

## **INSTRUCTION MANUAL FOR SIGN UP IN ETERNAL HEALTH WEBSITE**

1. Click on login button in our home page.
2. Sign up by setting up your username and linking with you email and create a strong password.
3. Next fill out the eternal health questionnaire which consist of your personal information and your lifestyle and preferences.
4. Select a fitness goal.
5. Depending on your goal, the app will ask you some questions about your availability for activities for a week, how much time you commit to the fitness activities.
6. Set up which features you want to use in the app like workout plans, weekly progress and diet.
7. You need to select specialized feature out of the 8 premium features we provide, which are:
  - MENTAL HEALTH THERAPY
  - REMINDER
  - YOGA
  - PERIOD TRACKER
  - DIET BASED ON THE QUESTIONNAIRE
  - TRACK MEDICAL HISTORY
  - DETAILED MONITORING AND TRACKING
  - STREAKS AND ACHIEVEMENTS