

## Apps/programs to Set up

We use 3 separate apps to monitor your progress and keep you accountable to your goals and objectives. Please follow the steps below and if you have difficulties in understanding what to do please reach out to [brian@ownitfit.com.au](mailto:brian@ownitfit.com.au) or call him on 0418543827.

### **1. MINDBODY**

Can you please set up your mindbody account by following the THREE STEPS

1. Click on the below

<https://clients.mindbodyonline.com/classic/admhome?studioid=231927>

2. Email [brian@ownitfit.com.au](mailto:brian@ownitfit.com.au) to confirm this has been completed

3. MIND BODY App -Once you have created your account or password, you can then download MINDBODY App and should be able to log in and book services through the app. You should use the same email address for MINDBODY App so you can have your account synced.

(YOUR ACCOUNT WILL NEED TO BE ACTIVATED BY US so please email [brian@ownitfit.com.au](mailto:brian@ownitfit.com.au) once set up)

YOU WILL NOT BE ABLE TO BOOK UNTIL YOUR ACCOUNT HAS BEEN ACTIVATED BY US SO PLEASE EMAIL! ;-)

### **2. My Fitness Pal**

Start recording your food in My Fitness Pal NOW - Go to

<http://myfitnesspal.com> You will write down EVERYTHING you eat BEFORE YOU EAT IT. This is mandatory. There are FREE iPhone / smartphone apps for my fitness pal.

YOU do not need to track or log your activity. It is useful however to note your mood and emotion before/after each meal.

How to share my fitness pal with the nutritionist:

You can try sending your link & password from MyFitnessPal online (not the app), as follows:

1. Go to 'Settings' in the top right (on MyFitnessPal website on the computer).

2. Click 'Diary Settings'

3. Scroll right down to 'Diary Sharing' and click 'Locked with a key' and enter a password.

4. Click 'Save Changes'
5. Copy the link under 'Your diary can be viewed at:' and email to [fooddiary@ownitfit.com.au](mailto:fooddiary@ownitfit.com.au) , with your password/key!

### **3. *FitClients Account***

Please SET UP YOUR free account on <http://ownitfit.fitclients.com> NOW. You may also download it as an app from the app store if you have an iPhone. The app name is Fitclients and it is written by Jeff Sherman (iPhone users only) Android users can access using the link provided above. Our trainer number is 2613. Please add your before pictures to fitclients URGENTLY(in a bikini or as tight clothes as you feel comfortable with so you can measure your progress over time visually)