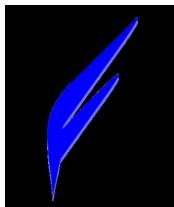



FAST User Guide

written by Rahil Patel, Jainil Patel, Jay Patel, Vrund Patel



1. Begin Using FAST

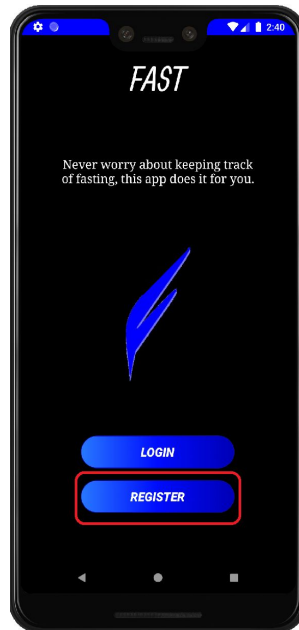
1.1. Launching the Application

- In order to launch FAST, locate the application with the  logo on your mobile device as shown below.

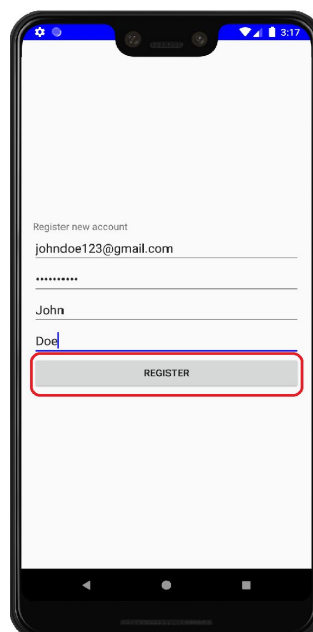


1.2. Instructions for First Time Users

- Once the application is loaded, select the “REGISTER” option to create a personal account as shown below.

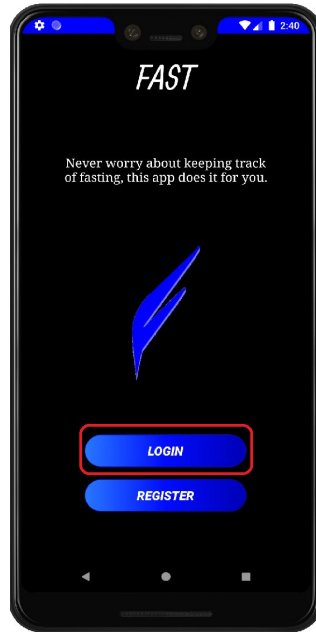


- Once the registration screen opens, enter a valid email address, a valid password, a valid First Name, and valid Last Name. Once completed, select the “REGISTER” button to create your account. Please refer to sample input below.



1.3. Instructions for Existing Users

- Once the application is loaded, select the “LOGIN” option to enter account credentials to access application features.



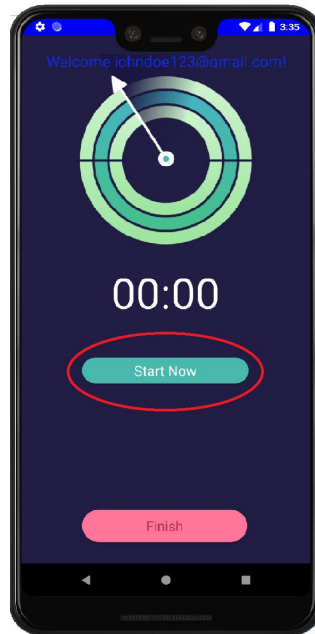
- Once the login screen opens, enter a valid and registered user account. Once completed, select the “LOGIN” button to access app features. Please refer to sample input below.



2. Learn About Features

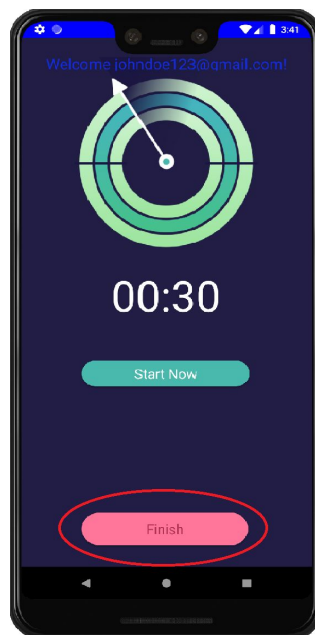
2.1. Begin a Fasting Period

- Once on the home screen, to begin a fasting period, press “Start Now” as shown below.



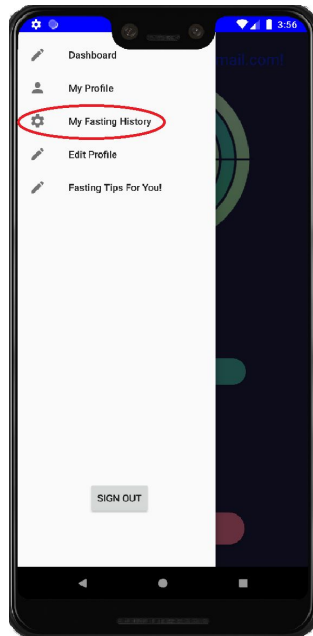
2.2. Stop a Fasting Period

- On the home screen, to end a fasting period, press “Finish” as shown below.

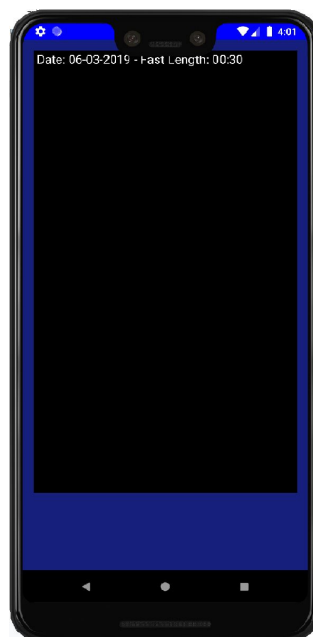


2.3. View Fasting Period History

- To view a running history of fasting periods completed under an account, swipe right from the left side of the screen to open a navigation menu as shown below.

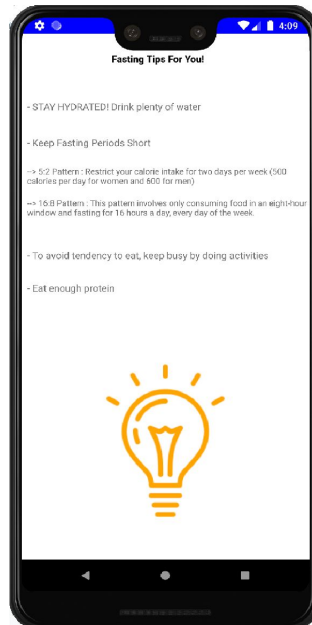
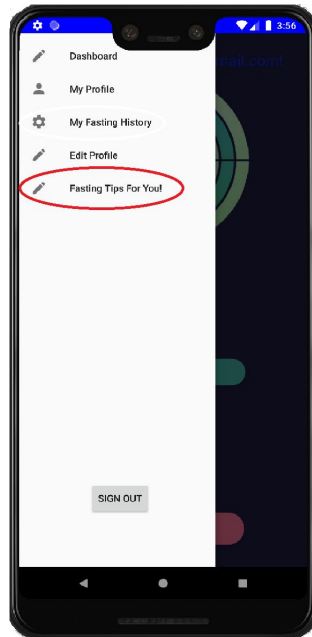


- Select “My Fasting History” to view a history of fasting periods used under an account as shown below.



2.4. View Fasting Tips

- To view important fasting tips during a fasting period, go the navigation menu by swiping right from the top left corner of the home screen. Then select “Fasting Tips For You!” to see the tips as shown below.



2.5. Sign Out

- To sign out and return to the launch screen, press the “SIGN OUT” button at the bottom of the navigation menu.

