

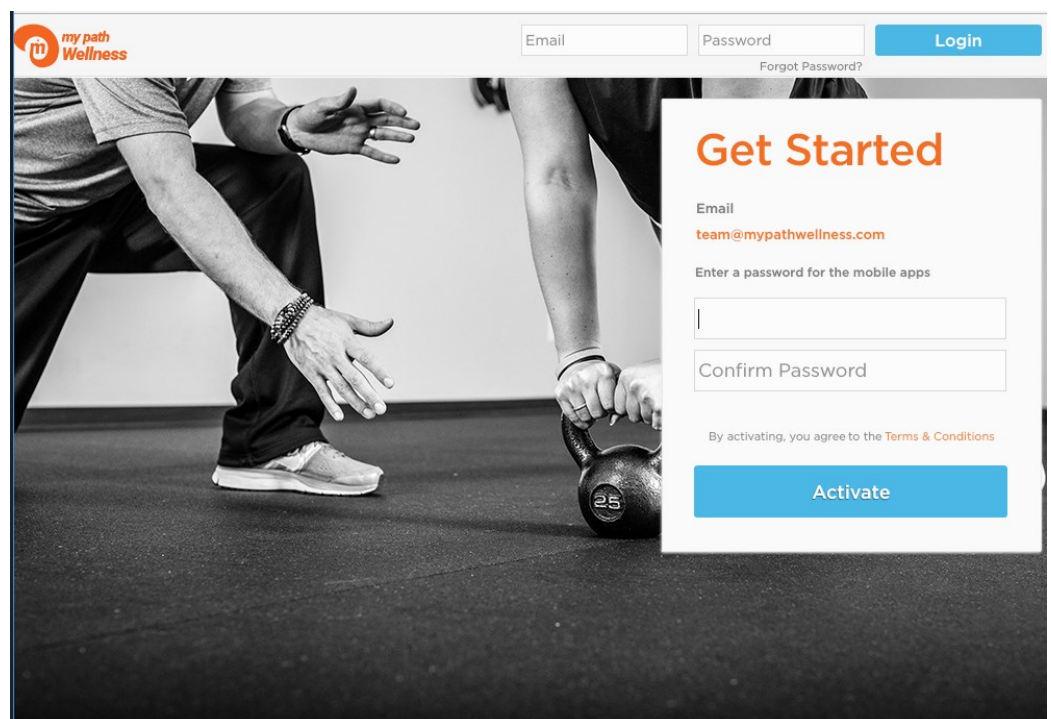
# Initial Setup for iPhone



Click on the  
**Activate your  
Account**

Enter in your  
password twice

Activate your  
New account



# Setup New Program

The screenshot shows the 'my path Wellness' app interface. The top navigation bar includes 'HOME', 'WORKOUTS', 'BUILDER', 'STATS', and 'LOGS'. The left sidebar has 'SCHEDULE', 'NEXT', and 'FAVORITES'. The main content area is titled 'Let's get started with your activity feed' and contains a numbered list of steps: 1. 'FILL OUT YOUR PROFILE', 2. 'Start following friends now. The activity feed shows you and your followers' workout progress', and 3. 'Your followers can only see your activity if sharing is turned on'. Below these steps are buttons for 'ADJUST YOUR PRIVACY SETTINGS', 'ASK', and 'FINISHED'. The left sidebar also includes a 'Schedule a Workout' button, a 'FOLLOW FRIENDS' section with a search bar, and a 'RECENT ACTIVITY' section.

HOME WORKOUTS BUILDER STATS LOGS

my path Wellness

SCHEDULE NEXT FAVORITES

No Workout Scheduled for Today

Schedule a Workout

FOLLOW FRIENDS Manage Friends

Search for Friends

RECENT ACTIVITY

You have not worked out yet.

Completed Workouts

As you complete workouts, they will be graphed here and show your eight-week progress

Update Your Privacy Settings

Let's get started with your activity feed

1 FILL OUT YOUR PROFILE

2 Start following friends now. The activity feed shows you and your followers' workout progress

3 Your followers can only see your activity if sharing is turned on

ADJUST YOUR PRIVACY SETTINGS

Have a question?

ASK

FINISHED

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Click on **fill out your profile**

Fill in as much of the details that are required

The screenshot shows the 'User Profile' page in the 'my path Wellness' app. The top navigation bar is the same as the previous screen. The page is divided into two main sections. The top section, 'User Profile', contains fields for 'USERNAME' (team@mypathwellness.com), 'PHOTO' (with a 'Choose File' button), 'FIRST NAME', 'LAST NAME', 'BIRTHDAY', 'GENDER' (male and female icons), 'ACTIVITY LEVEL' (with a 'CHOOSE' button), and 'HEIGHT' (with units 'ft', 'in', 'US (ft/in)', and 'weight' in 'LB'). A 'Save' button is at the bottom right of this section. The bottom section is split into two columns: 'Change Email' with fields for 'NEW EMAIL' and 'CONFIRM EMAIL', and 'Change Password' with fields for 'CURRENT PASSWORD', 'NEW PASSWORD', and 'CONFIRM PASSWORD'. A note states 'Must be at least 6 characters long.' for the new password. 'Change Email' and 'Change Password' buttons are at the bottom of their respective columns.

HOME WORKOUTS BUILDER STATS LOGS

my path Wellness

User Profile

USERNAME team@mypathwellness.com

PHOTO Choose File

First Name LAST Name

BIRTHDAY GENDER

ACTIVITY LEVEL CHOOSE

HEIGHT ft in US (ft/in) weight LB

Save

Change Email

NEW EMAIL team@mypathwellness.com

CONFIRM EMAIL

Change Password

CURRENT PASSWORD

NEW PASSWORD

Must be at least 6 characters long.

CONFIRM PASSWORD

Change Email

Change Password

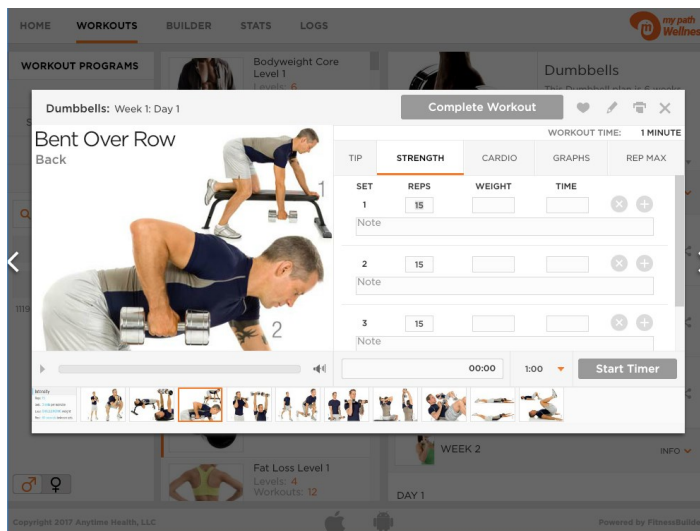
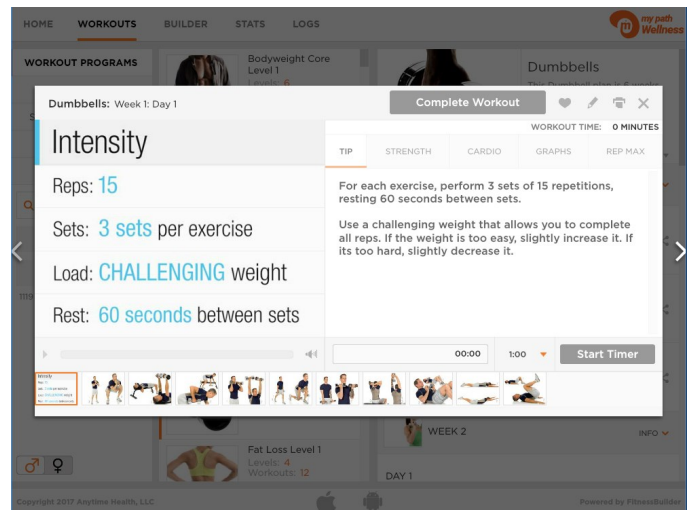
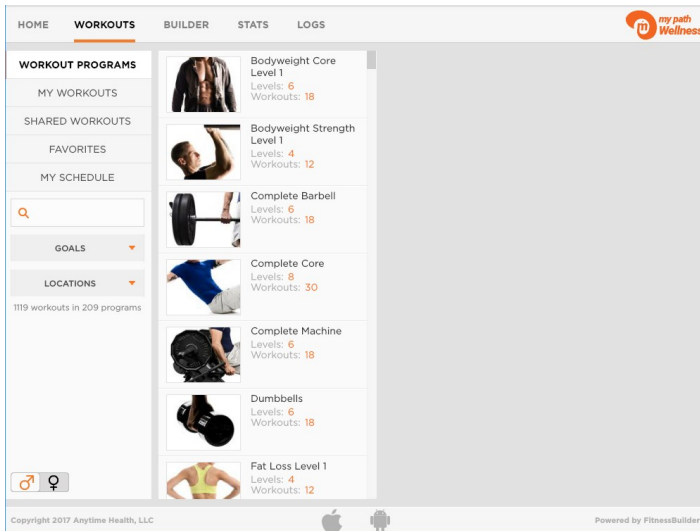
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# Workout Options Available

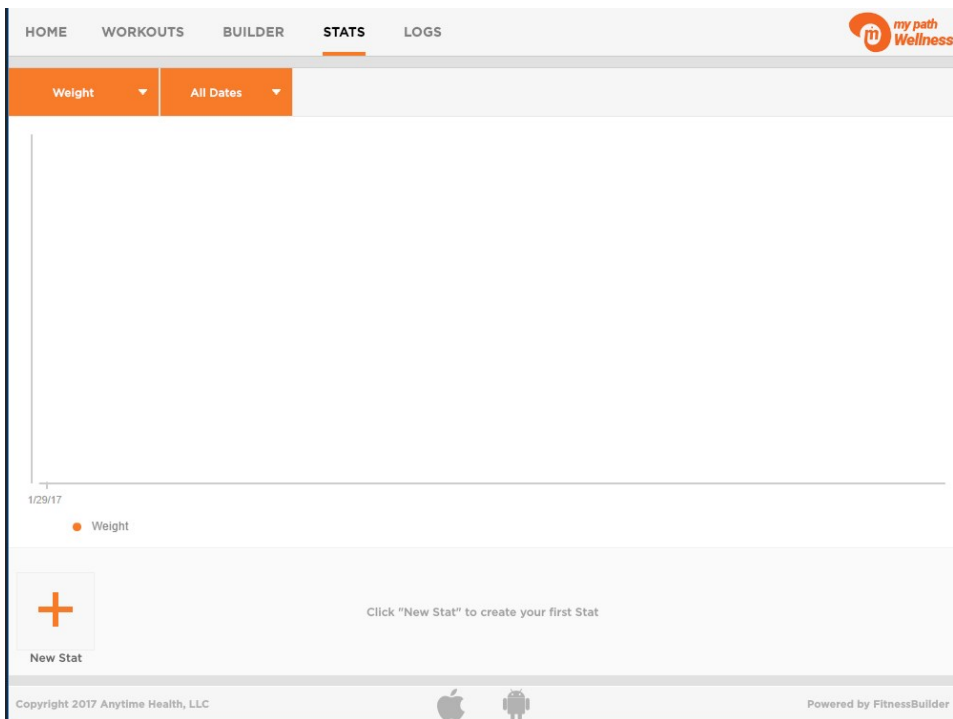
- Sort your equipment or body part you'd like to work
- Select the workout that fits you best.

- Follow the instructions on the workout



- Track your progress on your weight or time

# Tracking your Stats



HOME WORKOUTS BUILDER **STATS** LOGS

Weight All Dates

1/29/17

Weight

New Stat

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**New Stat** January 28, 2017

BASICS **BODY FAT** HEART GIRTH

BODY FAT METHOD Manual Entry

BODY FAT %

RESULTS

- BODY FAT
- FAT MASS
- LEAN MASS

Save