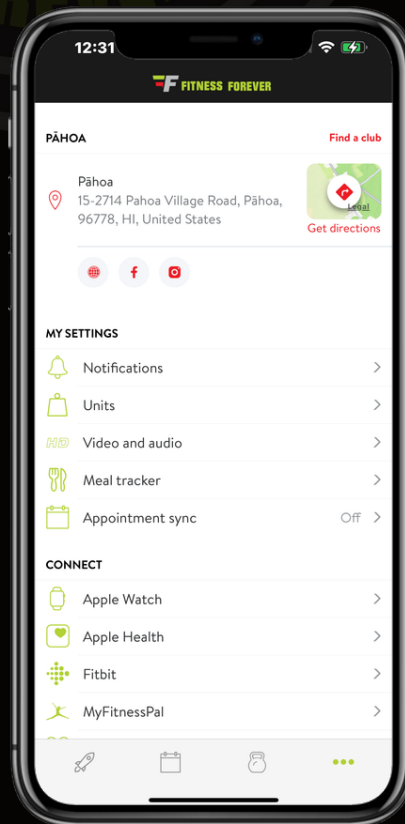


# ACCOUNT + SETTINGS



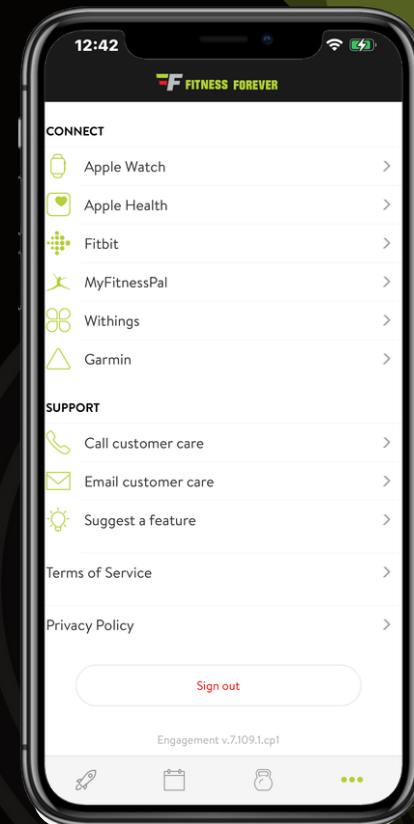
## MY ACCOUNT

- Change your profile picture
- **My Profile:** Email, Phone #'s, Emergency Contact, Birthday, Height, Gender, Activity Level, State, and Timezone
- **Payment Methods:** Add/Remove payment methods for gym membership and in club purchases
- **Payment History:** Get membership dues and in club transactions history
- **Membership:** View agreement number, agreement details, and home club information
- **Session Balance:** List of in club sessions available to use
- **Check-in History:** View up to 90 days of check-in history
- **Favorite Meals:** Meals favorited in foods will be listed here with quick nutrition facts and brief description of ingredients



## CLUB + MY SETTINGS

- Club location information and directions. Can find a club based on location.
- **Notifications:** Specify how you get notifications for group, private messages, new comments, appointment updates, trainer updates, daily reminders and set reminder times for appointments.
- **Units:** Specify units view for weight, distance and body measurements
- **Video Audio:** Select video quality, exercise video voice and audio cues
- **Meal Tracker:** Determine where to sync meal tracker and meal workflow
- **Appointment Sync:** Select which calendar to sync your appointments to

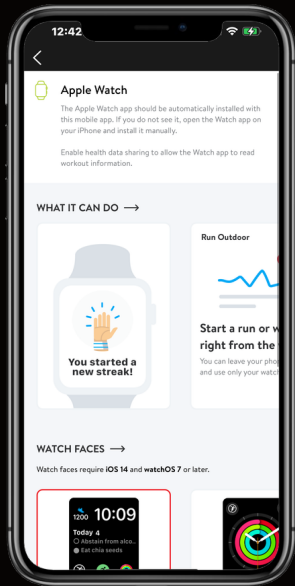


## CONNECT + SUPPORT

- **Connect:** Connect Apple Watch, Apple Health, Fitbit, MyFitnessPal, Withings, Garmin to app
- **Support:** Call or email customer care, also suggest and vote on features to improve app.



# HOW TO SYNC



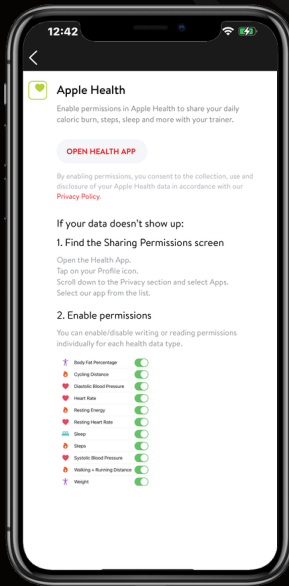
## APPLE WATCH

### Directions to connect:

1. Open Watch app on iPhone and install app manually
2. Enable health data sharing to allow Watch app to read workout information

### Benefits:

- Praise for new workout streak
- Leave phone behind and start run or walk from watch
- Complete any workout, habit or cardio scheduled by your trainer
- Work out hands-free with guidance from watch
- Track your steps and daily caloric burn as you go about activities
- Track your sleep (requires watchOS 7)
- Multiple Watch Faces to choose from (watch face requires iOS 14 and watchOS 7 or later)



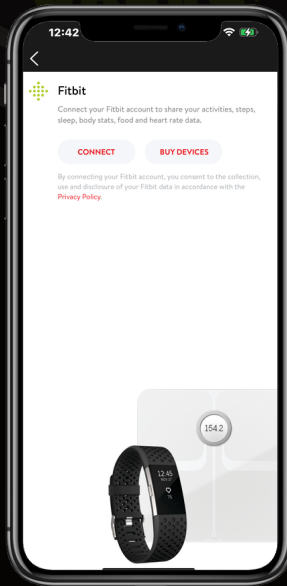
## APPLE HEALTH

### Directions to connect:

1. Enable permissions in Apple Health to share daily caloric burn, steps, sleep, and more with trainer.
2. Open Health App
3. Turn On All or select what you want to share

### Data not showing up?:

1. Find Sharing Permissions screen
  - a. Open Health App
  - b. Tap on Sharing Icon
  - c. Select Apps and Services
  - d. Tap on Fitness Forever App Icon
2. Enable permissions
  - a. You can enable/disable writing or reading permissions individually for each health data type



## FITBIT

### Directions to connect:

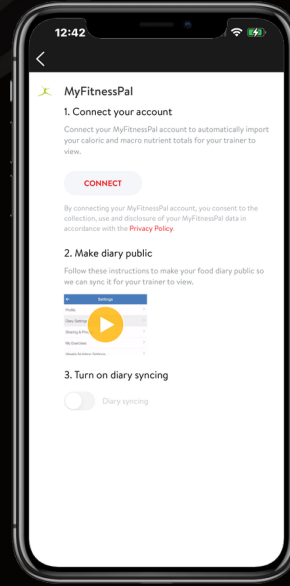
1. Connect Fitbit account to share your activities, steps, sleep, body stats, food and heart rate data.
  - a. Click Connect
  - b. Will be redirected to accounts.fitbit.com login
  - c. Select "Allow this App" to move forward with the connection

### Data not showing up?:

- If sleep data is not coming in, it's likely permission is turned off. Simply disconnect and reconnect to ensure the permissions are coming in.
- Please note: the "activity and exercise" permission is to sync the Steps and Active Calories burnt data

Once the connection has been made, it might take a few minutes for the Withings data to start syncing to the Fitness Forever app.

- Clients will see a "Sync in background" message
  - The initial sync will be bringing in 2 weeks of information and might take longer. Once it is completed, syncs should appear in the app within a few minutes.



## MYFITNESSPAL

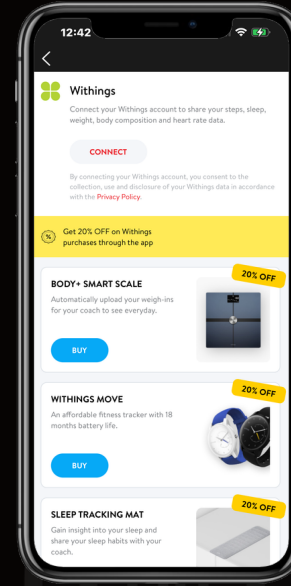
### Directions to connect:

1. Connect MyFitnessPal account to automatically import your caloric and macro nutrient totals for trainer to view
2. Login to MyFitnessPal account
3. Authorize connection
4. Will import past 2 weeks of data, select Done

### Important Step:

Make food diary public so we can sync it for your trainer to view.

1. Open MyFitnessPal app
2. Tap on More
3. Tap on Settings
4. Tap on Diary Sharing
5. Tap on Privacy
6. Set this to Public.
7. Go back to Fitness Forever App MyFitnessPal connection and tap "Enable Diary Share"
8. Make sure to turn on "Diary syncing"



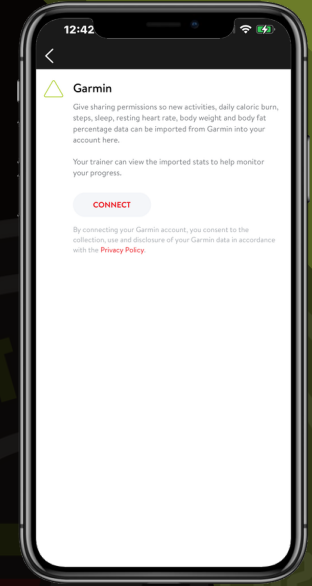
## WITHINGS

### Directions to connect:

1. Connect to app with Withings account
2. Select the "Allow this app" button to move forward with the connection

Once the connection has been made, it might take a few minutes for the Withings data to start syncing to the Fitness Forever app.

- Clients will see a "Sync in background" message
  - The initial sync will be bringing in 2 weeks of information and might take longer. Once it is completed, syncs should appear in the app within a few minutes.



## GARMIN

### Directions to connect:

1. Connect to app with Garmin account
2. Allow Activities and Daily Health Stats the select the Agree button to move forward with the connection

Once the connection has been made, it might take a few minutes for the Garmin data to start syncing to the Fitness Forever app.

- Clients will see a "Syncing in background" message
  - The initial sync will be bringing in 2 weeks of information and might take longer. Once it is completed, syncs should appear in the app within a few minutes.