EnvisionBody User Instructions

Two options are available to use EnvisionBody’s application

See your target weight one time that you input when you initially use the app

Join our Goal Program at the end of seeing your one-time target weight

•    The Goal Program gives you the ability to see your weekly weight change in

smaller increments. This includes the ability to input your daily calories, exercise,

and weight. All of this is conveniently stored for you, including your initial one-

time full target weight image and all smaller weekly incremental changes. Please

remember to go to the Weekly Image Change and History tab once a week to

process your current image.

•    The smaller weekly image change displays an approximate 10 lb weight

difference. Our software calculates your projected weight several weeks ahead

and displays that to you which powerfully increases motivation to achieve your

goal. Viewing your weight change in smaller increments provides the sense that

your goal is just within reach.

Personalized dashboard on joining Goal Program

The personalized dashboard includes four tabs

•    Setup Fitness Goals – start here to set up your fitness goals that you would like

to achieve

•    Input Daily Stats – this allows you to input your daily calories, exercise and current

weight

•    Weekly Image Change and History – capture and process your new weekly image

and view a history of your stats including storage of all images

•    Full Transformation Goal Image – to keep you motivated, your complete target

weight transformation image that you initially created is stored here

Push Notifications

You will receive push notifications as a reminder to input your weekly image,

including daily notifications for calories, exercise, and current weight inputs. These

can be adjusted in your settings on your device.

Earn Badges and Trophies

You will receive a badge at the end of each week for your participation. Two

Trophies are also given. One trophy is provided after you accomplish your halfway

mark of your 4, 8 or 12-week timeline you selected to reach your goal. A final trophy

is given to you at the end of the timeline after you have fully completed your Goal

Program.