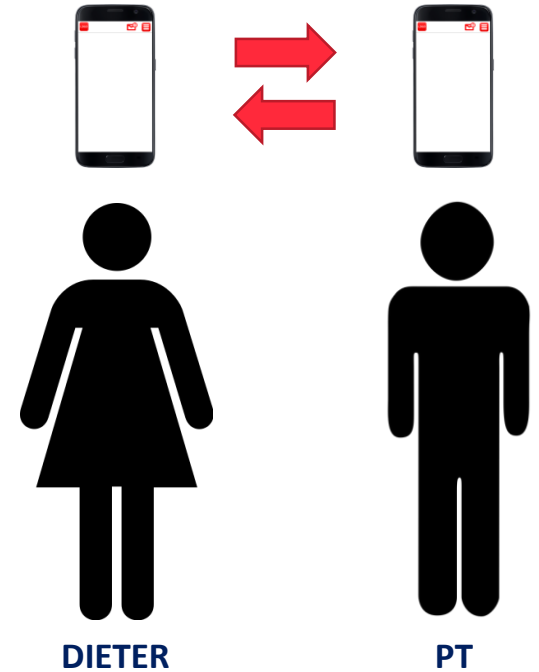


How it works

HOW IT WORKS

- Two persons install the app on their android smartphones:
 - Dieter
 - Personal Trainer
- The 2 apps (Dieter and PT) must be able to communicate between them through the internet.
- Dieter sets his/her objectives and number of weeks to achieve it. The app calculates the weekly objective target.
- The Dieter and the PT agree on a weekly reward/punishment
- On a weekly basis the Dieter introduces on her app the updated objective.
 - the app computes the evolution and sends the updated objective information to the PT app.
- Dieter and PT apps must be able to send messages and photos to each other.



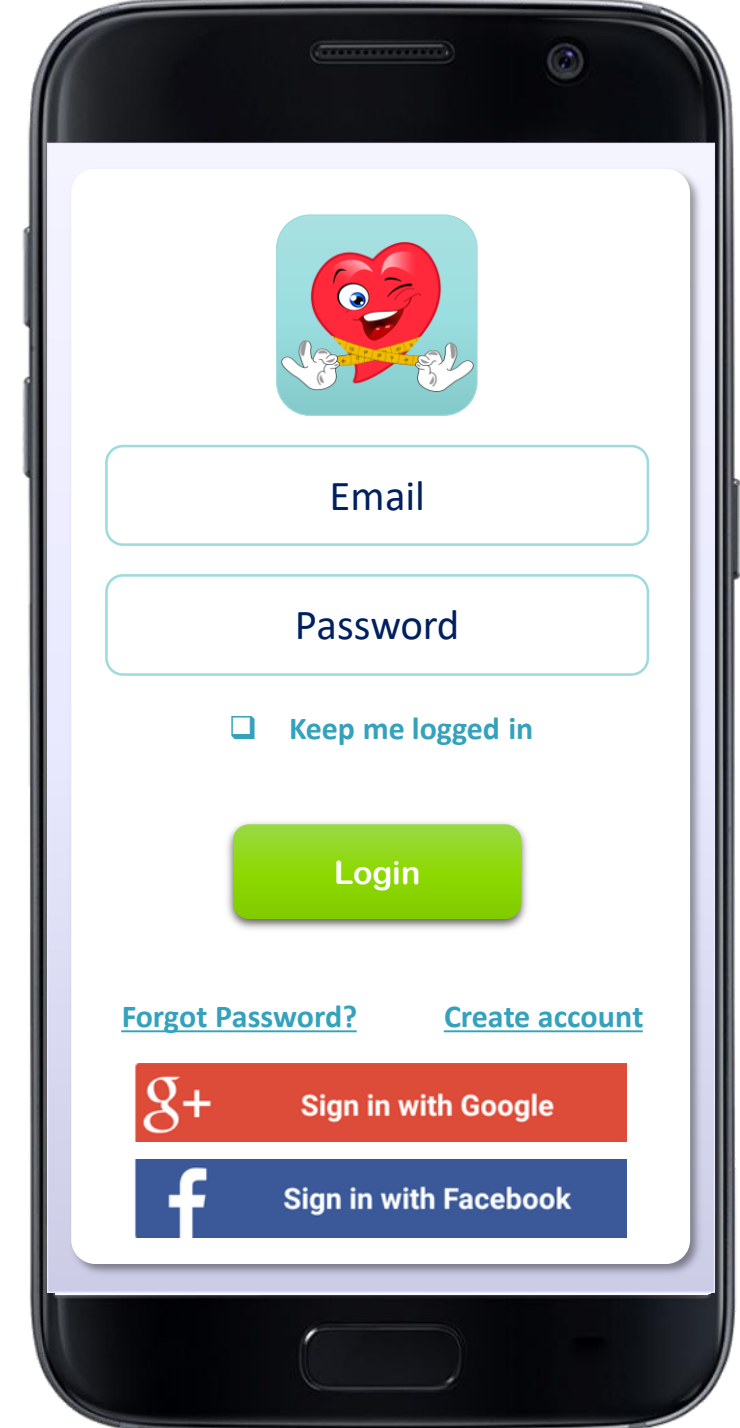
Login

(Form Pages)

LOGIN

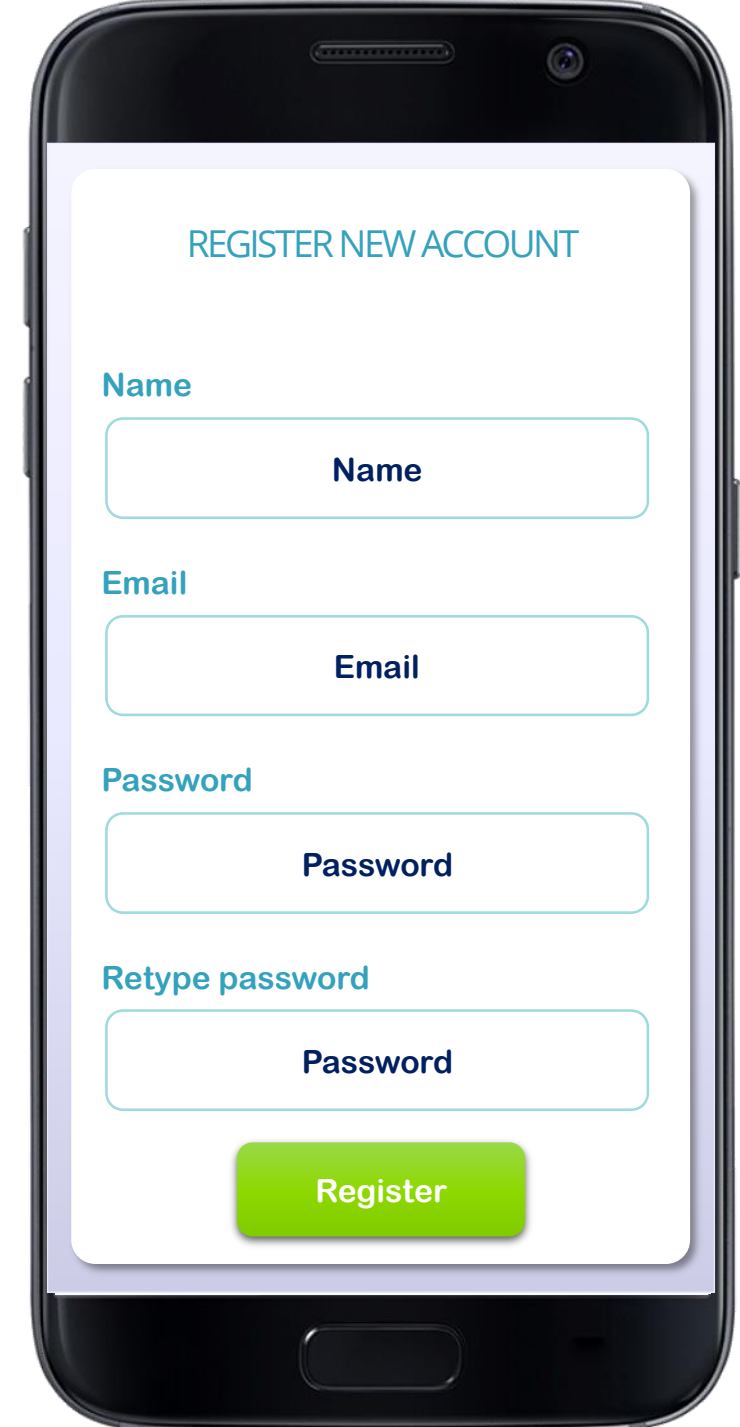
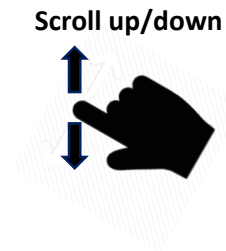
- Login
- “Keep me logged in” (checkbox)
- Login with Facebook
- Login with Google
- Forgot password?
- Create account

Menu is
disabled on
Login



REGISTER NEW ACCOUNT

- Name
- Email
- Password
- Retype password
- Gender
 - Male
 - Female
- Portrait
- Date of birth (date selection)
- Country
- Units Selection:
 - English (Lb/ft) vs Metric (kg/cm)
 - Time format (12 hours vs 24 hours)

A smartphone mockup displaying a registration form. The form is titled "REGISTER NEW ACCOUNT" in blue text. It contains five input fields, each with a label in blue text above it: "Name", "Email", "Password", and "Retype password". Each field has a light blue border and a light blue placeholder text. At the bottom of the form is a green "Register" button with white text. The smartphone has a black bezel and a home button at the bottom.

HOMEPAGE

(Form Pages)

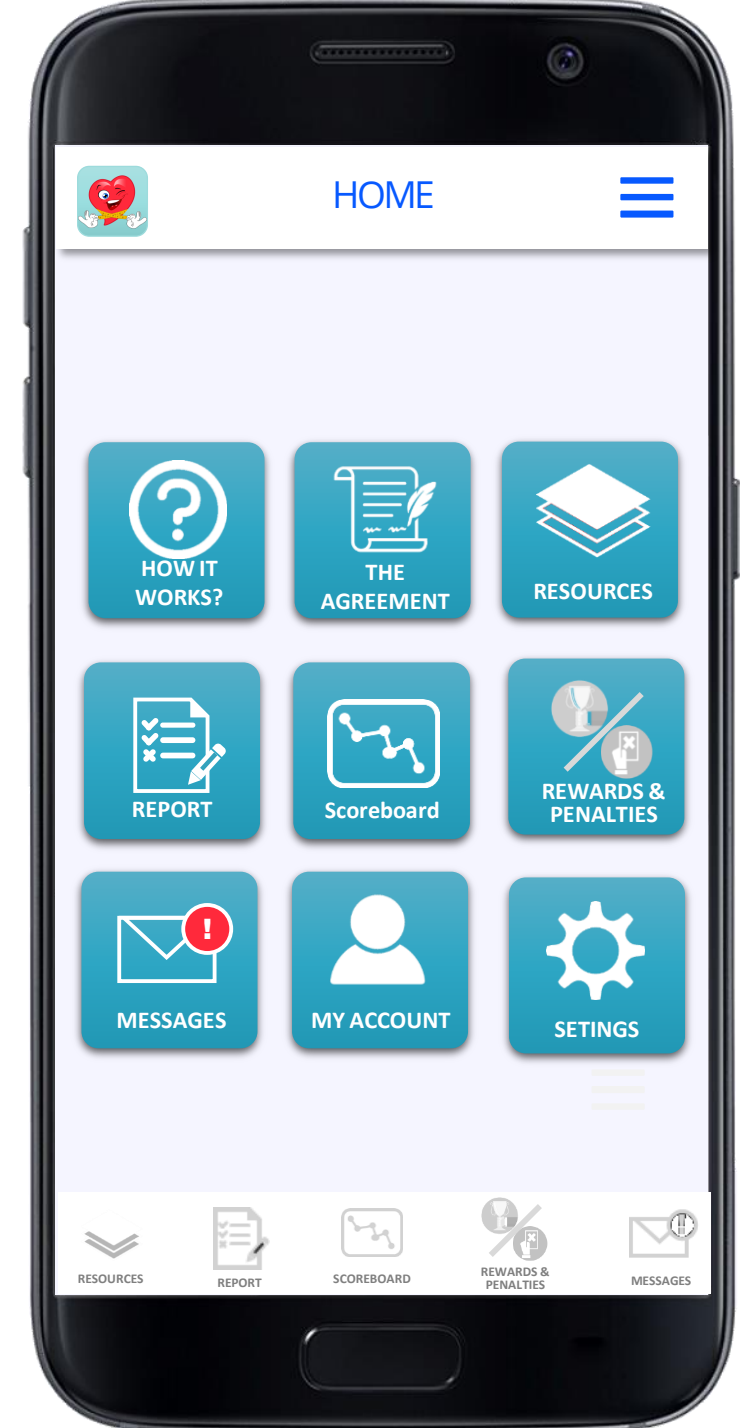
HOME

- How it works
- The Agreement
- Resources
- Motivation
- Report
- Scoreboard
- Rewards & Penalties
- Messages
- My Account
- Settings

Scroll up/down



Navigation on
bottom of article



HOW IT WORKS

HOW IT WORKS

- An intro “how-to” about the app
 - Slide by slide
 - I will develop the slides content later. This is only a demonstration
-
- **CAN THE “HOW IT WORKS” ALSO BE UPDATED IN THE SERVER AND UPDATED TO ALL APPs, LIKE THE ARTICLES?**

Scroll up/down



Navigation on
bottom of article



HOW IT WORKS

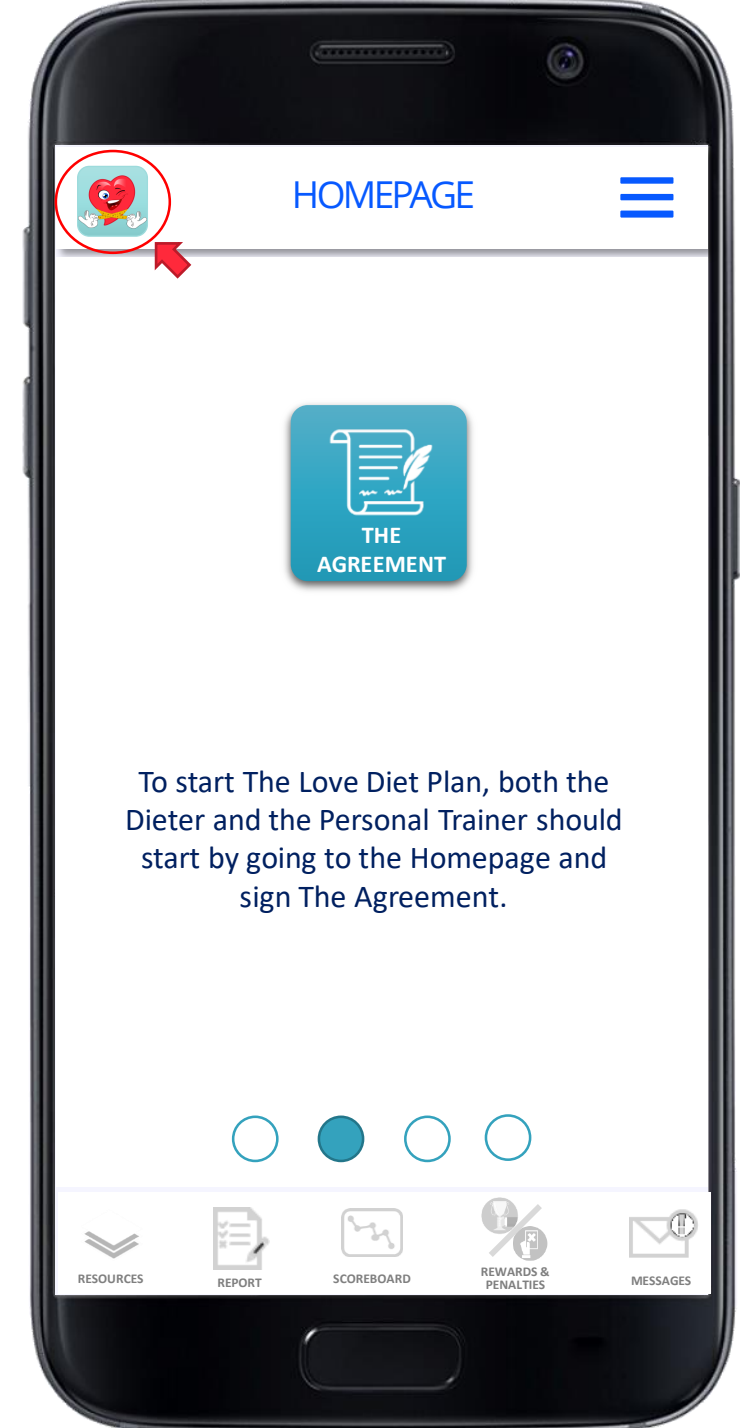
- An intro “how-to” about the app
 - Slide by slide
 - Will develop the slides it later
-
- **CAN THE “HOW IT WORKS” ALSO BE UPDATED IN THE SERVER AND UPDATED TO ALL APPs, LIKE THE ARTICLES?**



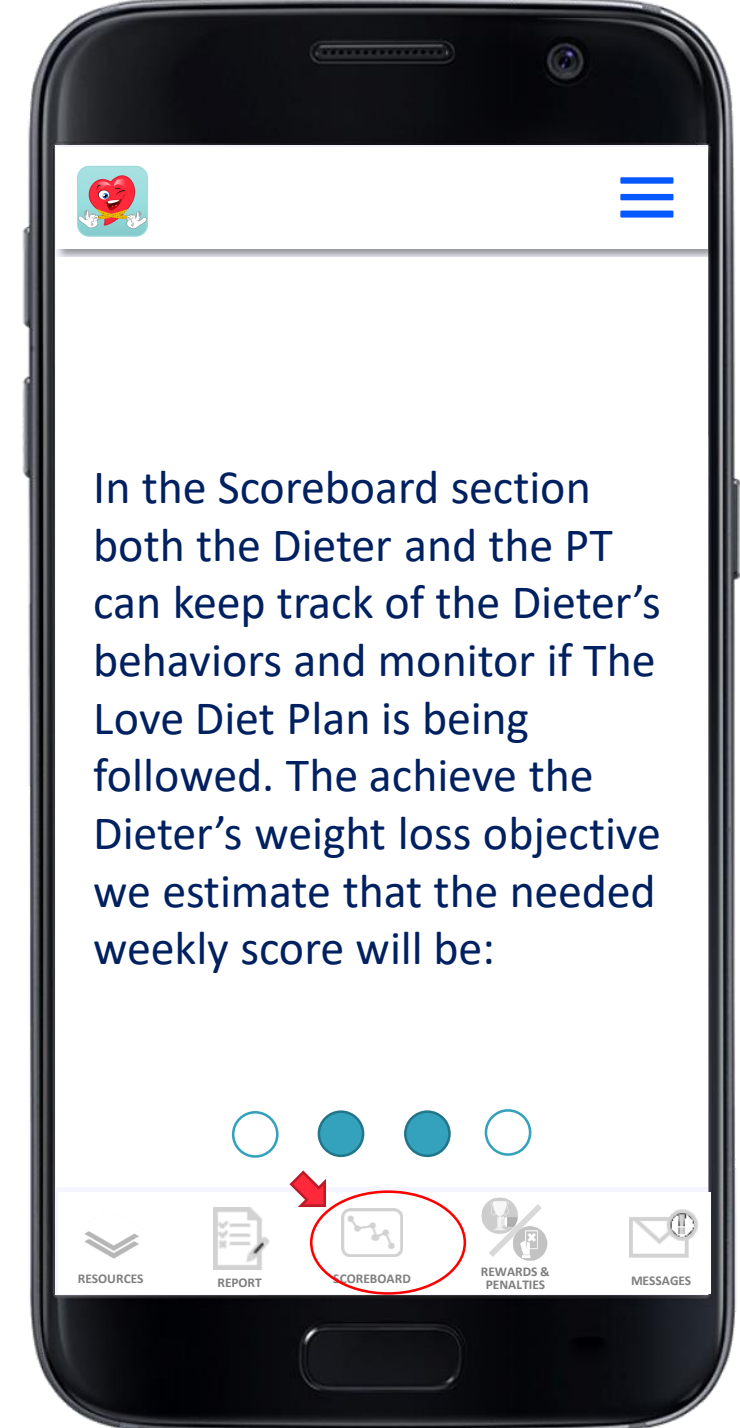
Scroll up/down



Navigation on
bottom of article



- An intro “how-to” about the app
 - Slide by slide
 - Will develop the slides it later
-
- **CAN THE “HOW IT WORKS” ALSO BE UPDATED IN THE SERVER AND UPDATED TO ALL APPs, LIKE THE ARTICLES?**



THE AGREEMENT

(Form Pages)

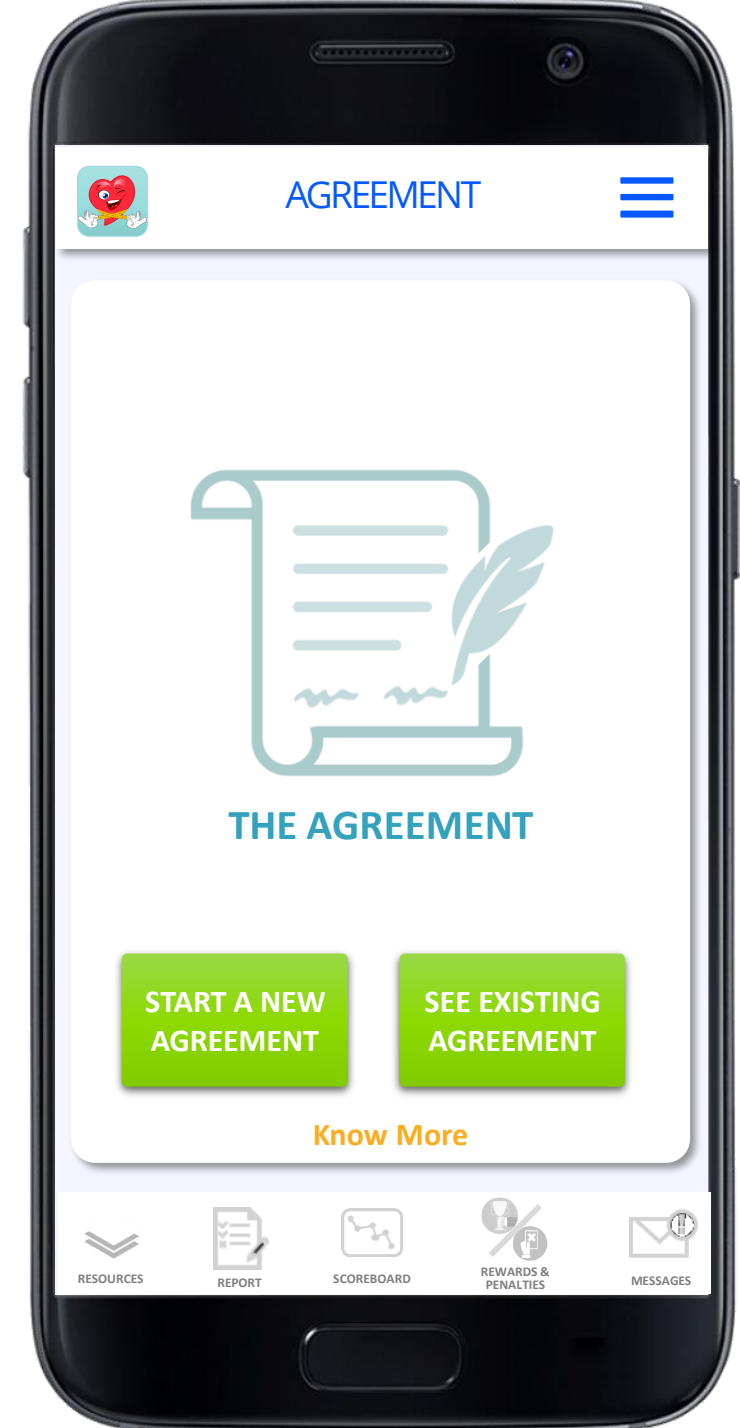
THE AGREEMENT

- SECTION
 - The agreement
 - BUTTON: Start a new agreement
 - BUTTON: See existing agreement
- START A NEW AGREEMENT WILL DELETE PREVIOUS AGREEMENT FOR BOTH THE DIETER AND THE PT.
- SEE EXISTING AGREEMENT ALLOWS YOU TO ZAP TROUGH THE NEXT SLIDES, BUT WITOUT BEING ABLE TO EDIT THEM.

Scroll up/down



Navigation on
bottom of article



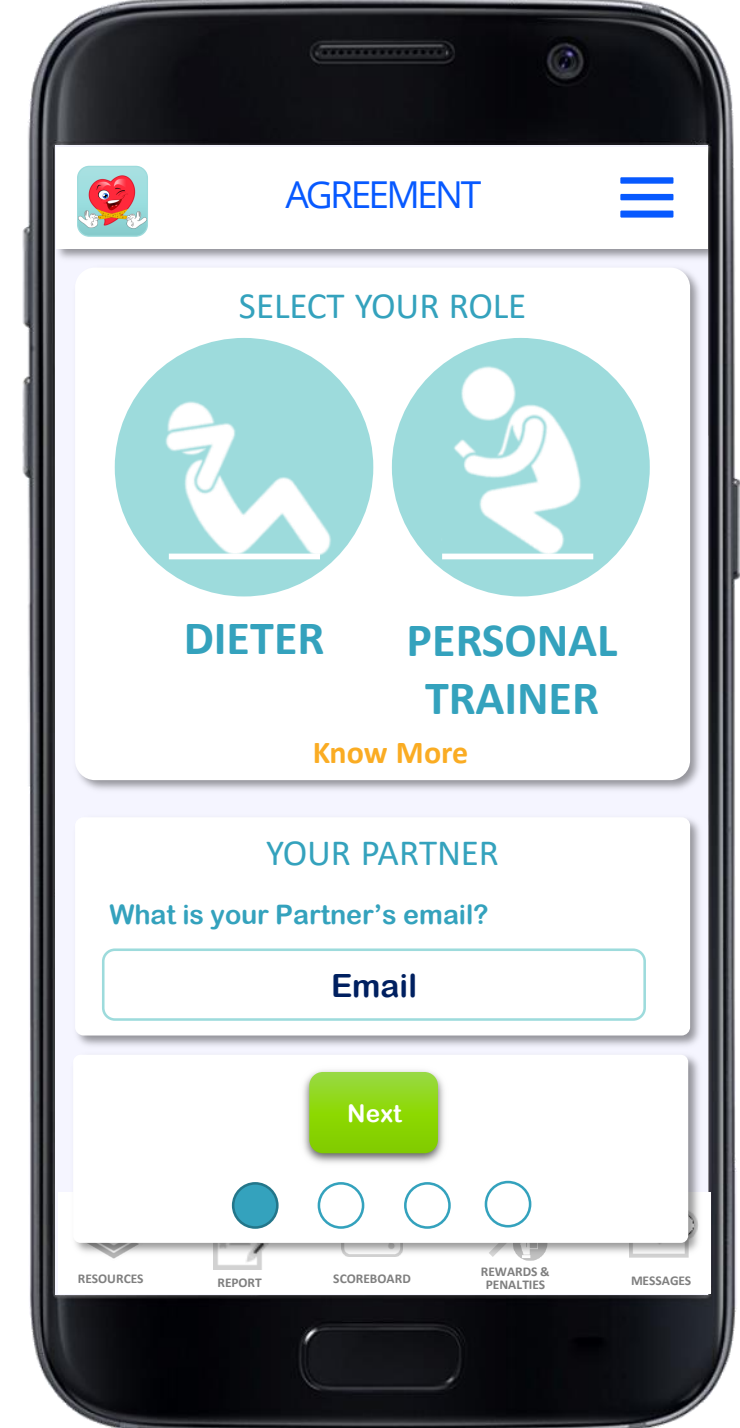
THE AGREEMENT

- SECTION SELECT YOUR ROLE
 - DIETER
 - PERSONAL TRAINER
- SECTION PARTNER
 - What is your Partner's email?
 - *(Check if email is already in the database?)*
- NEXT BUTTON

Scroll up/down



Navigation on
bottom of article



THE AGREEMENT – DIETER (OBJECTIVES)

- SECTION OBJECTIVES:

- Age
- Height
- Current Weight
- Target Weight
- Weeks to complete
- Weekly Score Needed (APP's calculation):
 - $\text{Score} = ((\text{Target Weight} - \text{Current Weight}) / \text{Weeks}) / 2 * 180 + 100$
 - Scale 100-460 (Manageable threshold at half (280))
- Weighing Day (Monday-Sunday)
- Sex (Female vs Male)

- SECTION PICTURE

- Add beginning picture (camera or album) – OPTIONAL

- SECTION AGREEMENT

- Dieter Agreement Button
- PT Agreement Button
- Next Button
- Number of slides circles

AGREE	DISAGREE
AGREE	DISAGREE
AGREE	DISAGREE

Agreement Button (**MANDATORY**):

Navigation on
bottom of article



AGREEMENT - DIETER

OBJECTIVES

Current Weight:

Tips about weighing

Target Weight:

Weeks to complete:

Weekly Score Needed:

180

Manageable Hard Unlikely

Needed weekly score may vary from person to person

PICTURE

(Insert picture button)

Tips about picture

AGREEMENT

DIETER PT

AGREE DISAGREE AGREE DISAGREE

Next

○ ● ○ ○

THE AGREEMENT – DIETER (EATING HABITS)

• SECTION COMPULSIVE EATING

- Does it happen to you eating large amounts of food in a meal and feel guilt or shamed afterwards?
- Know more link
- Answer 0-10 scale

• SECTION LACK OF MEAL CONTROL

- Does it happen to you not being able to control what you eat during meals and eat caloric, fat and non-healthy food, although you know it is bad for your diet?
- Know more link
- Answer 0-10 scale

• SECTION CRAVINGS

- Does it happen to you having an intense desire to consume a specific food, without being hunger (ex: chocolate, chips, etc)?
- Know more link
- Answer 0-10 scale

• SECTION EXERCISE AVERSION

- Does it happen to you not having will power to exercise or making self-excuses to avoid making exercise?
- Know more link
- Answer 0-10 scale

• SECTION AGREEMENT

- Dieter Agreement Button
- PT Agreement Button
- Next Button
- Number of slides circles

- NOTICE:
- This part of the Agreement form is not editable by the PT.
- The PT sees this form, but cannot edit it.
- The only editable part (for the PT) is the PT Agreement Button

Navigation on
bottom of article



AGREEMENT - DIETER

COMPULSIVE EATING

Does it happen to the Dieter eating large amounts of food in a meal and feel guilt or shamed afterwards?

[Know More](#)

0 1 2 3 4 5 6 7 8 9 10
Never Every day

LACK OF MEAL CONTROL

Does it happen to the Dieter not being able to control what you eat during meals and eat caloric, fat and non-healthy food, although you know it is bad for your diet?

[Know More](#)

0 1 2 3 4 5 6 7 8 9 10
Never Every day

CRAVINGS

Does it happen to the Dieter having an intense desire to consume a specific food, without being hunger (ex: chocolate, chips, etc)?

[Know More](#)

0 1 2 3 4 5 6 7 8 9 10
Never Every day

RESOURCES REPORT SCOREBOARD REWARDS & PENALTIES MESSAGES

THE AGREEMENT – DIETER REWARDS & PENALTIES

- SECTION DIETER'S WEEKLY REWARD
 - Question
 - Text field
 - Know more:
 - SECTION DIETER'S FINAL REWARD
 - Question
 - Text field
 - Know more:
 - SECTION DIETER'S SMALL PENALTY
 - Question
 - 3 Text Fields
 - Text field
 - Text Field
 - Text Field
 - Know more:
 - SECTION DIETER'S MAJOR PENALTY
 - Question
 - Text field
 - Know more:
 - SECTION AGREEMENT
 - Dieter Agreement Button
 - PT Agreement Button
 - Next Button
 - Number of slides circles
- NOTICE:
 - This part of the Agreement form is not editable by the PT.
 - The PT sees this form, but cannot edit it.
 - The only editable part (for the PT) is the PT Agreement Button

Navigation on
bottom of article



AGREEMENT - DIETER

DIETER WEEKLY REWARD

What weekly reward would you like to receive when you achieve your weekly weight target? [Know More](#)

Weekly Reward

DIETER FINAL REWARD

What weekly reward would you like to receive when you achieve your final weight target? [Know More](#)

Final Reward

AGREEMENT

DIETER **PT**

AGREE DISAGREE AGREE DISAGREE

Next

KNOW MORE 1

The **Dieter's Weekly Reward** is awarded each time the Dieter meets the weekly weight target, in order to motivate her/him achieving the weekly objectives

It should be something the Dieter really appreciates.

For better results, the reward could be provided by the Personal Trainer.

Examples of rewards:

- Taking the Partner out on a date.
- Doing some housework for the Partner.
- Giving some special gift to the Partner.
- Joining the Partner on some activity she/he really likes.
- Doing something special in the bedroom with the Partner.

KNOW MORE 2

The **Dieter's Final Reward** is awarded if the Dieter meets the final weight target, in order to motivate her/him achieving the final objective

It should be something the Dieter really appreciates.

The final reward should be a bigger than the weekly award.

For better results, the reward could be provided by the Personal Trainer.

Examples of rewards:

- Taking a trip.
- Buying a special gift.
- Etc.

KNOW MORE 3

The **Dieter's Small Penalty** is awarded if the Dieter misbehaves and steps out of the diet plan, such as:

- Having a caloric meal.
- Giving up to craving temptations.
- Missing the exercises
- Missing the motivational exercises.

Examples of small penalties:

- Doing some housework.
- Paying a monetary "fine" to a piggybank
- Etc..

For the success of the plan it is crucial that the penalty system is not taken lightweight and both the Dieter and the PT agree with its full enforcement.

If the conditions for the penalty application are met, both the Dieter and the PT should apply the penalty and not by-pass or forget this crucial part of the program

KNOW MORE 4

The **Dieter's Major Penalty** is awarded if the Dieter gives up on the Diet Plan.

It is intended to be an incentive for the Dieter to keep on the diet plan's track through the down times and not give up on it.

For the success of the plan it is crucial that the penalty system is not taken lightweight and both the Dieter and the PT agree with its full enforcement.

If the conditions for the penalty application are met, both the Dieter and the PT should apply the penalty and not by-pass or forget this crucial part of the program.

THE AGREEMENT – PT REWARDS & PENALTIES

- SECTION PT'S WEEKLY REWARD
 - Question
 - Text field
 - Know more:
 - SECTION PT'S FINAL REWARD
 - Question
 - Text field
 - Know more:
 - SECTION PT'S MAJOR PENALTY
 - Question
 - Text field
 - Know more:
 - SECTION AGREEMENT
 - Dieter Agreement Button
 - PT Agreement Button
 - NEXT BUTTON
- NOTICE:
 - This part of the Agreement form is not editable by the Dieter.
 - The Dieter sees this form, but cannot edit it.
 - The only editable part (for the Dieter) is the Dieter Agreement Button

Navigation on
bottom of article

A mobile app interface for a Dieter agreement. The header shows a red heart icon, the title 'AGREEMENT - DIETER', and a blue hamburger menu icon. The main content is divided into three sections: 'PT WEEKLY REWARD', 'PT FINAL REWARD', and 'AGREEMENT'. Each section contains a question about rewards and a 'Know More' link. Below the questions are buttons for 'Weekly Reward' and 'Final Reward'. The 'AGREEMENT' section has buttons for 'DIETER' (AGREE, DISAGREE) and 'PT' (AGREE, DISAGREE). At the bottom is a green 'Next' button and a navigation bar with four circles, the second of which is filled blue.

KNOW MORE 1

The PT's role in motivating and helping the Dieter achieving the weekly objectives is crucial.

Moreover, we want the PT also motivated to the success of the diet program. For that reason, each time the Dieter meets the weekly weight target the PT also receives the PT Weekly Reward.

It should be something the PT really appreciates.

For better results, the reward could be provided by the Dieter.

Examples of rewards:

- Taking the Partner out on a date.
- Doing some housework for the Partner.
- Giving some special gift to the Partner.
- Joining the Partner on some activity she/he really likes.
- Doing something special in the bedroom with the Partner.

KNOW MORE 2

The **PT's Final Reward** is awarded to the PT if the Dieter meets the final weight target, in order to recognize the help, motivation and effort of the PT in the diet plan, a crucial part of its overall success.

It should be something the PT really appreciates.

The final reward should be a bigger than the weekly award.

For better results, the reward could be provided by the Dieter.

Examples of rewards:

- Taking a trip.
- Buying a special gift.
- Etc.

KNOW MORE 3

The **PT's Major Penalty** is awarded to the PT if the Dieter gives up on the Diet Plan.

It is indented to be an incentive for the PT to help and motivate the Diet throughout the down times, making sure that the Dieter keep on the diet plan's track and not give up on it.

If the Dieter gives up on the Diet plan she/he will:

- Not meet the diet's objectives.
- Receive the Dieter's Major Penalty
- Have the PT partner suffer the burden of a penalty as well.

For the success of the plan it is crucial that the penalty system is not taken lightweight and both the Dieter and the PT agree with its full enforcement.

If the conditions for the penalty application are met, both the Dieter and the PT should apply the penalty and not by-pass or forget this crucial part of the program.

THE AGREEMENT – RESUME, MESSAGE & SEND

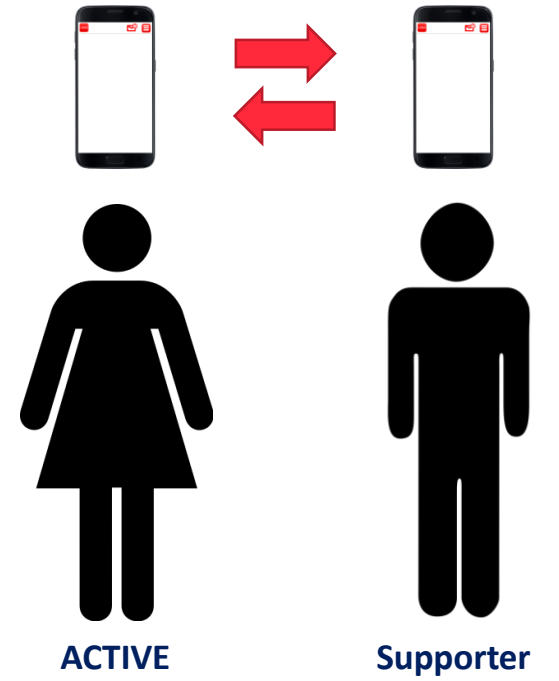
- SECTION “THE AGREEMENT”
 - Text
- SECTION AGREEMENT
 - Dieter Agreement Button
 - PT Agreement Button
- BUTTON SUBMIT

Navigation on
bottom of article



THE AGREEMENT - REVIEW AND APPROVAL

- THE AGREEMENT can go back and forward between the ACTIVE and the SUPPORTER until both agree on them.



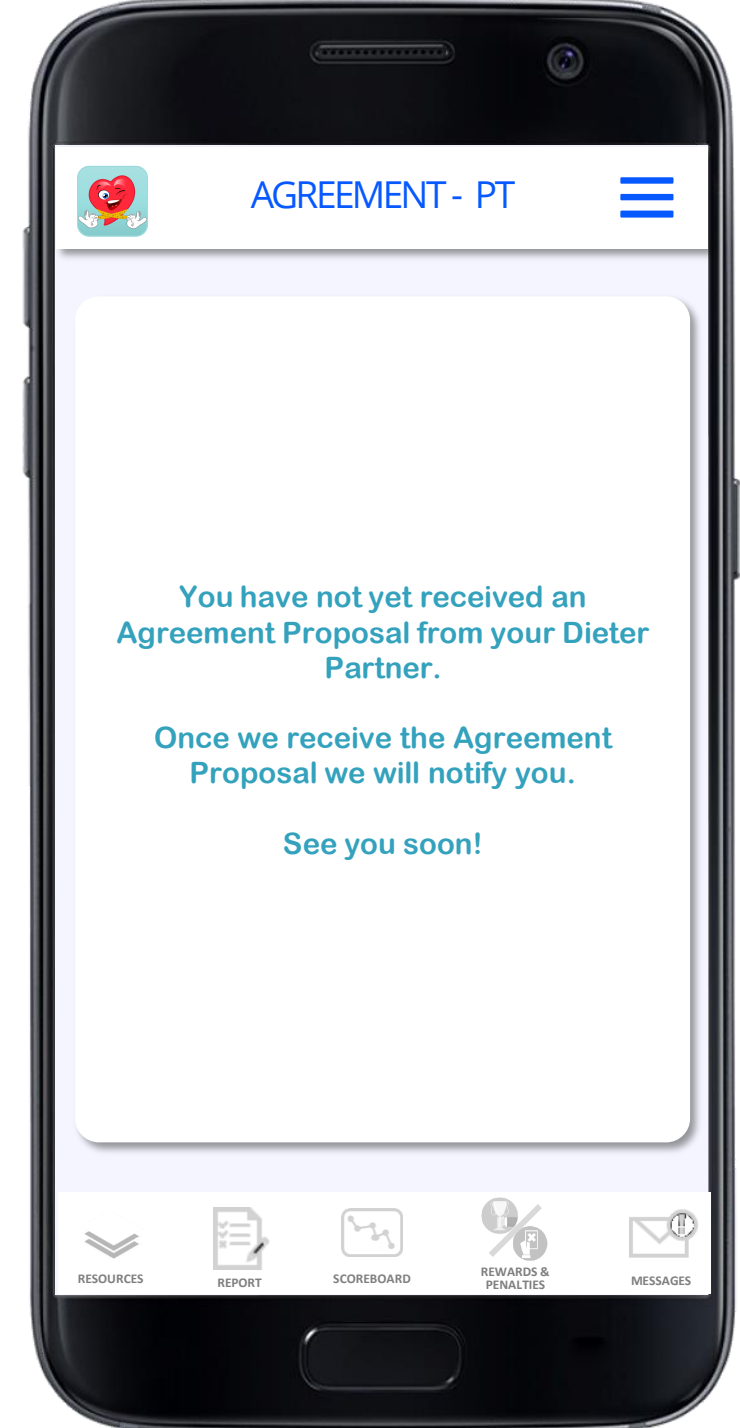
THE AGREEMENT - PT

- IF THE DIETER HAS NOT YET SUBMITTED THE AGREEMENT PROPOSAL, THE PT GETS THIS MESSAGE

Scroll up/down

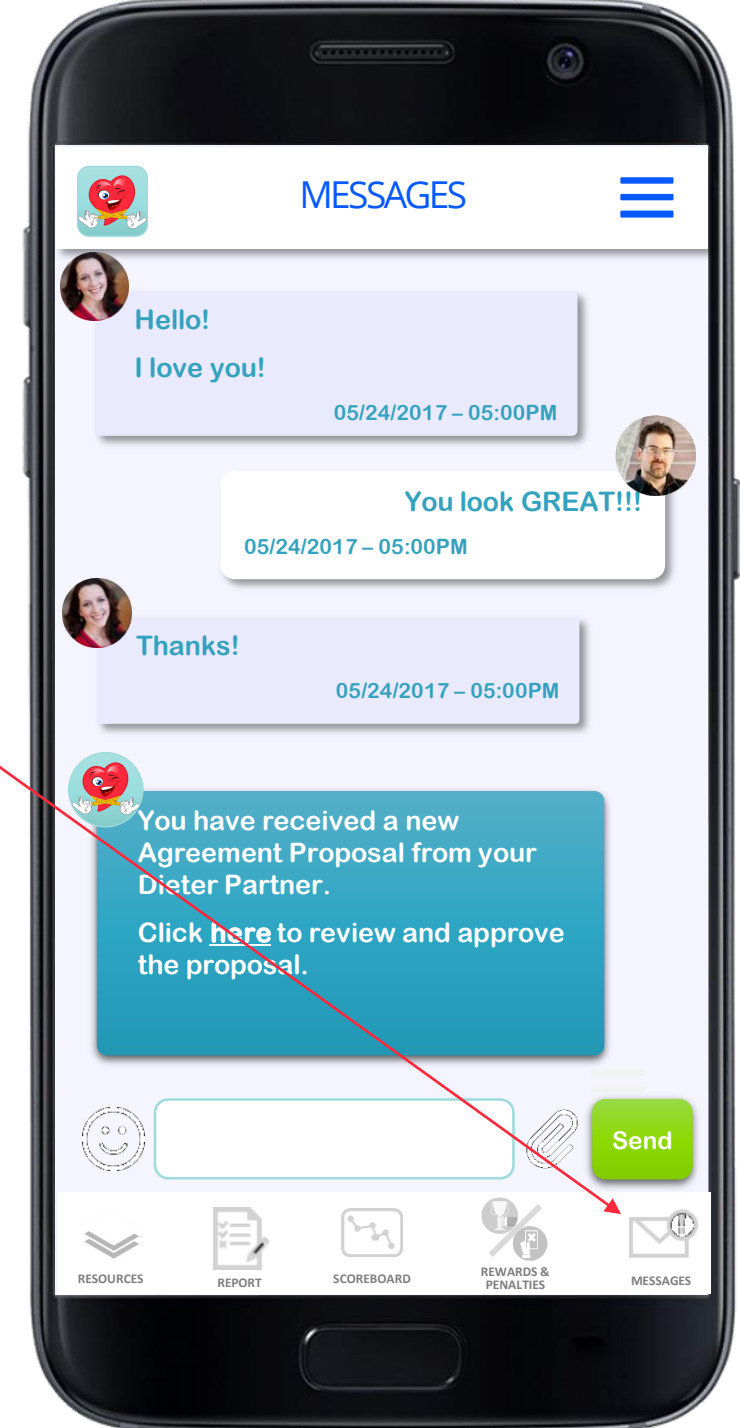
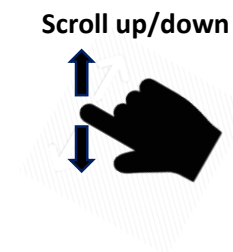


Navigation on
bottom of article



THE AGREEMENT - PT

- When the Dieter Sends a Proposal to the PT or the PT sends a proposal to the Dieter, they will get a new message and notification.



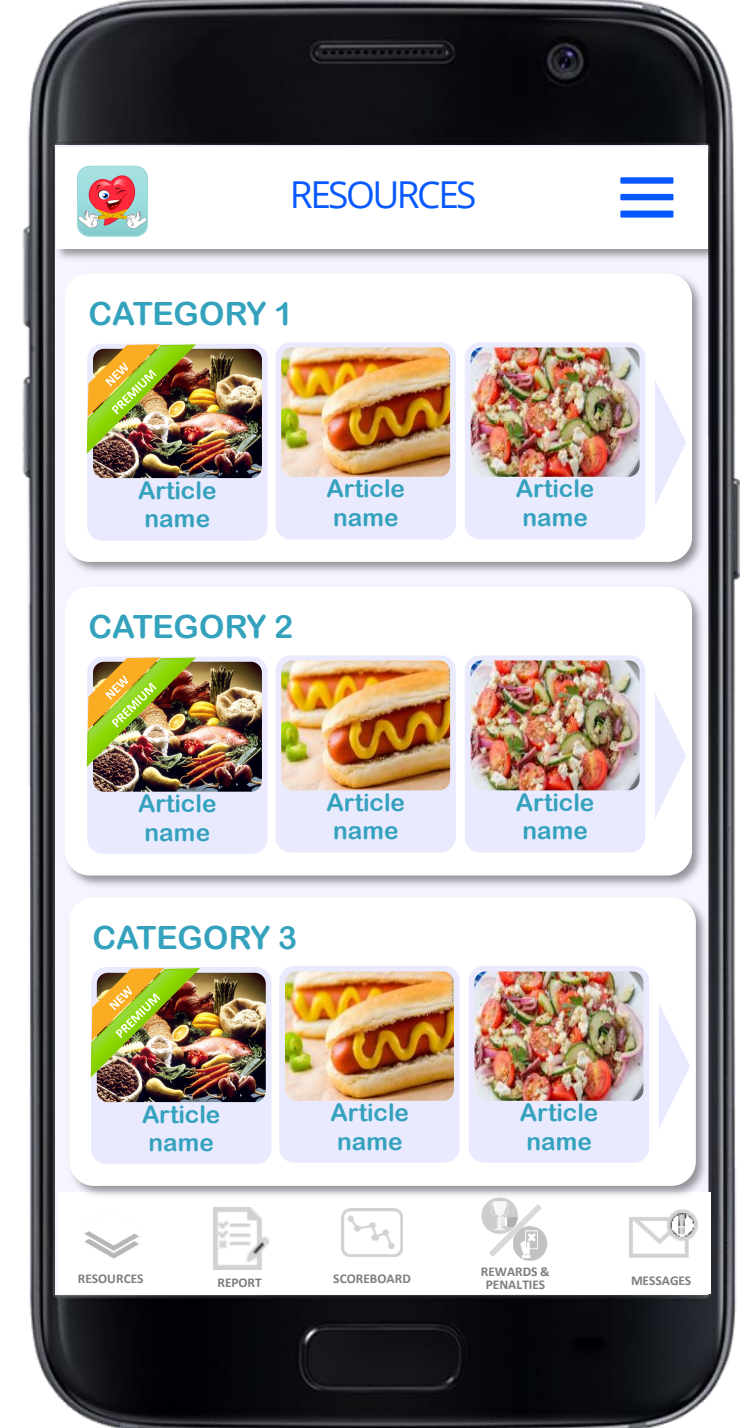
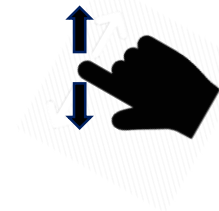
Resources

(Categories and Article Pages)

RESOURCES – LIST VIEW

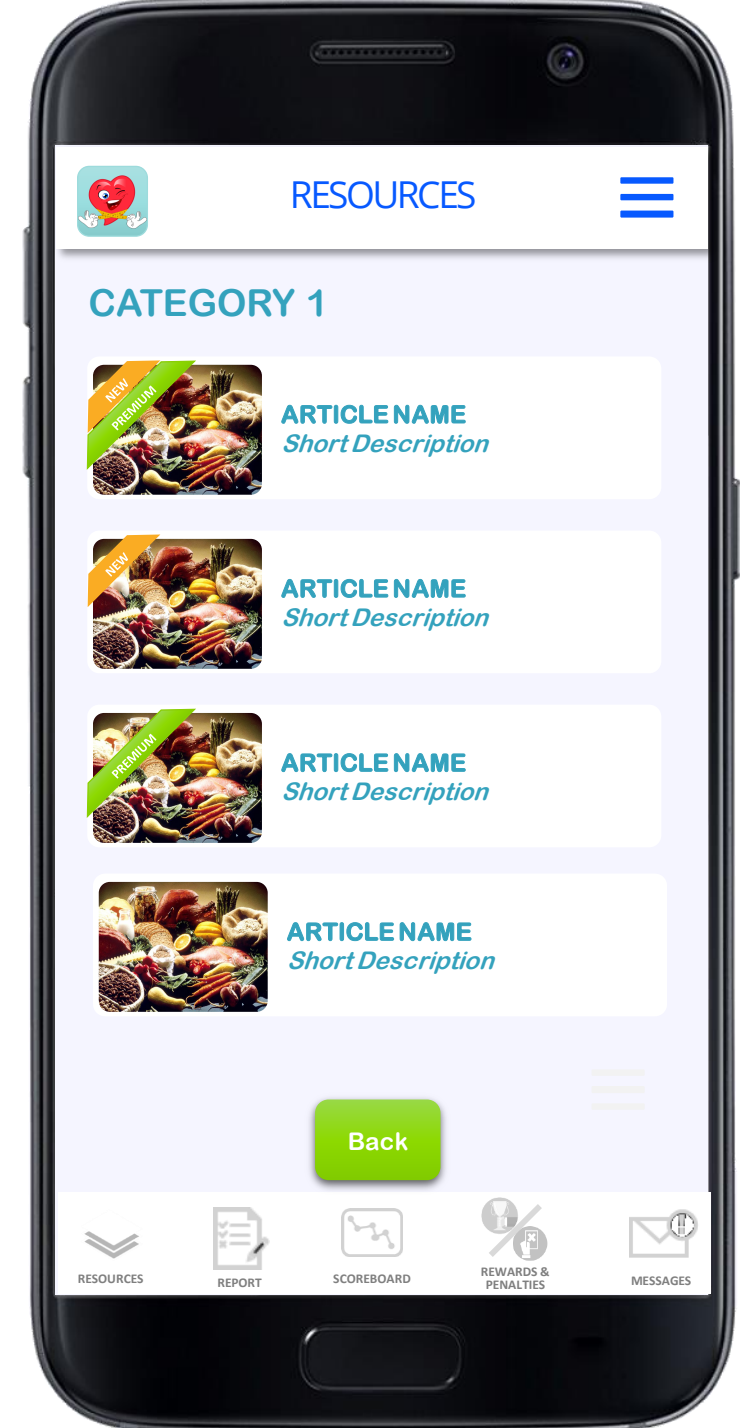
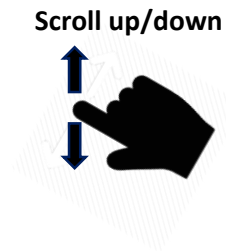
- The resources page includes categories and posts.
- The app manager should be able to update the list of categories and posts in the App server and it automatically is updated in every app.
- Posts can include all type of media: text, images, vídeos, downloadable files, etc.
- SOME POSTS CAN HAVE A “NEW” TAG and others a “PREMIUM” TAG.
- Premium Articles are acessible only to Premium users.

Scroll up/down



RESOURCES – CATEGORY VIEW

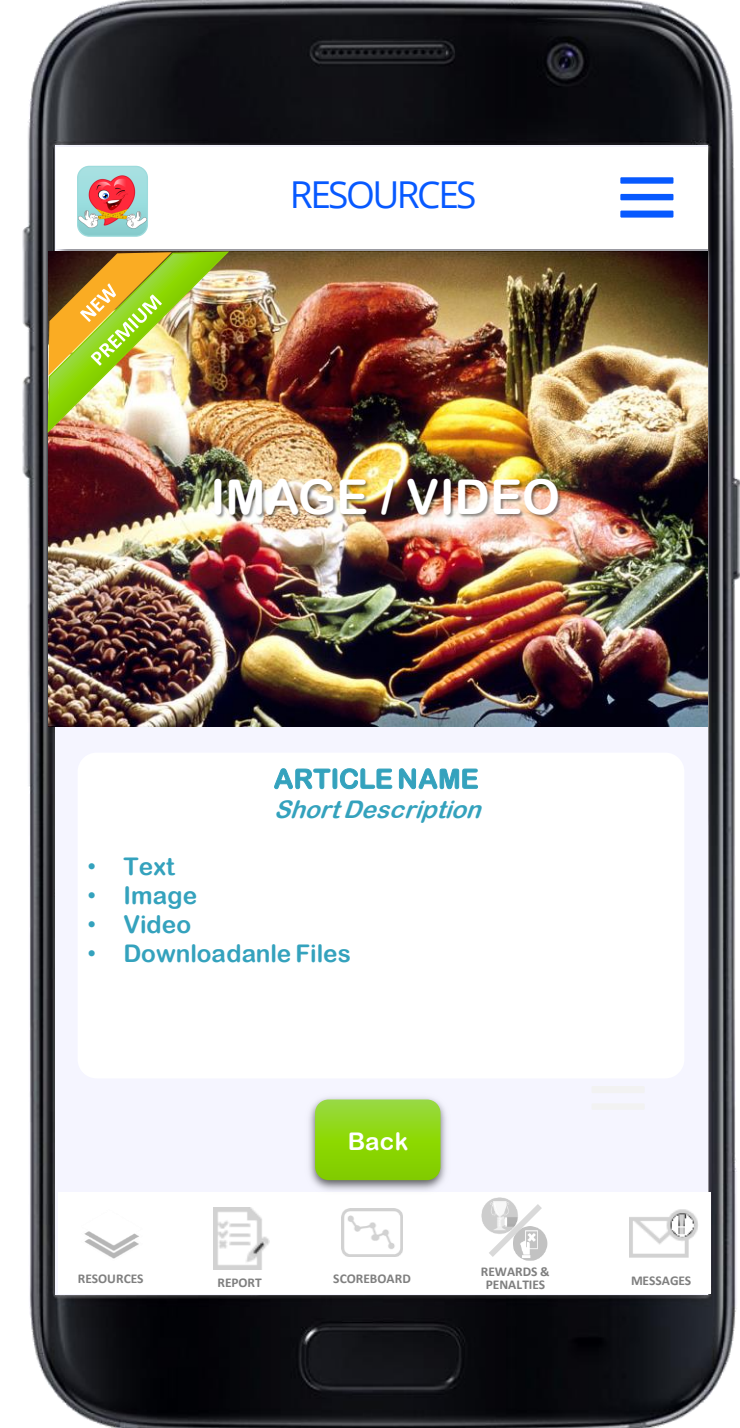
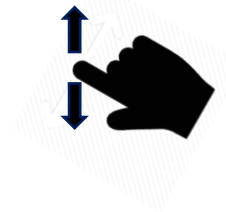
- The resources page includes categories and posts.
- The app manager should be able to update the list of categories and posts in the App server and it automatically is updated in every app.
- Posts can include all type of media: text, images, videos, downloadable files, etc
- Example of Post Icon:



RESOURCES – ARTICLE VIEW

- The resources page includes categories and posts.
- The app manager should be able to update the list of categories and posts in the App server and it automatically is updated in every app.
- Posts can include all type of media: text, images, videos, downloadable files, etc

Scroll up/down

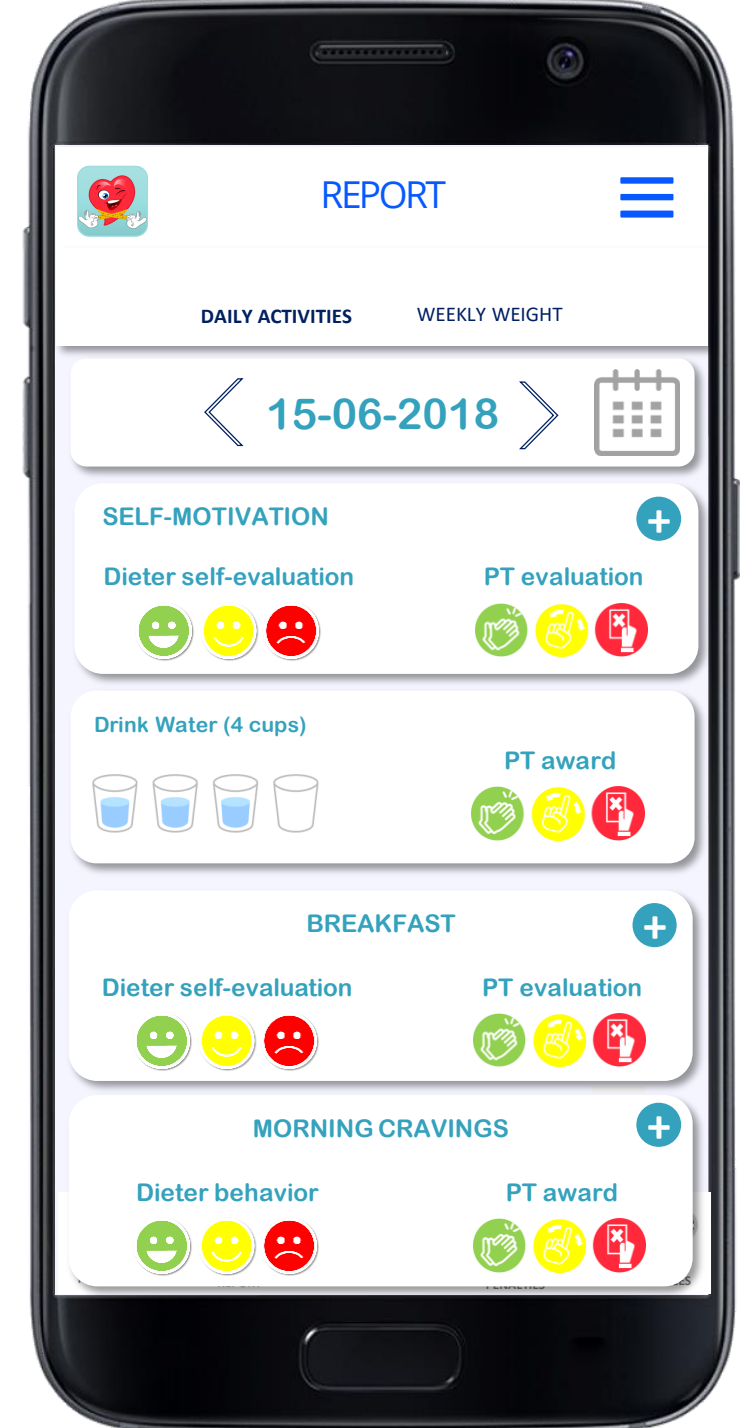
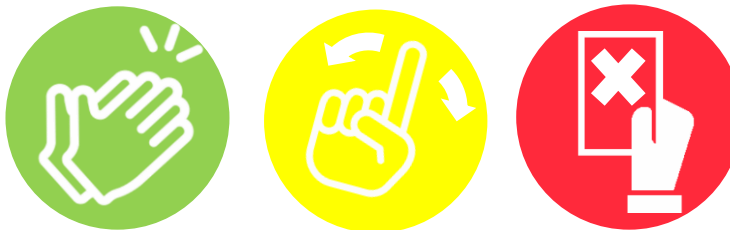


Report

(Form Pages)

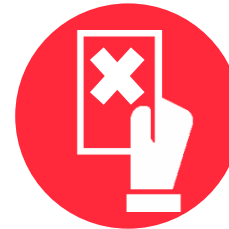
REPORT – DAILY ACTIVITIES

- Data (by default is present day) and Calendar selector
 - Self-Motivation Report
 - Drink Water Report
 - Drink Tea Report
 - Breakfast Report
 - Morning Cravings Report
 - Lunch Report
 - Afternoon Cravings Report
 - Dinner Report
 - Night Cravings Report
 - Exercise Report
- EACH TIME THE DIETER SUBMITS A NEW REPORT, A MESSAGE IS SENT TO THE PT**



REPORT – DAILY ACTIVITIES

- Data (by default is present day) and Calendar selector
 - Self-Motivation Report
 - Drink Water Report
 - Drink Tea Report
 - Breakfast Report
 - Morning Cravings Report
 - Lunch Report
 - Afternoon Cravings Report
 - Dinner Report
 - Night Cravings Report
 - Exercise Report
- **EACH TIME THE DIETER SUBMITS A NEW REPORT, A MESSAGE IS SENT TO THE PT**



REPORT

DAILY ACTIVITIES WEEKLY WEIGHT

< 15-06-2018 >

BREAKFAST

Description

Dieter self-evaluation:

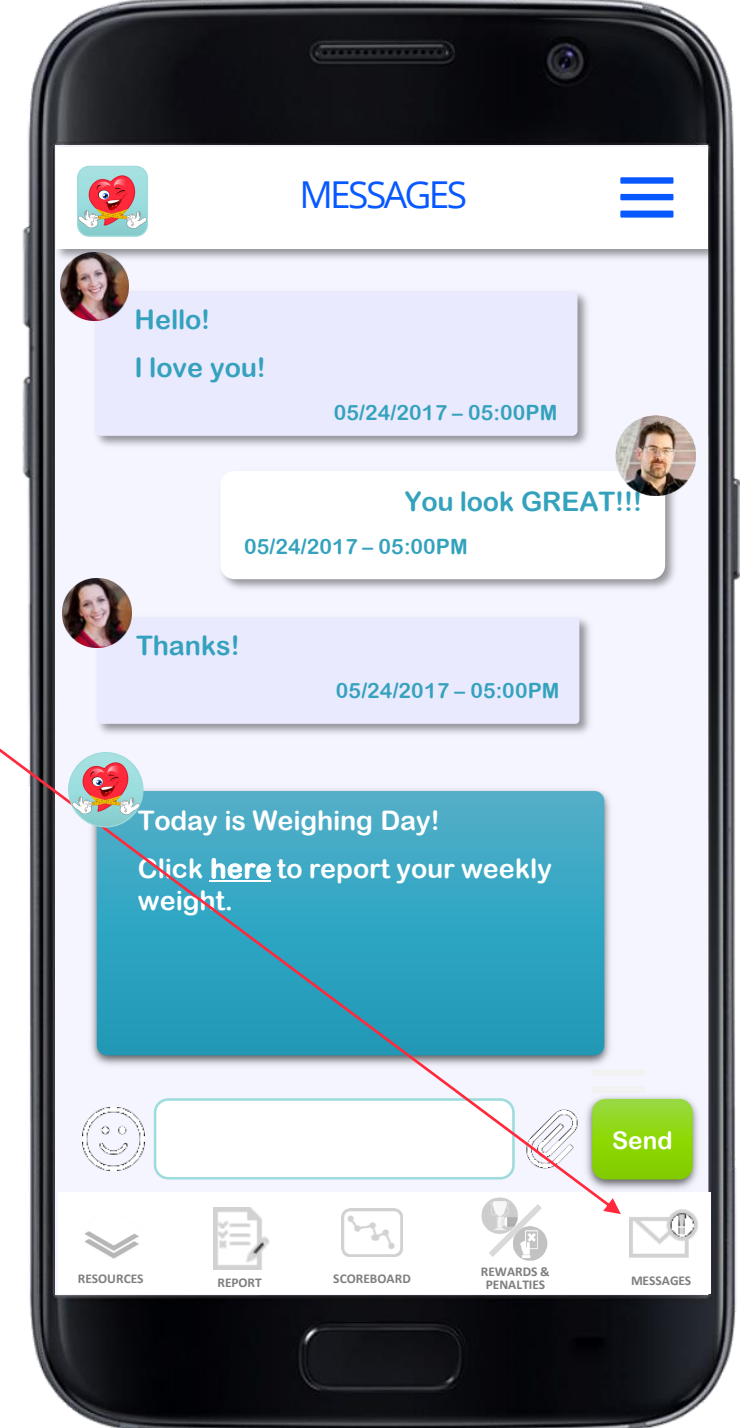
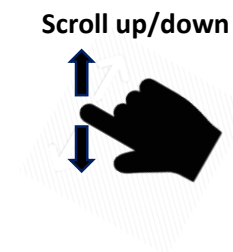
Text

PT evaluation

Submit Cancel

REPORT - MESSAGES

- In the Weighing Day, the app makes an auto notification.



REPORT – WEEKLY REPORT

- Data (by default is present day) and Calendar selector
- Initial Weight (app calculated)
- Target Weekly Weight (app calculated)
- Current Weight
- Current Photo
- SECTION COMPULSIVE EATING
 - Does it happen to you eating large amounts of food in a meal and feel guilt or shamed afterwards?
 - Know more link
 - Answer 0-10 scale
- SECTION LACK OF MEAL CONTROL
 - Does it happen to you not being able to control what you eat during meals and eat caloric, fat and non-healthy food, although you know it is bad for your diet?
 - Know more link
 - Answer 0-10 scale
- SECTION CRAVINGS
 - Does it happen to you having an intense desire to consume a specific food, without being hungry (ex: chocolate, chips, etc)?
 - Know more link
 - Answer 0-10 scale
- SECTION EXERCISE AVERSION
 - Does it happen to you not having will power to exercise or making self-excuses to avoid making exercise?
 - Know more link
 - Answer 0-10 scale

The image shows a smartphone screen displaying the 'REPORT' section of an application. At the top, there is a header with a red heart icon, the word 'REPORT', and a blue hamburger menu icon. Below the header, there are two tabs: 'DAILY ACTIVITIES' and 'WEEKLY REPORT'. The date '15-06-2018' is displayed in large blue text, with a calendar icon to its right. The main content area is titled 'WEEKLY WEIGHT' and contains four input fields: 'Initial Weight:', 'Target Weekly Weight', 'Current Weight', and 'Current Photo' (with a camera icon). A green 'Submit' button is located at the bottom of this section. The bottom navigation bar features five icons: a chevron for 'RESOURCES', a document for 'REPORT', a line graph for 'SCOREBOARD', a lightbulb with a slash for 'REWARDS & PENALTIES', and an envelope for 'MESSAGES'.

AFTER REPORT - CONTRATULATIONS (I)

- It the person looses weight from last week



The image shows a smartphone screen with a white background. At the top, there is a red heart icon with a smiling face and arms, holding a yellow measuring tape. Below this, the text "CONTRATULATIONS!!!" is displayed in blue, followed by "YOU LOST WEIGHT THIS WEEK!!" also in blue. In the center, there is a black and white illustration of a scale with two footprints on it, and a yellow starburst with a blue ribbon. Below the scale, there are four input fields with labels: "Initial Weight (date)", "Last Week Weight (Date)", "Current Weight (date)", and "Weekly Weight Loss". Each input field is a simple white box with a light blue border. At the bottom, there is a green button with the word "Next" in white, and below that, the text "SHARE ON SOCIAL MEDIA" in blue.

CONTRATULATIONS!!!
YOU LOST WEIGHT THIS WEEK!!

Initial Weight (date)

Last Week Weight (Date)

Current Weight (date)

Weekly Weight Loss

Next

SHARE ON SOCIAL MEDIA

AFTER REPORT - CONTRATULATIONS (I)

- It the person looses weight from last week





UNFORTUNATELY, YOU DIDN'T REDUCE
WEIGHT LASTWEEK.

BUT YOU SHOULD NOT GIVE UP.
INSTEAD, TRY HARDER THIS WEEK!!!

Initial Weight (date)

Last Week Weight (Date)

Current Weight (date)

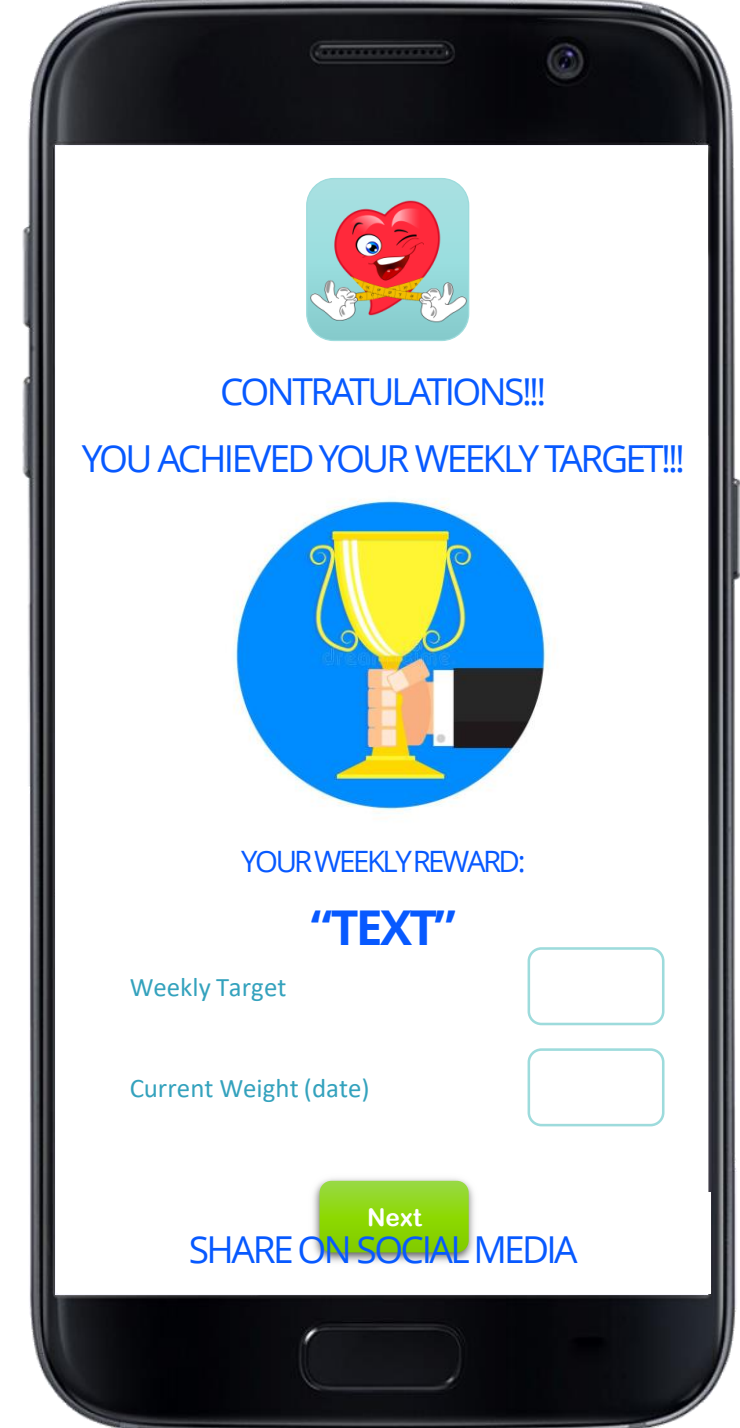
Weekly Weight Loss

[Next](#)

[SHARE ON SOCIAL MEDIA](#)

AFTER REPORT - CONTRATULATIONS (II)

- It the person meets the Weekly objective



AFTER REPORT - CONTRATULATIONS (II)

- It the person meets the Weekly objective



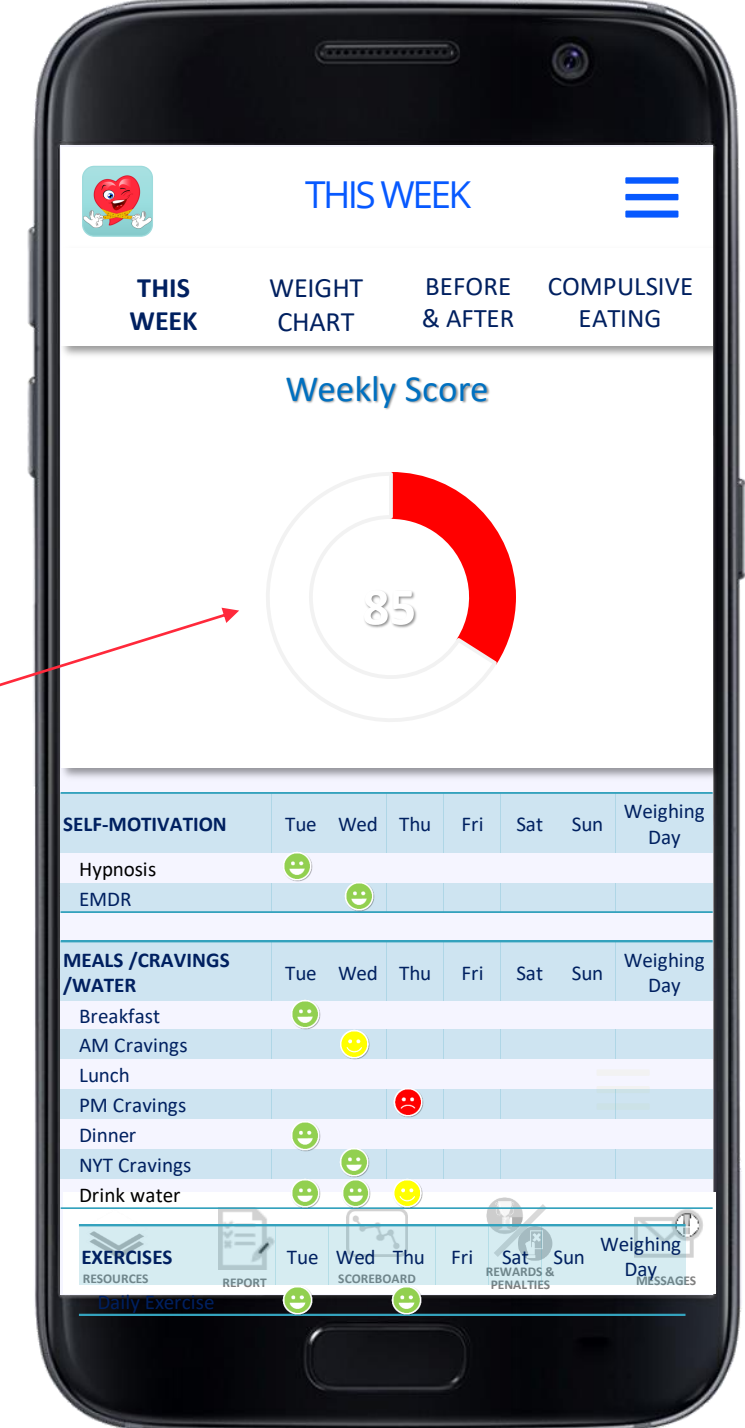
Scoreboard

Scoreboard – THIS WEEK

- Weekly Score Chart
- Weekly Self Motivation Scoreboard
- Weekly Meals / Cravings / Water Scoreboard
- Weekly Exercises Scoreboard
- SHARE ON SOCIAL MEDIA BUTTON

	Good	Ok	Bad
Breakfast	3	0	-5
Lunch	5	0	-10
Dinner	10	0	-20
Morning Cravings	5	0	-10
Afternoon Cravings	5	0	-10
Night Cravings	10	0	-20
Drink Water	2,5	0	-5
Dring Tea	2,5	0	-5
Hypnosis	20	0	-
EMDR	20	0	-
Exercise	20	0	-

Scroll up/down



Scoreboard – Weight Chart

Weight evolution chart

Initial Weight

Last Week Weight

Next Week Weight

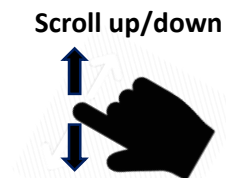
Final Weight Target

Number of weeks passed

Number of weeks to target

- SHARE ON SOCIAL MEDIA BUTTON

• .



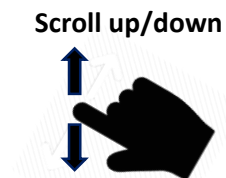
Scoreboard – Before & After

Initial Picture

Week #N Picture (scroll +/- week)

SHARE ON SOCIAL MEDIA BUTTON

• .



Scoreboard – Compulsive Eating Chart

Compulsive eating evolution chart

Initial Score

Last Week Score

Number of weeks passed

Number of weeks to target

- SHARE ON SOCIAL MEDIA BUTTON

• .

Scroll up/down



Scoreboard – Meal Control Chart

Lack of meal control evolution chart

Initial Score

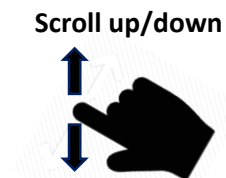
Last Week Score

Number of weeks passed

Number of weeks to target

- SHARE ON SOCIAL MEDIA BUTTON

• .



Scoreboard – Cravings Chart

Cravings evolution chart

Initial Score

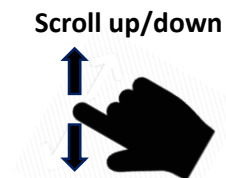
Last Week Score

Number of weeks passed

Number of weeks to target

- SHARE ON SOCIAL MEDIA BUTTON

• .



Scoreboard – Exercise aversion Chart

Exercise aversion chart

Initial Score

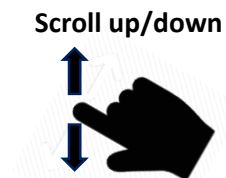
Last Week Score

Number of weeks passed

Number of weeks to target

- SHARE ON SOCIAL MEDIA BUTTON

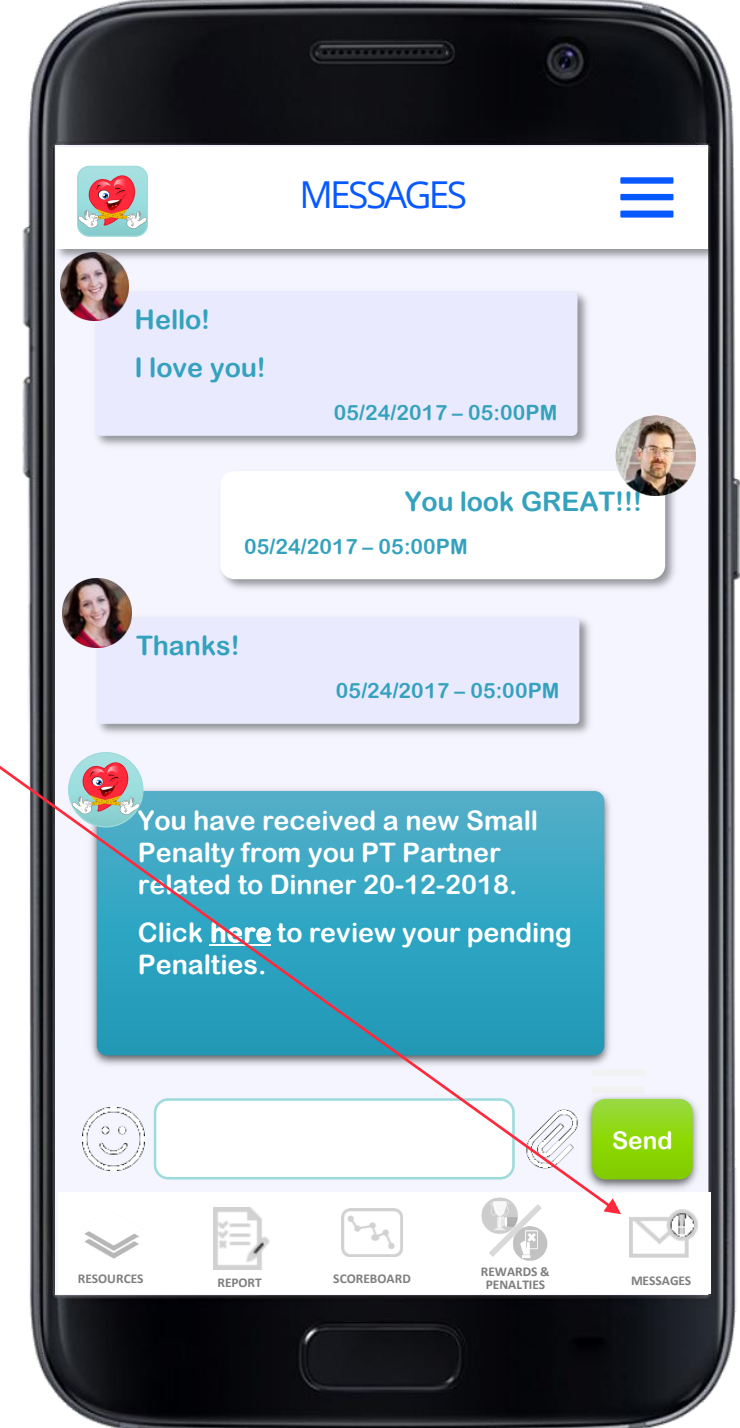
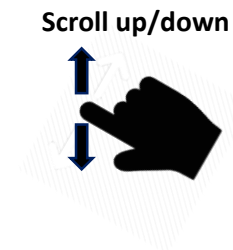
• .



Rewards and Penalties

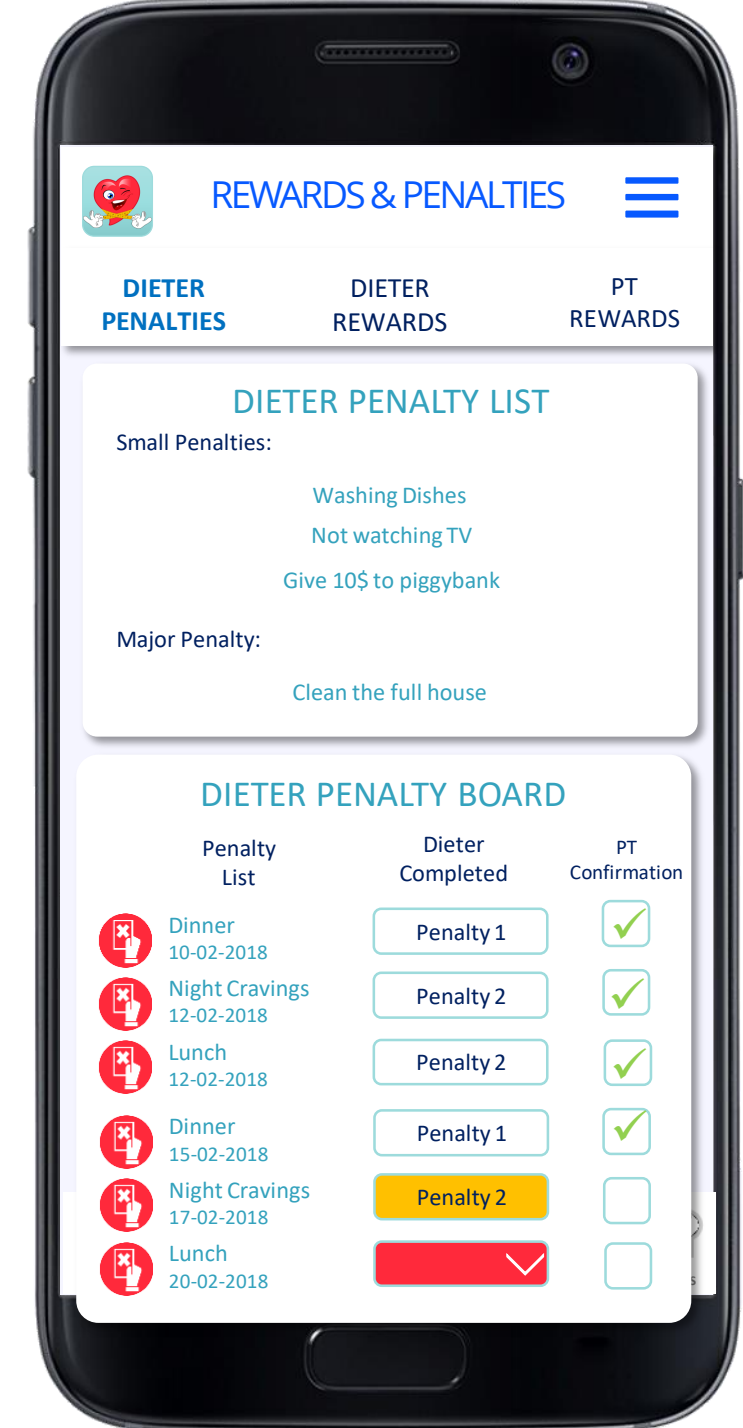
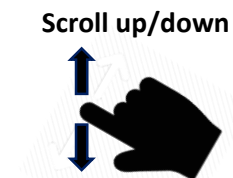
PENALTIES

- When the PT awards a Small Penalty, the Dieter receives a new message and notification.



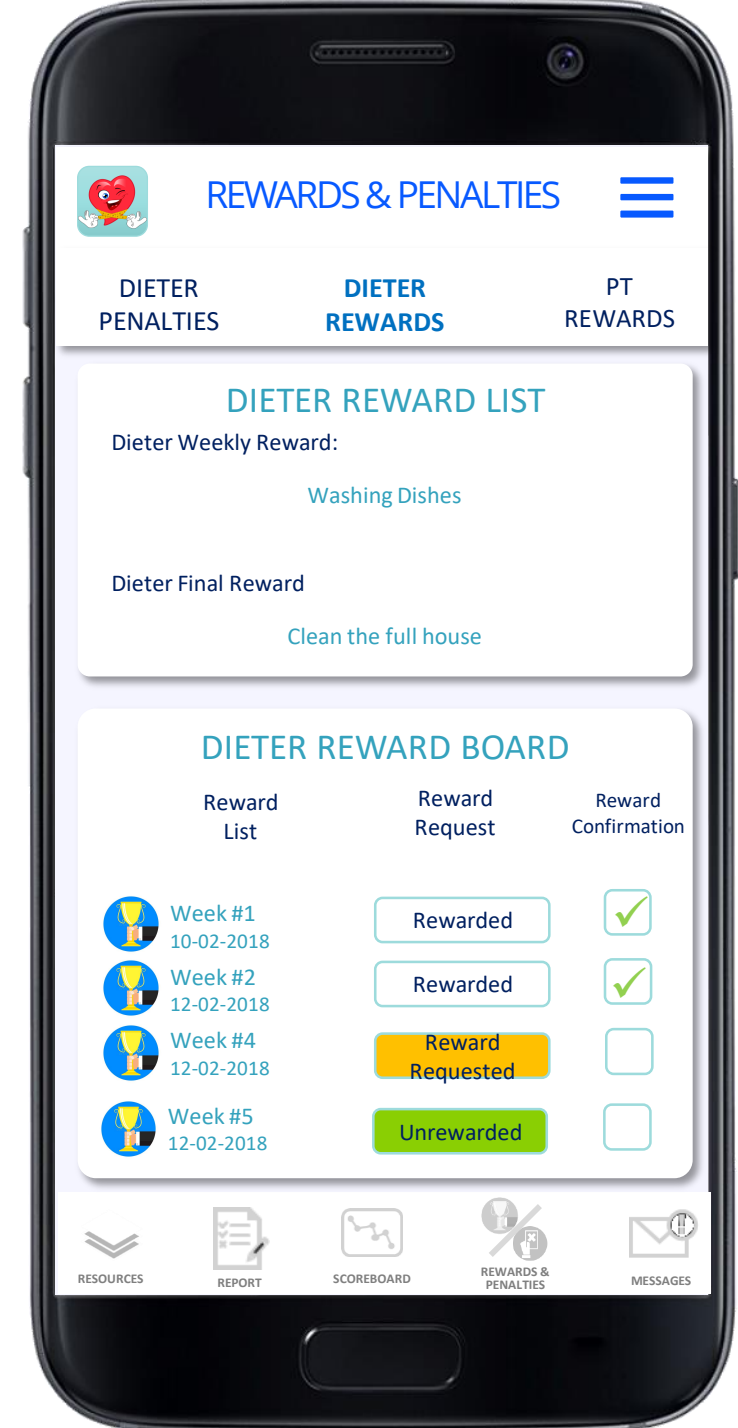
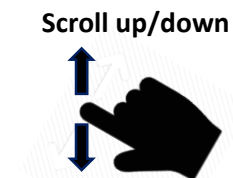
Scoreboard – REWARDS & PENALTIES

- SECTION Penalty List
- SECTION Penalty Board



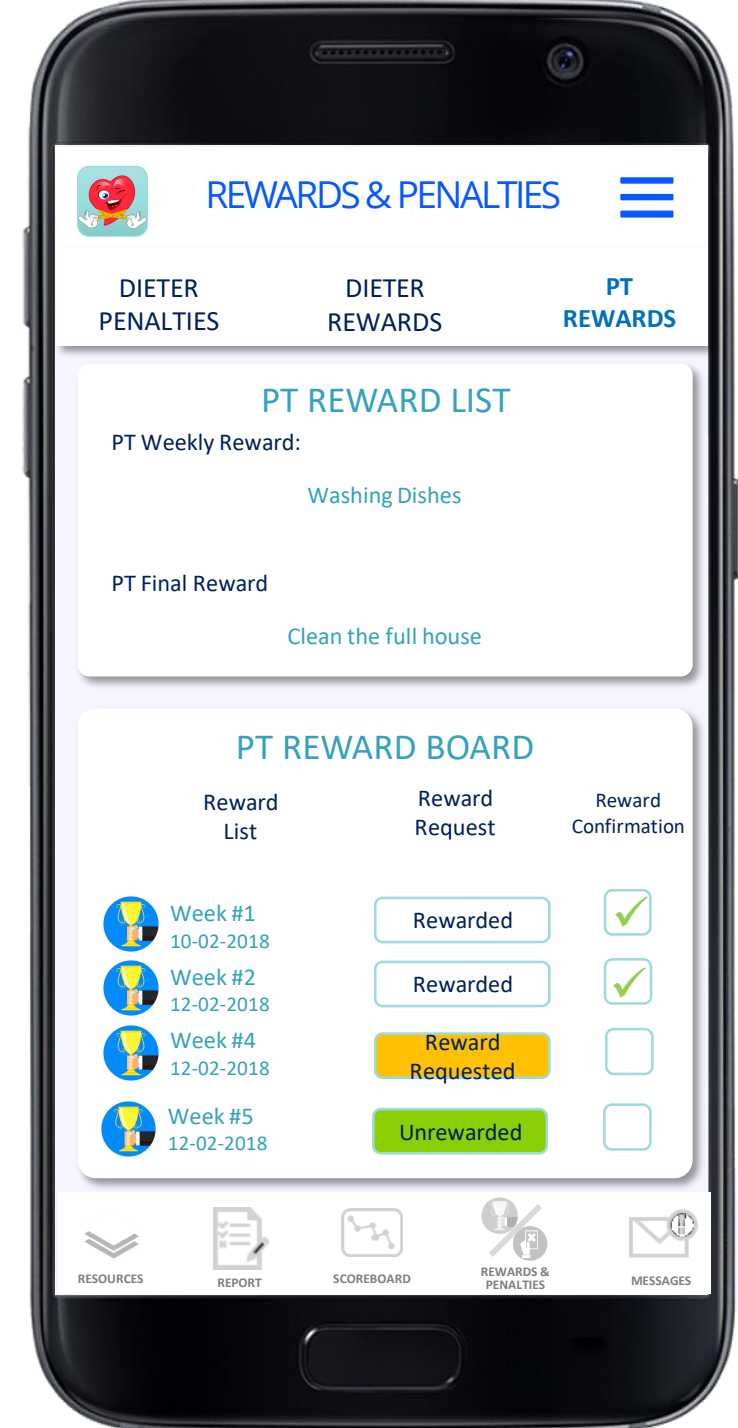
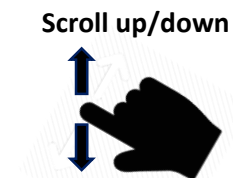
Scoreboard – REWARDS & PENALTIES

- SECTION Penalty List
- SECTION Penalty Board



Scoreboard – REWARDS & PENALTIES

- SECTION Penalty List
- SECTION Penalty Board



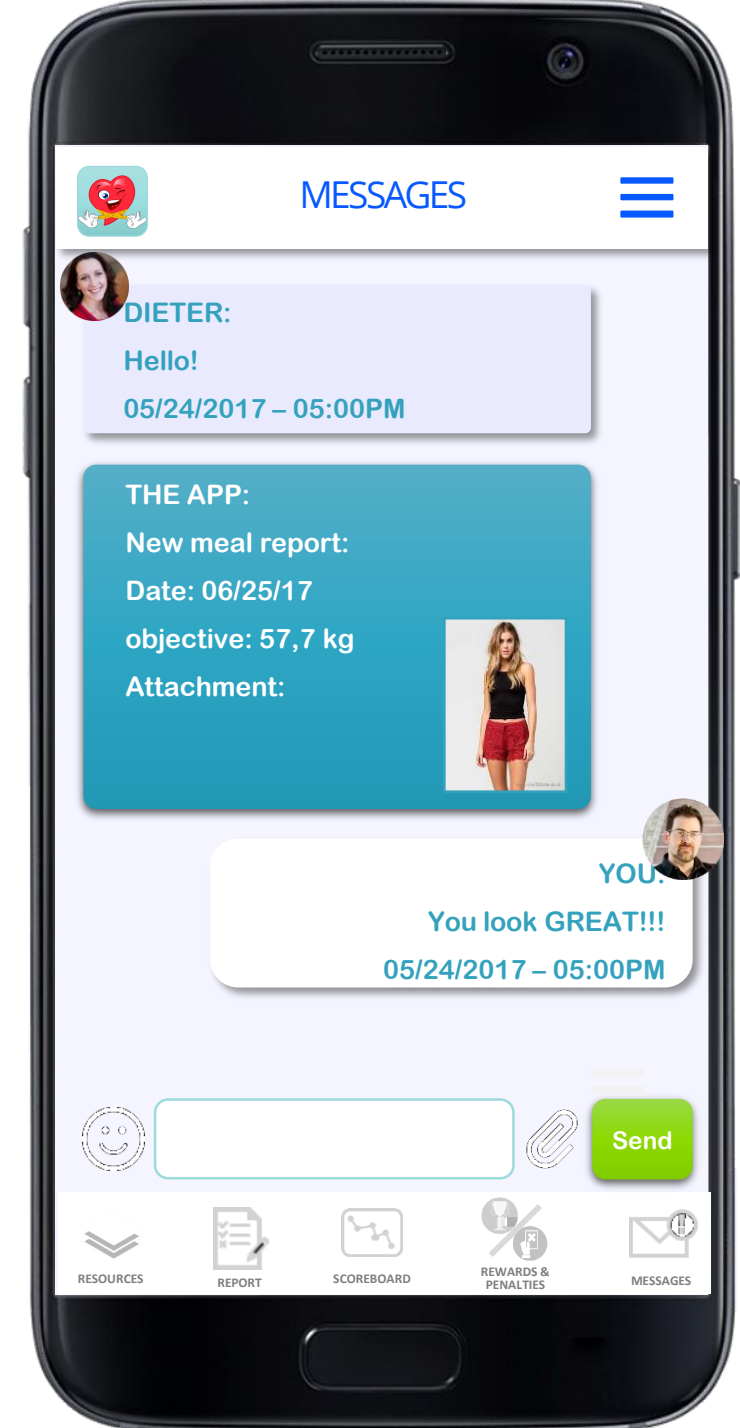
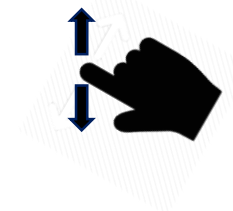
Messages

(Message Center)

MESSAGES - PARTNER

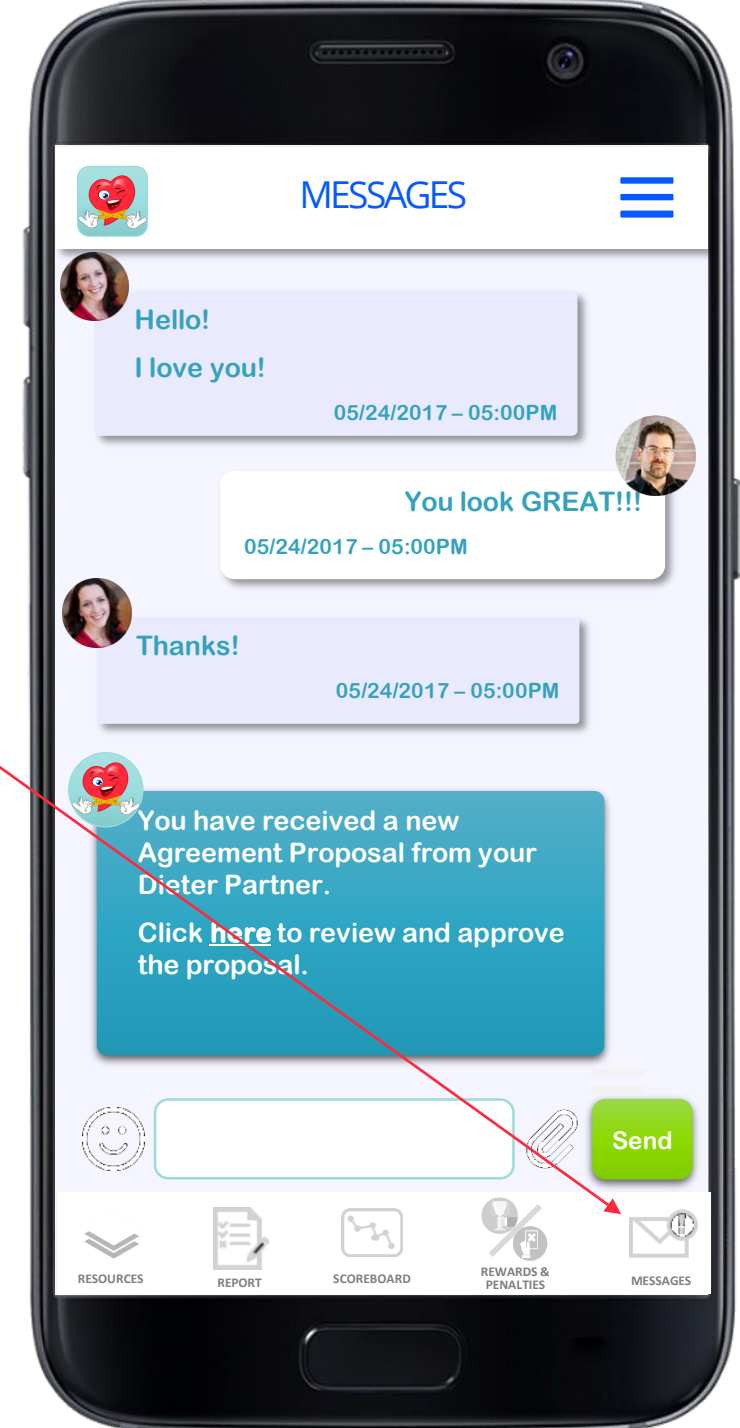
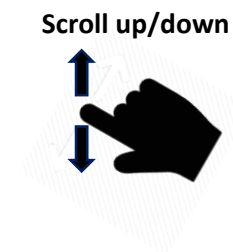
- The message center is a normal message/chat.
- The same message center presents messages to/from the partner, but also from the App
- The phone should make a notification of received message.

Scroll up/down



AGREEMENT - PT

- When the Dieter Sends a Proposal to the PT or the PT sends a proposal to the Dieter, they will get a new message and notification.



Settings

(Form)

SETTINGS

- Units type:
 - Lb/ft vs kg/cm
- Time format
 - 12 hours vs 24 hours
- Notifications on screen:
 - On vs Off

- Meals remainders - ACTIVE (On-Off switch). Default setting:

	Pre-Meal	Meal	Post-Meal
Breakfast	Off	Off	Off
AM Cravings	Off	On	On
Lunch	On	On	On
PM Cravings	Off	On	On
Dinner	On	On	On
NYT Cravings	Off	On	On

- Meals remainders - SPONSOR (On-Off switch). Default setting:

	Pre-Meal	Meal	Post-Meal
Breakfast	Off	Off	Off
AM Cravings	Off	On	Off
Lunch	Off	On	Off
PM Cravings	Off	On	Off
Dinner	Off	On	Off
NYT Cravings	Off	On	Off

- End day report remainder (For Active)
 - On/Off
 - Time (time field – 9:00PM default)



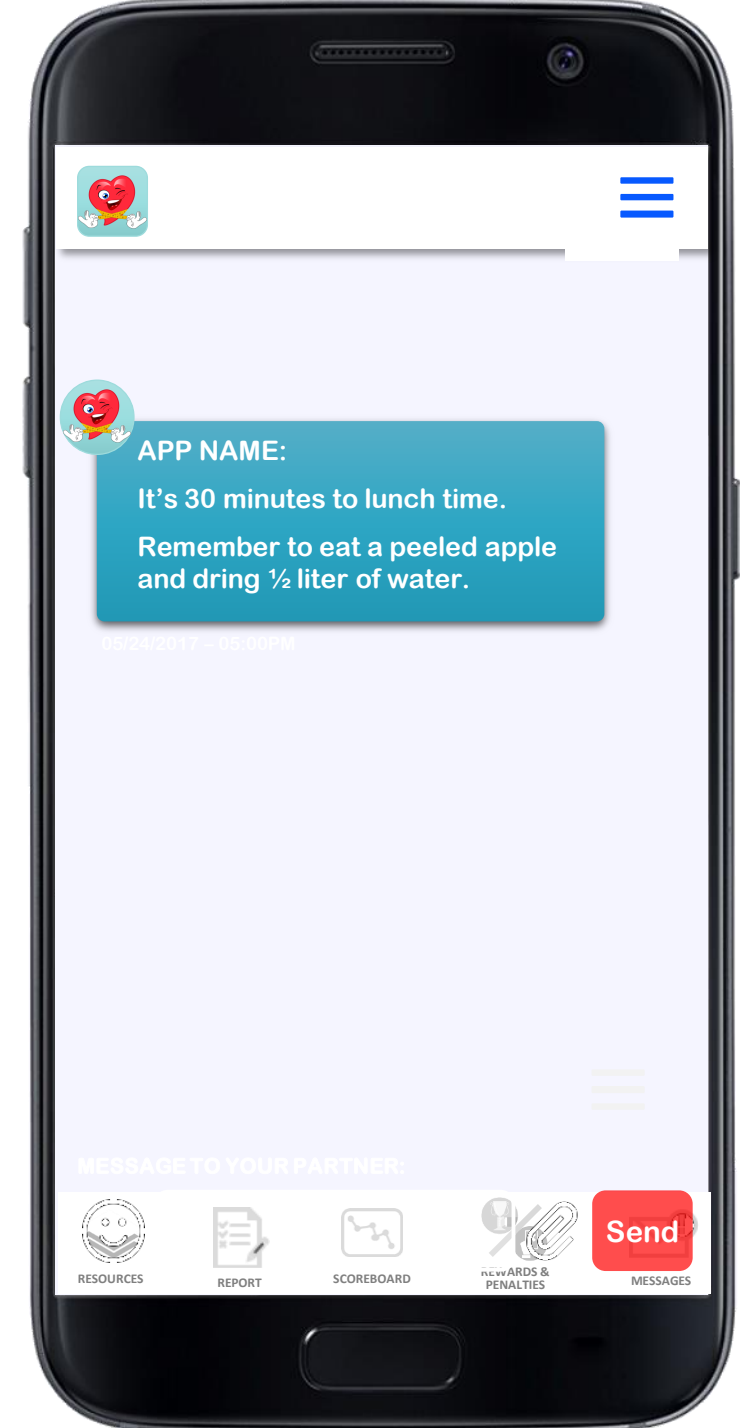
Reminders & Notifications Pop-up

(Form)

MEAL REMAINDERS – ACTIVE – PRE_MEAL

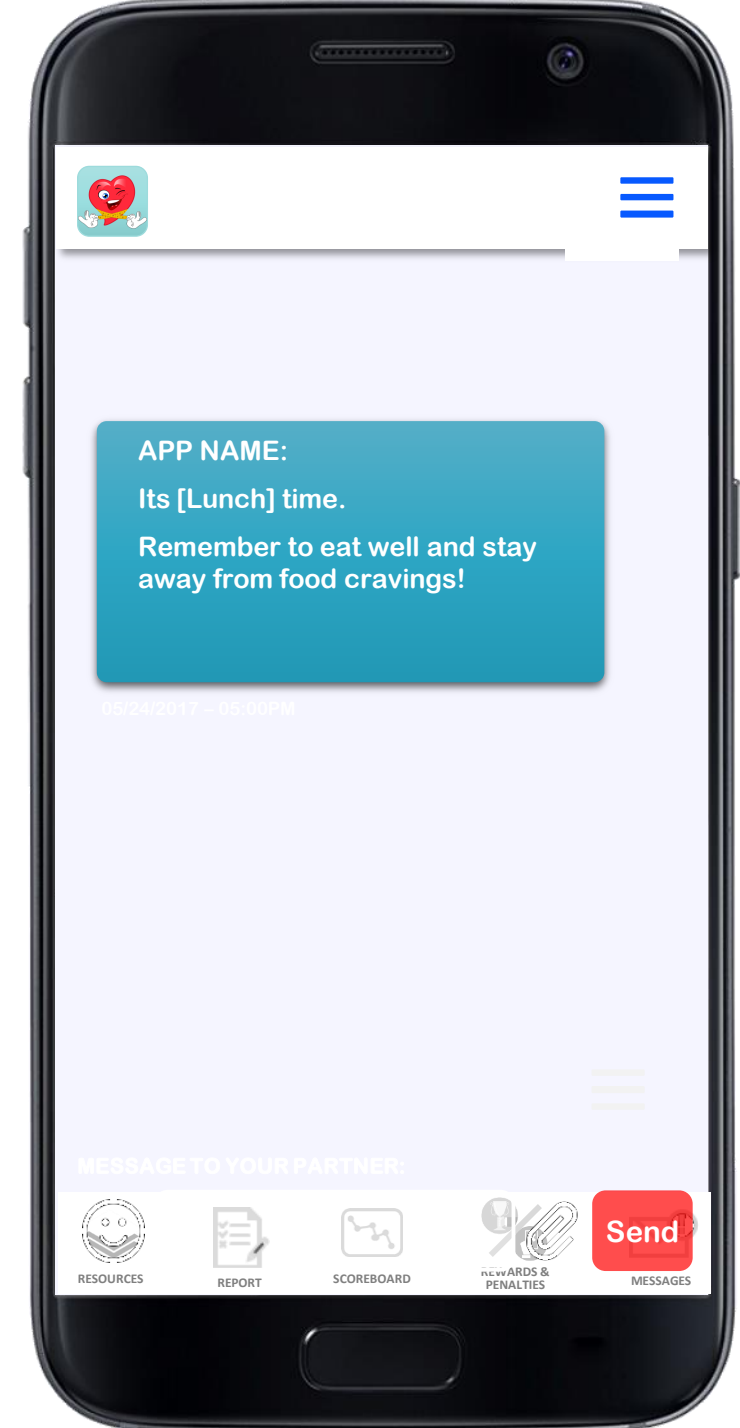
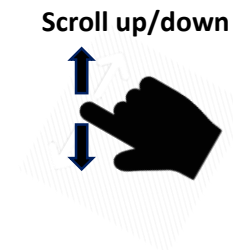
- 30 minutes before each meal the Active app pops a meal reminder message.

Scroll up/down



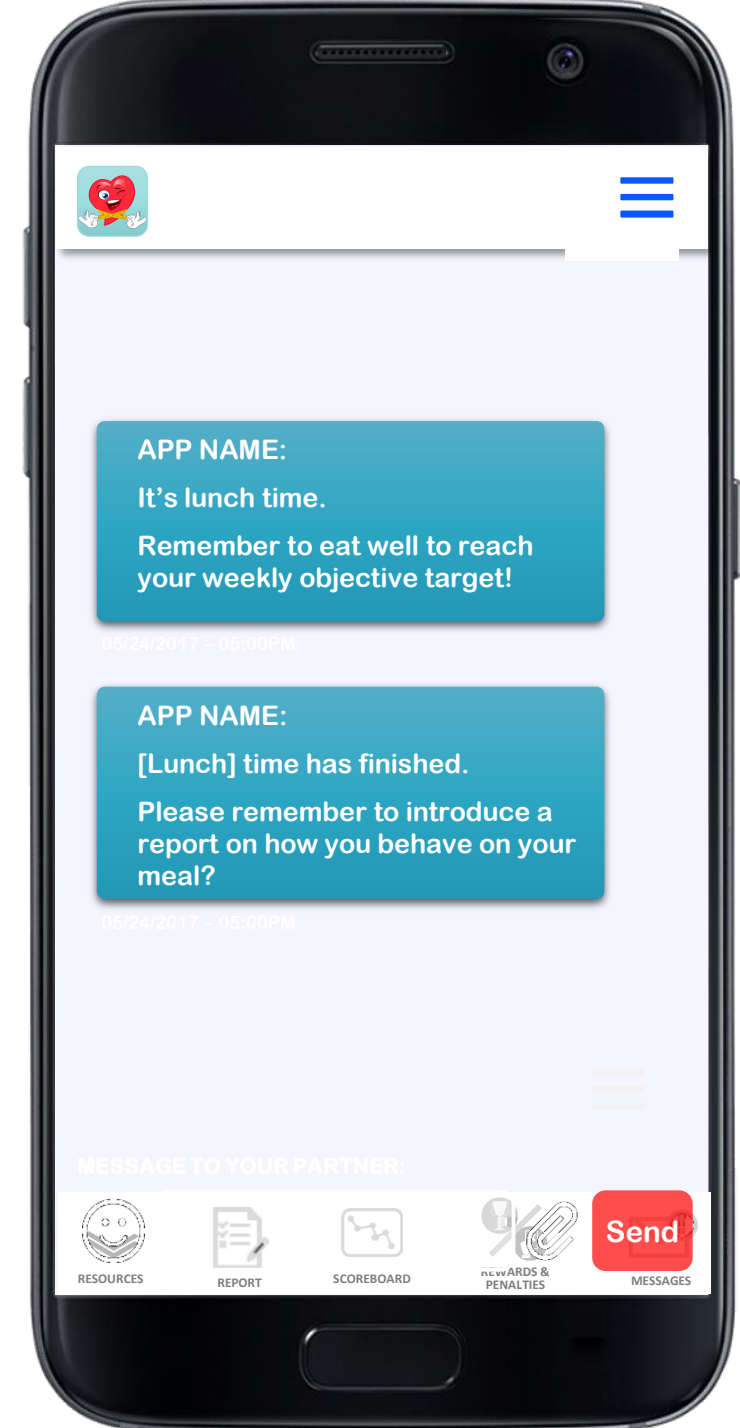
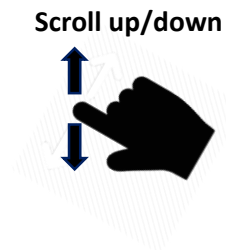
MEAL REMAINDERS – ACTIVE –MEAL

- At the meal time the Active app pops a meal reminder message.



MEAL REMAINDERS – ACTIVE – POST_MEAL

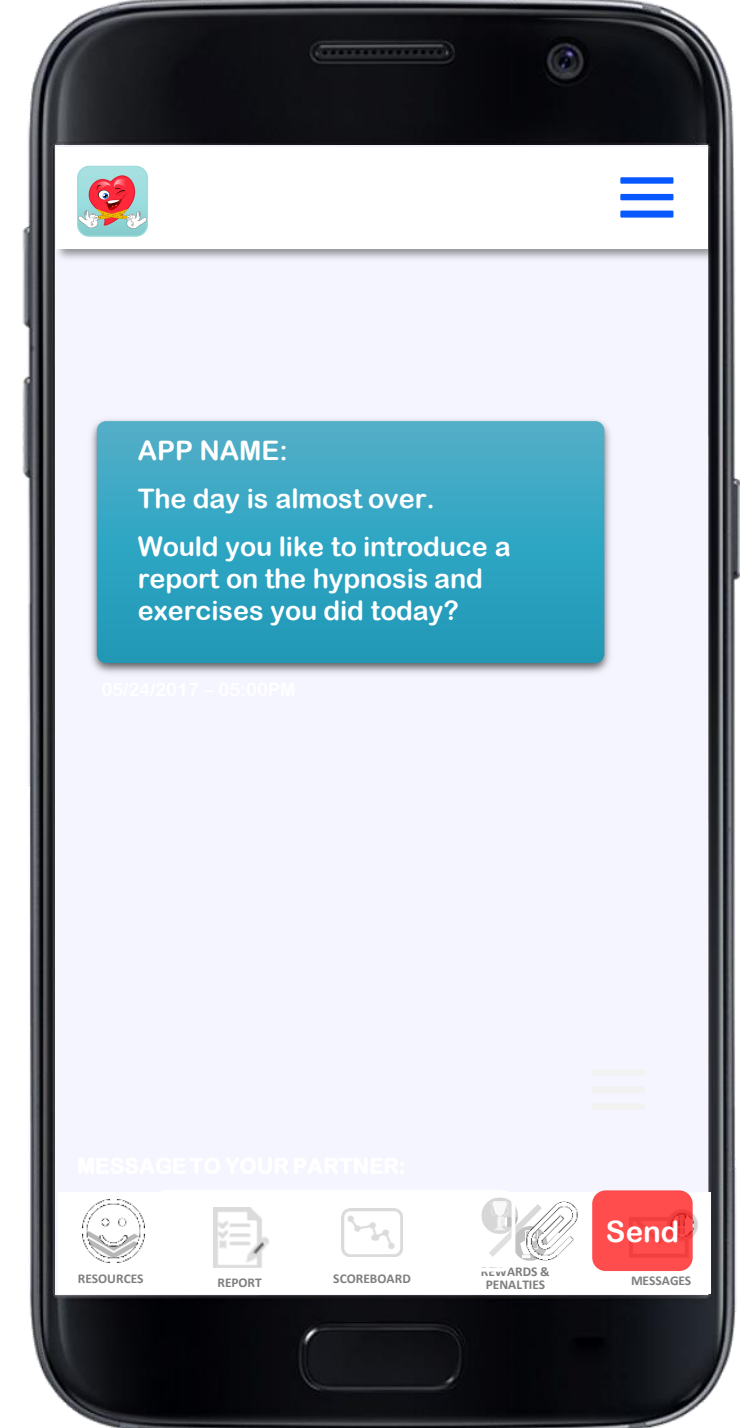
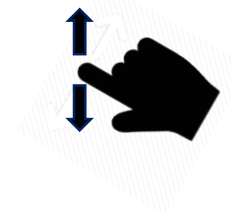
- 1 hour after each meal time, the Active app pops a meal report reminder.
- If possible the message includes a link to the Meal Report.



END DAY REMAINDERS 3 - ACTIVE

- Everyday at 9:00PM (editable on settings) an end day report reminder pops on the Active app.
- If possible the message includes a link to the Exercise and Hypnosis Report

Scroll up/down



MEAL REMAINDERS – SPONSOR – MEAL

- 15 minutes after each meal the Supporter app pops a meal reminder message.

Scroll up/down

