

SMS Opt In/Opt Out within the app

During the Registration process the user has to sign a Waiver. It provides the information to Opt In or Out of SMS Text Messages.

6. SMS Text Messaging Notifications... (see below)

Notification Settings defaults to SMS Text Messages to Off and the user must turn it on to Opt In. (See below)

Liability Waiver & Release

Please read and sign this waiver to continue using Sparta Complete Wellness

6. SMS TEXT MESSAGE NOTIFICATIONS

I understand that Sparta Complete Wellness may send SMS text message notifications for important program updates, daily reminders, and alerts. I may opt in or opt out of receiving these text messages at any time through my notification settings in the app. Standard message and data rates may apply. Message frequency may vary.

7. SEVERABILITY

If any portion of this agreement is held invalid, the remainder shall continue in full force and effect.

I HAVE READ THIS DOCUMENT AND UNDERSTAND THAT IT GIVES UP SUBSTANTIAL RIGHTS. I SIGN IT VOLUNTARILY.

- I have read and understand the entire waiver above
- I agree to the terms and conditions outlined in this waiver

Electronic Signature

Draw Signature

Type Name

Clear

Save Signature

Please sign above using your mouse or finger.

Sign Waiver & Continue

Cancel

By clicking "Sign Waiver & Continue", you acknowledge that you have read, understood, and agree to be bound by this waiver.

< **Notification Settings**

Daily Reminders

Enable daily notifications 

Daily reminder notifications are enabled. You will receive notifications if you miss posts.

SMS Notifications

Enable SMS notifications 

SMS notifications are disabled. Enable to receive text messages for daily reminders.

Confirmation Messages

Show success messages 

Confirmation messages are disabled. Actions will complete silently without pop-up messages.

Achievement Notifications

Show achievement popups 

Achievement notifications are enabled. You will see popups when you earn achievements.

Daily Notification Time

5  PM 

Notifications will be sent on the hour (at 5:00 PM):

- Tuesday through Sunday: If you haven't posted all 3 meals the previous day
- Tuesday through Saturday: If you haven't posted your workout the previous day (up to 5 workouts per week)
- Monday through Sunday: If you haven't posted your scripture reading the previous day
- Sunday: If you haven't posted your memory verse on Saturday