

# WELCOME TO THE 'HAPPY APPY'



THANK YOU FOR SIGNING UP TO THIS COURSE. HERE ARE THE FEW STEPS TO GET GOING WITH IT AND START MAKING THOSE CHANGES...STEP BY STEP

## 1 DOWNLOADING THE APP

Go to either the Apple Store or the Google Play store and download 'Nudge for client'

Looks like this



Nudge for clients

Nudge, LLC Health & Fitness



## 2 NAVIGATING THE APP

Open the App...it should look similar to this...

Click 'I'm New'



## 3 SIGNING UP....

When it asks you for your Invite ID enter

'HappyAppy'



Please enter your Invite ID

HappyAppy

continue

Then create your account by filling in these details



Skip this page



Create your account.

first name

last name

email

password

submit

skip

Tap and sync your favorite app(s)

Fitbit

Garmin Connect

Google Fit

MapMyFitness

Misfit

Polar

Now you are in and ready to go. Have a browse yourself and get yourself familiar with the app. The course will start on Monday so don't worry if there isn't much there at first. Cards like these...will pop up each day with tasks, tips and tools.. so keep an eye out.

