

Instructions for Setting up / Using the HMR App

SETUP

Download per the Instructions on the App Flyer

Go into Settings – Select the Following Options:

Diet Type = “HEALTHY SOLUTIONS”

Diet Start Day = 1 Day prior to your Class day

If Class day is on Tuesday, Your diet start day = Monday

This would make your Reporting Week = Monday through Sunday

So that on Monday you can Email in your Totals.

Group and Email

Name = You

Coach = Brandon / or Chuck

Email = HealthierTogether@Baptistmilestone.com

Meeting Day = Your Conf Call Class Day

RECORDING

Each time you consume a Shake, an Entrée, or a Fruit/Vegetable, increment that item in the Daily Log. Remember to Record the items you consume at the time you consume them. Do not wait till later as you may forget. If you are in the Box, be sure to Select that button for each day.

To View or Send in your Weekly Summary select Weekly Summary from the Menu. You may need to slide the screen to the right to get the Previous Week. Make sure the dates are Correct. To view a Weekly Grid, Tilt Your phone to the right. Double check to make sure the dates line up correctly.

EMAILING YOUR RECORDS

To Email your Midweek or Weekend Totals, tilt the phone Upright (back to the left), and then select the Email Icon. Depending on whether you are using an iPhone or a Droid, this will be in a different place. You will be asked if you met your goals, and if you will be attending the Class. You will be asked to select an Email account to use – either yahoo, or Gmail, or ???. Select the right one. Make sure the Email Address is Filled in with HealthierTogether@Baptistmilestone.com and be sure to ADD ANY ADDITIONAL COMMENTS YOU WANT TO ADD – Before you hit Send.