

ling



Day 4 Day 5 Day

Total Protein

109g

Total Fat

52g

wly.

Protein Carbs Fat

12g 72g 2g

atch?v=q3Y5UGFzTtY

Protein Carbs Fat

7.4g 65.3g 2.8g

Shredding



Day 2



8/368kcal13.2/13.2g75.1/75.1g1.6/1.6g



RESTORATION
health♥care

COACHING APP USER GUIDE



 Daily Check-in

 Check-in: Wed



Daily Progress



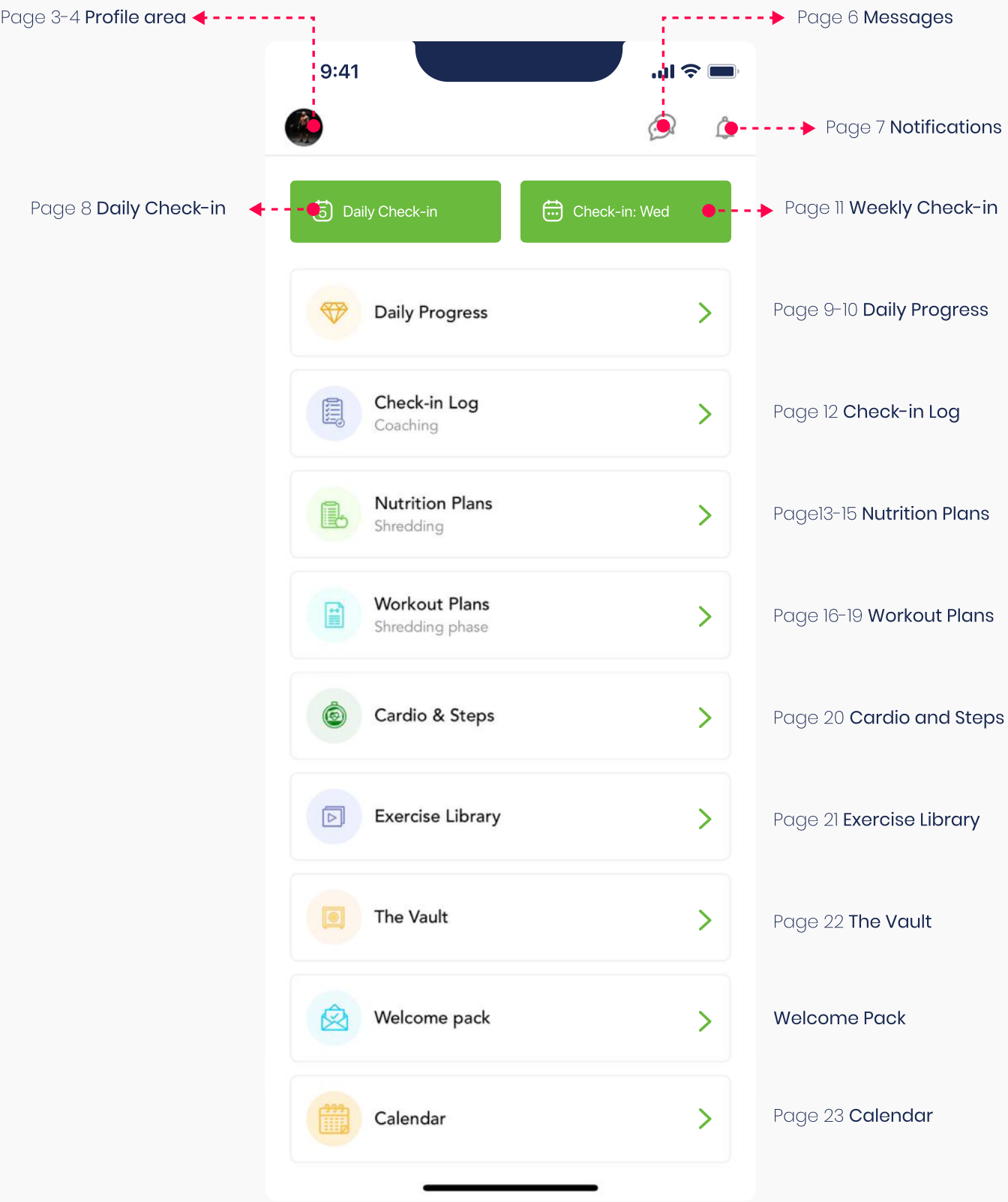
Check-in Log
Coaching



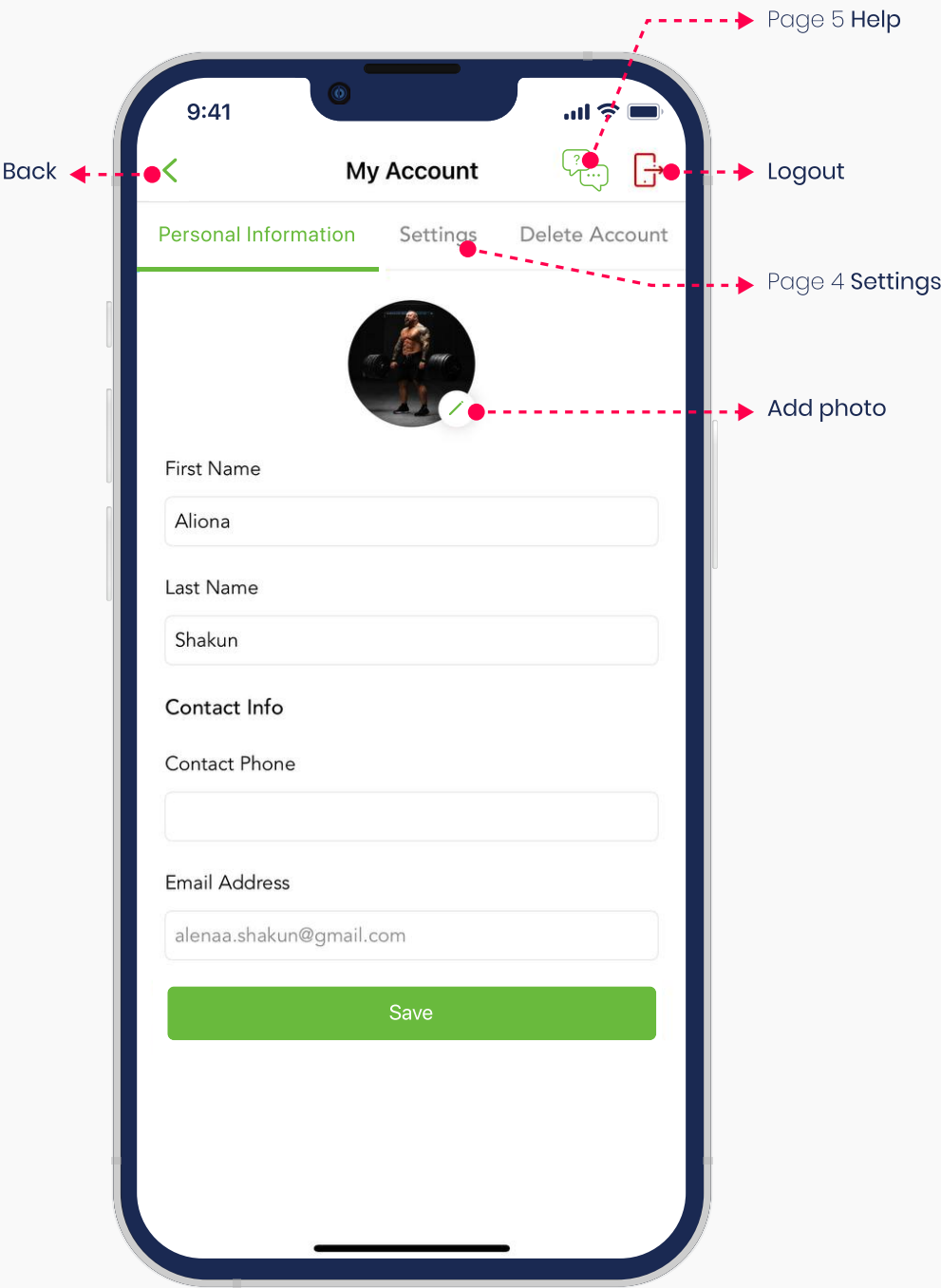
Nutrition Plans
Shredding



MAIN PAGE



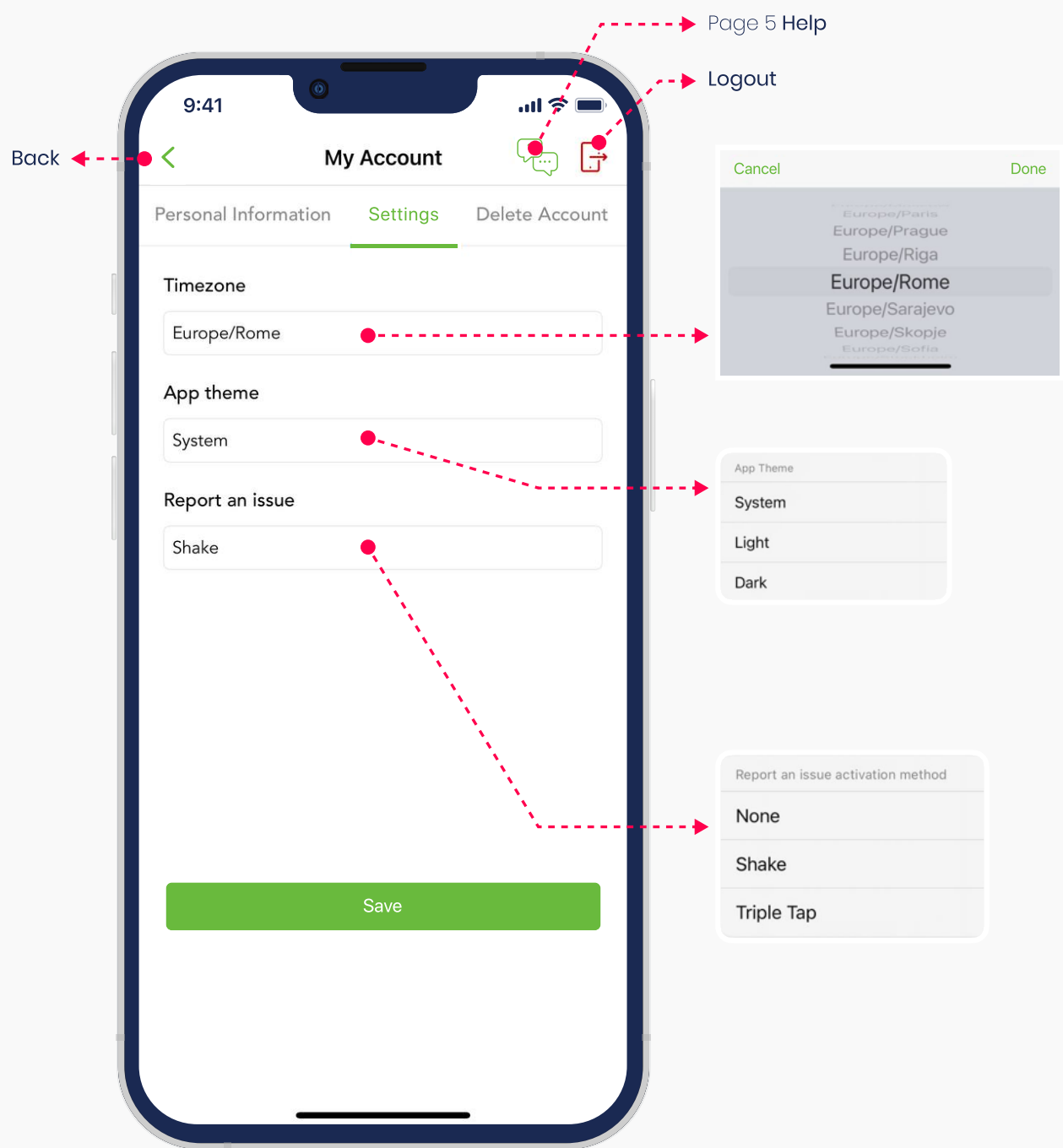
PROFILE AREA – MY ACCOUNT



On the **My Account** page there are 3 sections: Personal Information, Settings, Delete Account.

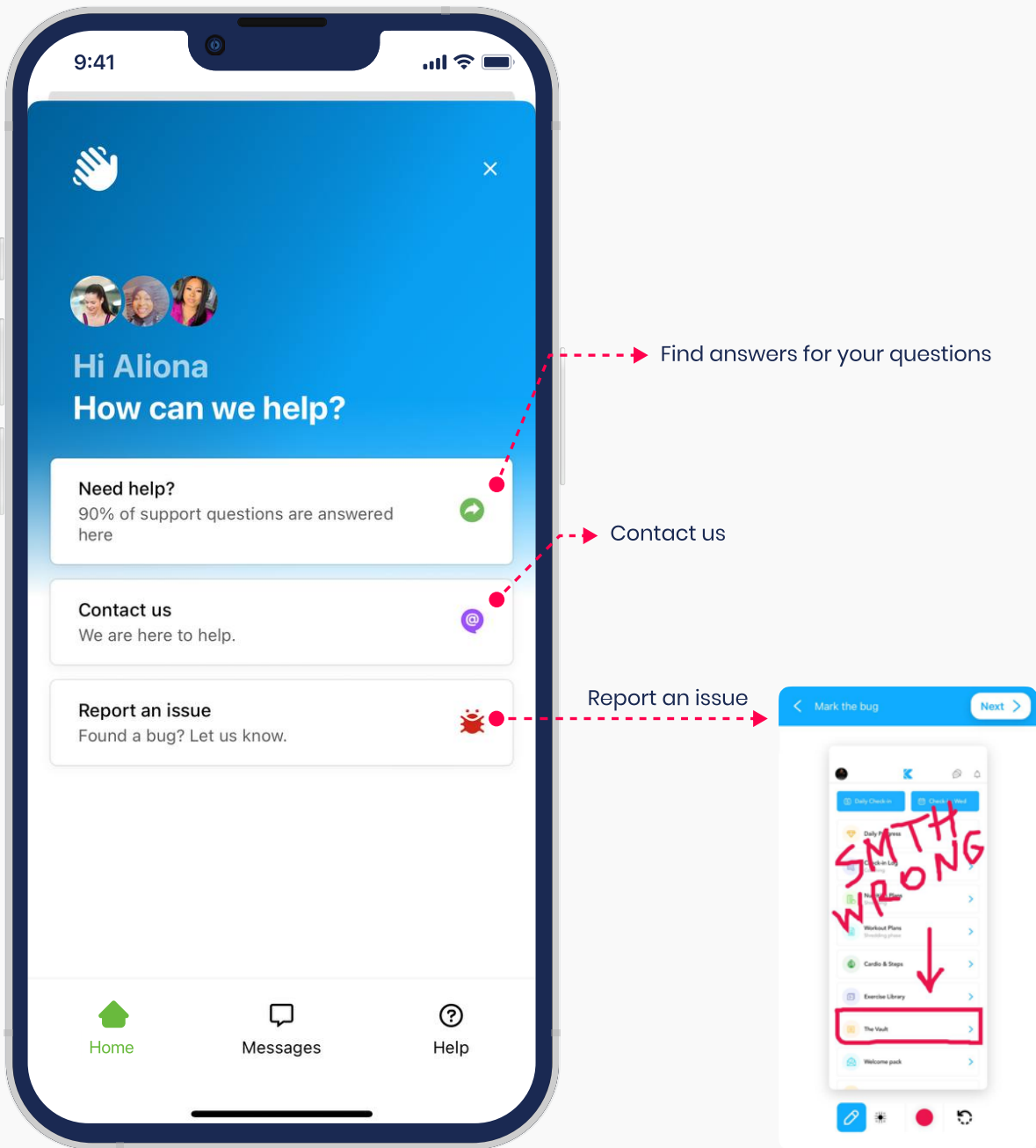
On the **Personal Information** page you can add information about your First and Last name, Contact Info or add the Profile photo.

PROFILE AREA – SETTINGS



On **the Settings** page you can set the Timezone to the one you are in, change the App theme and set the report an issue activation method.

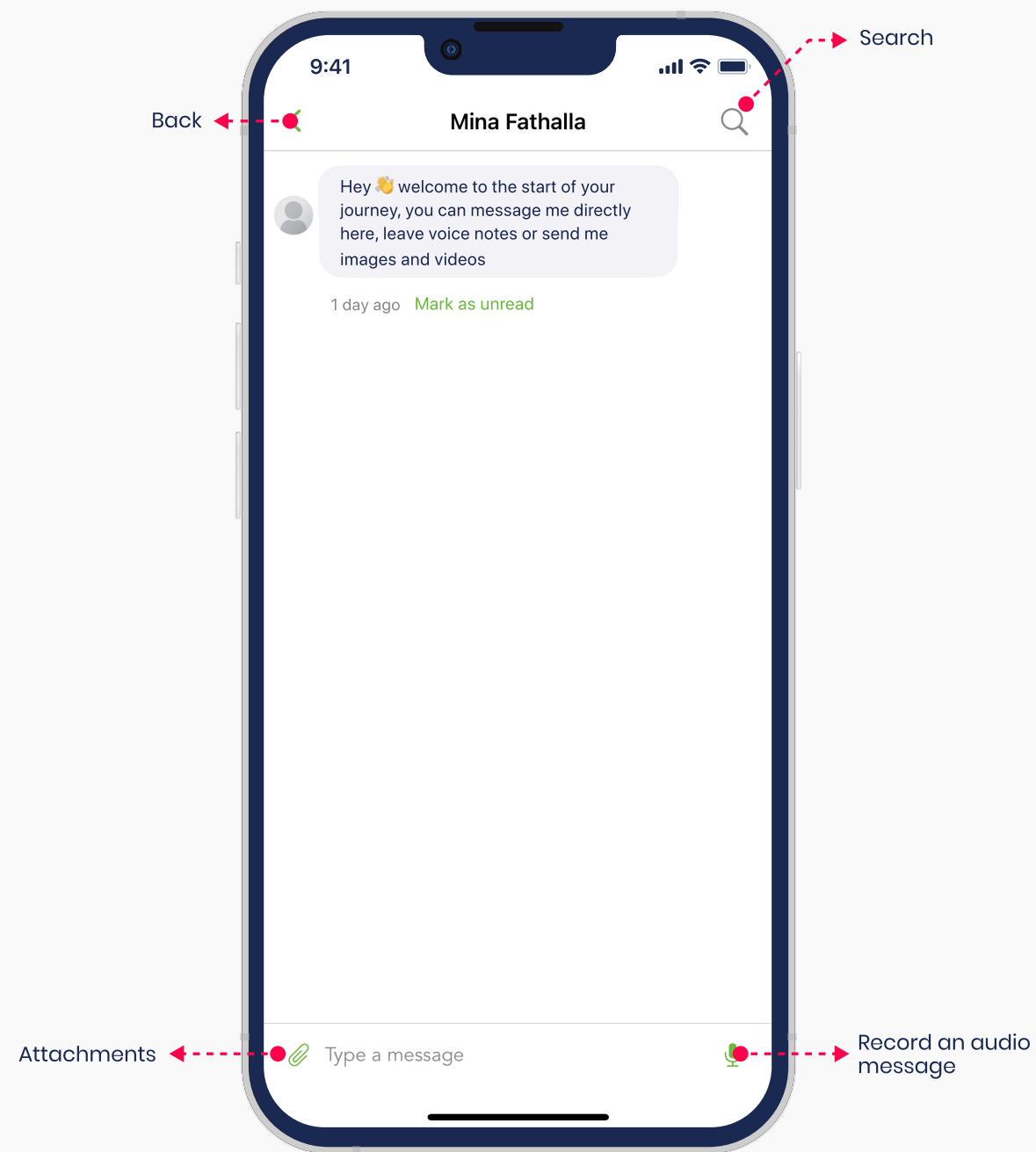
REPORT AN ISSUE



Depending on **Report an issue activation method** you chose (in our case it's shaking the phone), there will be open a screen, where you can share a bug or a feature you'd like to suggest with the developer.

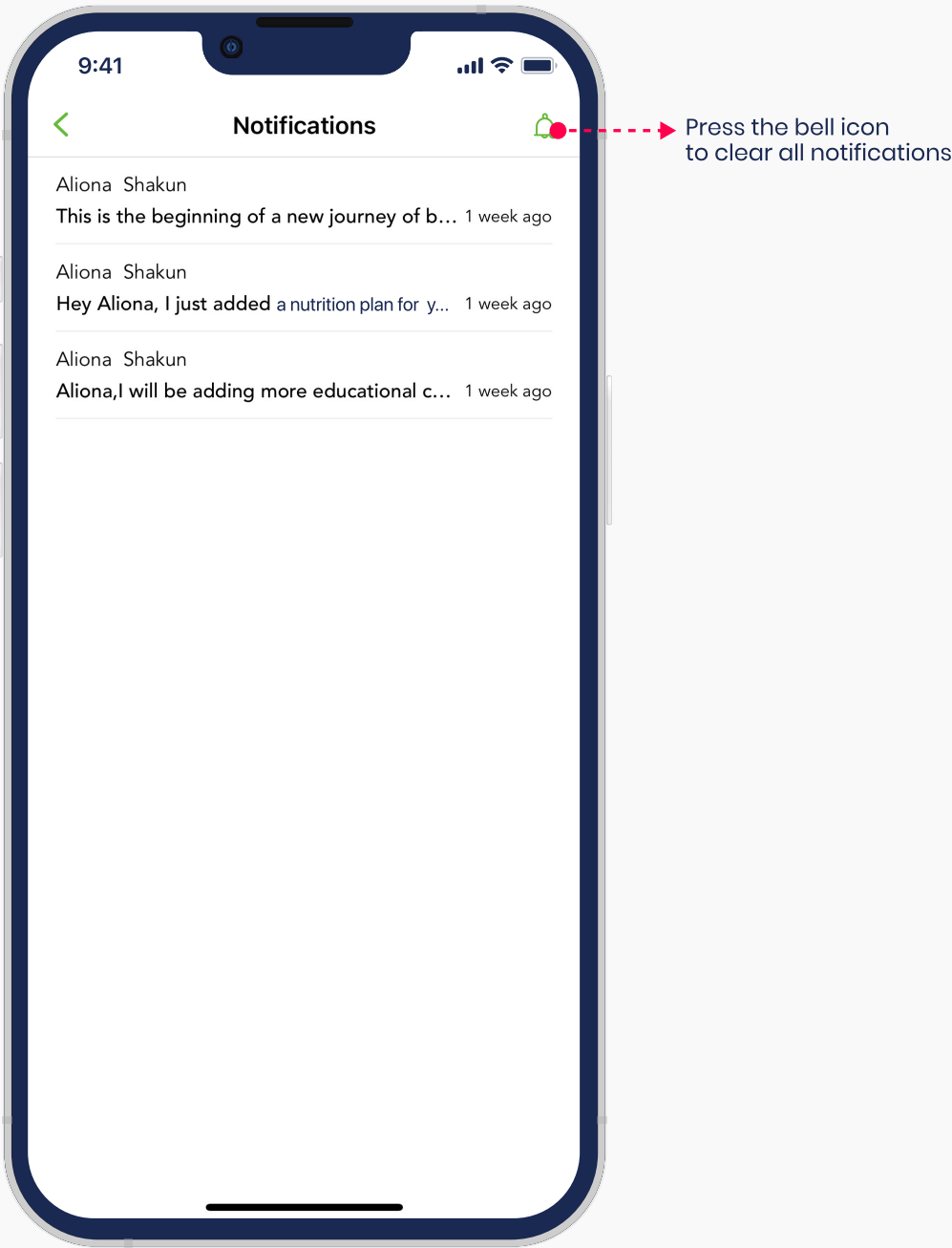
With the button **Report an issue** you can draw something to show us what is wrong on the screen.

MESSAGES



In the **Message** area, you can send me a message, record audio or upload photos and videos.

NOTIFICATIONS



Here you will receive notifications from me with updates to your plan, messages and more.

DAILY CHECK-IN

9:41

Daily habit's form

Date

2 Jul, 2023

Drink 2L water per day

✓

✕

↶

Walk 10,000 steps

✓

✕

↶

for 10 min

✓

✕

↶

Get 10 min of sunshine

✓

✕

↶

Weight in Daily Habit

HRV

Fatigue

1

2

3

4

5

6

7

8

9

10

Stress

1

2

3

4

5

6

7

8

9

10

Strength

1

2

3

4

5

6

7

8

9

10

Hunger

1

2

3

4

5

6

7

8

9

10

9:41

Daily habit's form

Number of hours sleep

Calories

Protein (g)

Fat (g)

Carbs (g)

Fiber (g)

let me know if you are happy?

✓

✕

↶

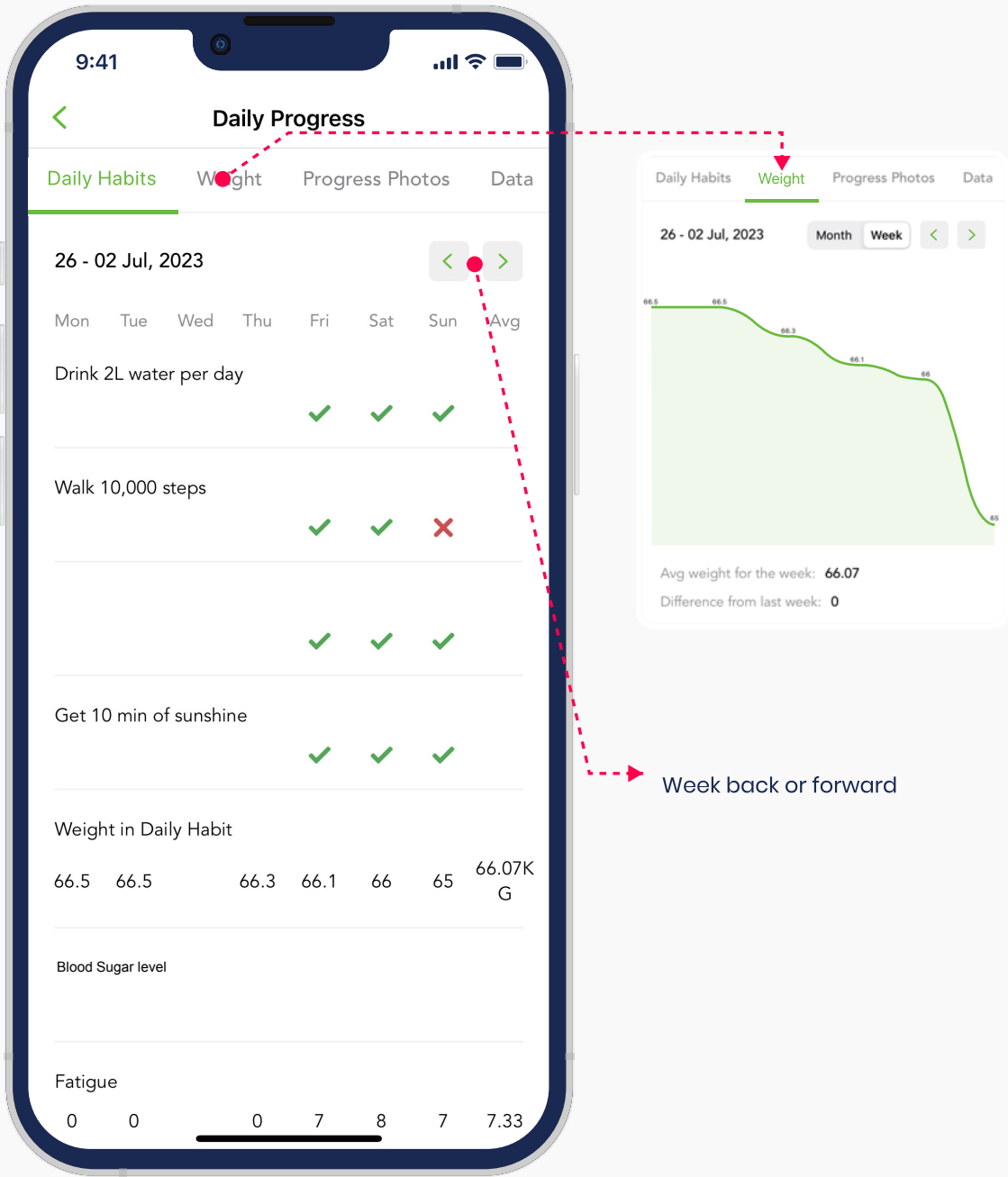
Submit

Remind me in 2 hours

You can fill in the **Daily habits form** with your data about weight, amount of sleep, steps per day, nutrients, calories, etc.

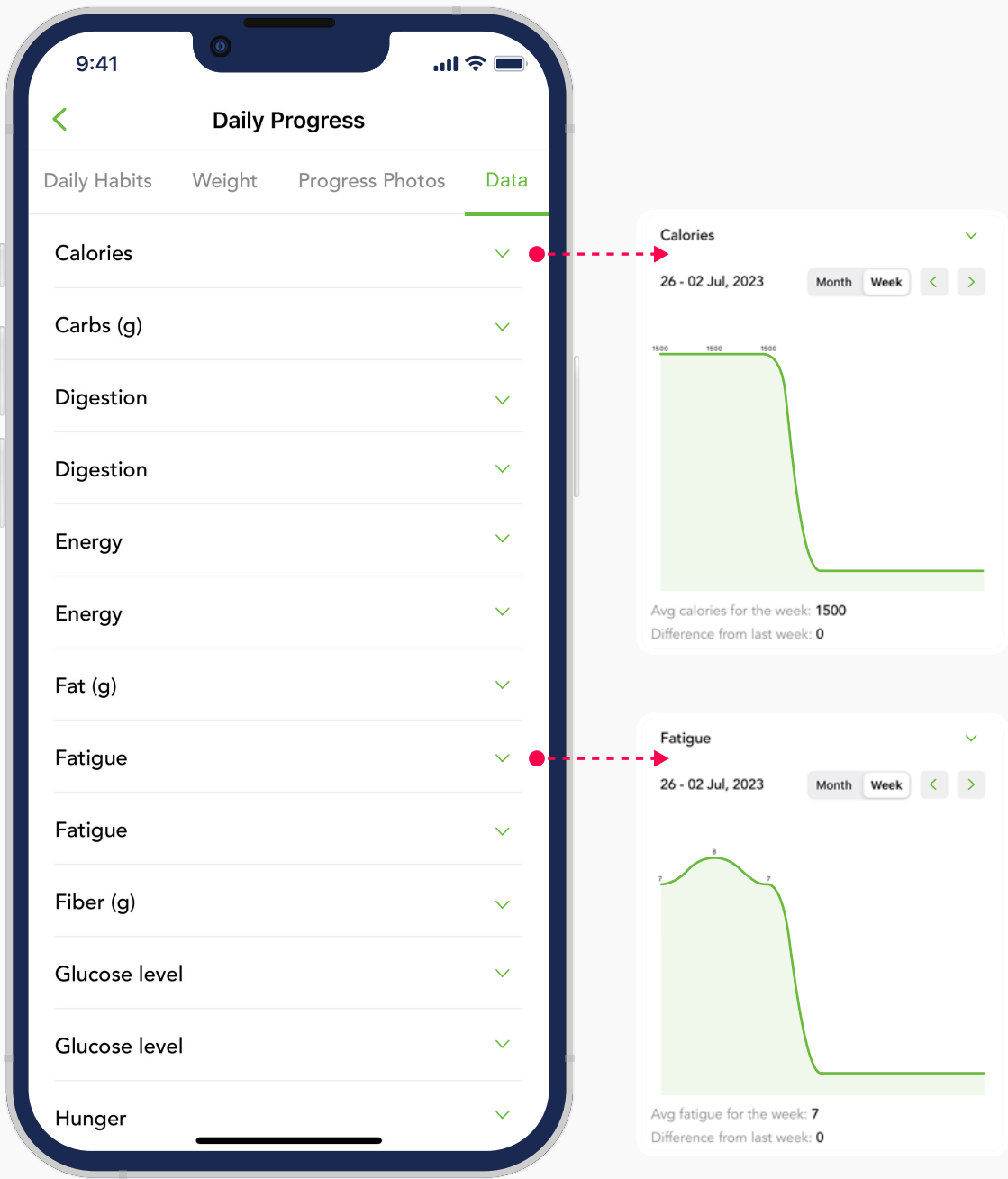
Every day at 18:00 you will be reminded to complete your daily habits. You can snooze the reminder for 2 hours each time.

DAILY PROGRESS



The **Daily progress** area shows all of your data completed from your daily habits and check-in forms.

DAILY PROGRESS – DATA



Each data point has a visual graph for you to see progress over time. You can choose how to display the results on the graph: weekly or monthly, and switch between them.

WEEKLY CHECK-IN

9:41

Coaching

Date

19 Jul, 2023

11:10

Detail your diet from the last week

Did you stick to the diet?

Yes

How do you feel/overall well being?

Current photos (front, back, side)

Video Uploads

Anything else?

9:41

Coaching

Hunger

1

2

3

4

5

6

7

8

9

10

Recovery

1

2

3

4

5

6

7

8

9

10

Energy

1

2

3

4

5

6

7

8

9

10

Digestion

1

2

3

4

5

6

7

8

9

10

Steps

Glucose level

Waist

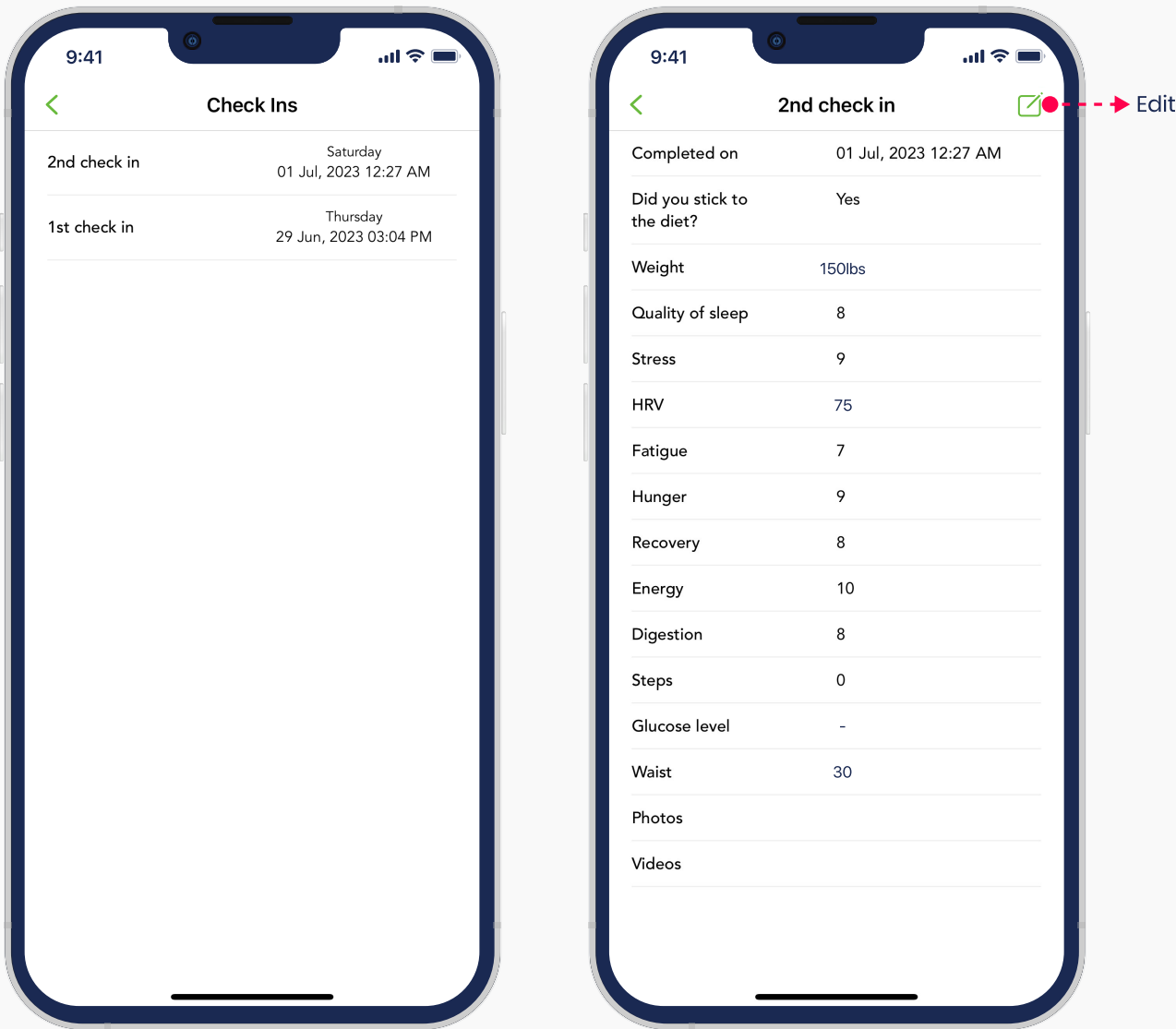
Submit

You can upload photos, videos and more.

You can complete part of the form and then exit using the top left back button. You will be prompted to save for later. Just click the check-in button again to continue.

Progress photos and bodyweight are best taken as soon as you wake up. This will give the most consistent reading each week.

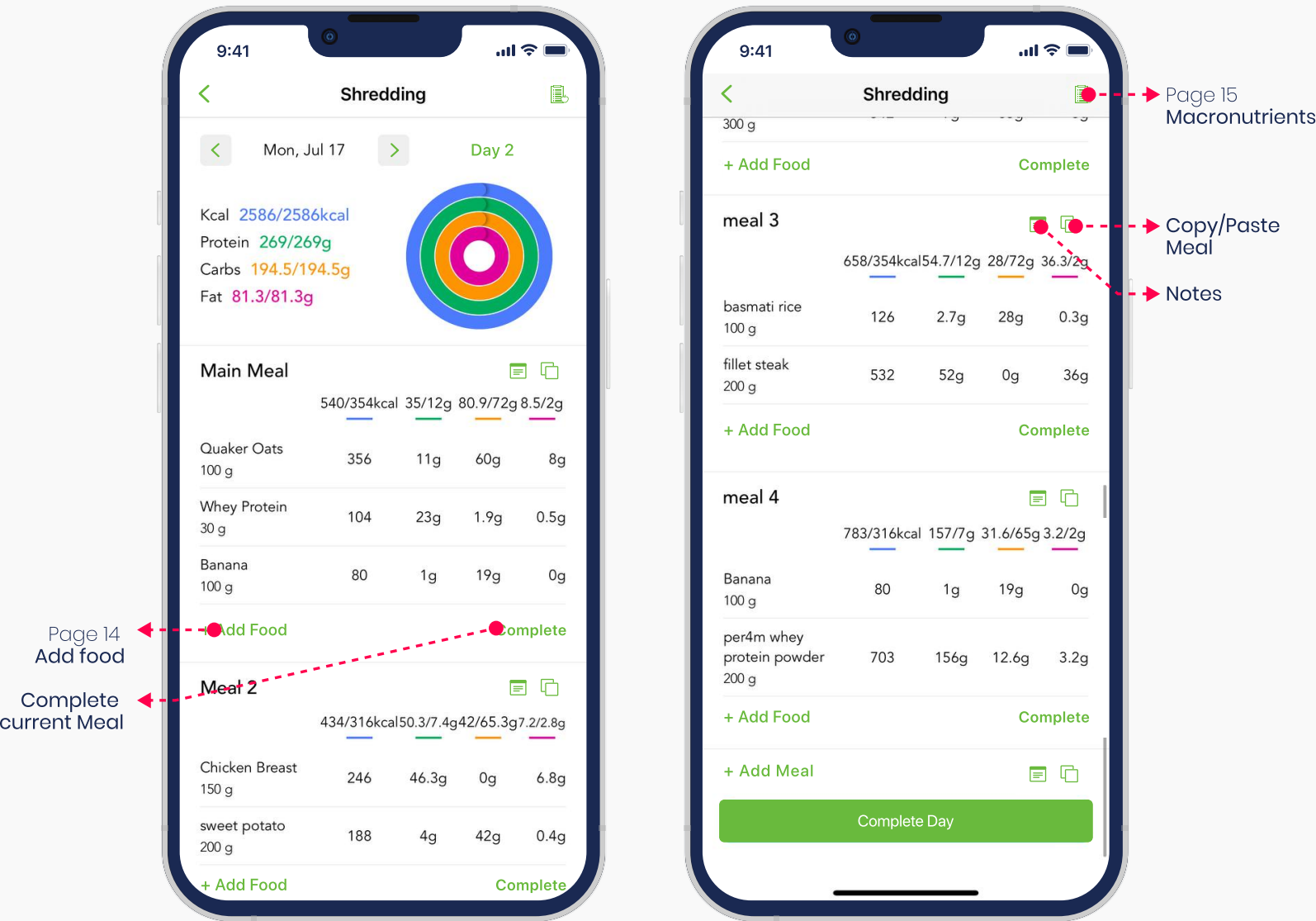
CHECK-IN HISTORY



The check-in area will show all historical check-ins.

You can tap any check-in to see the data submitted and change something if needed.

NUTRITION PLANS



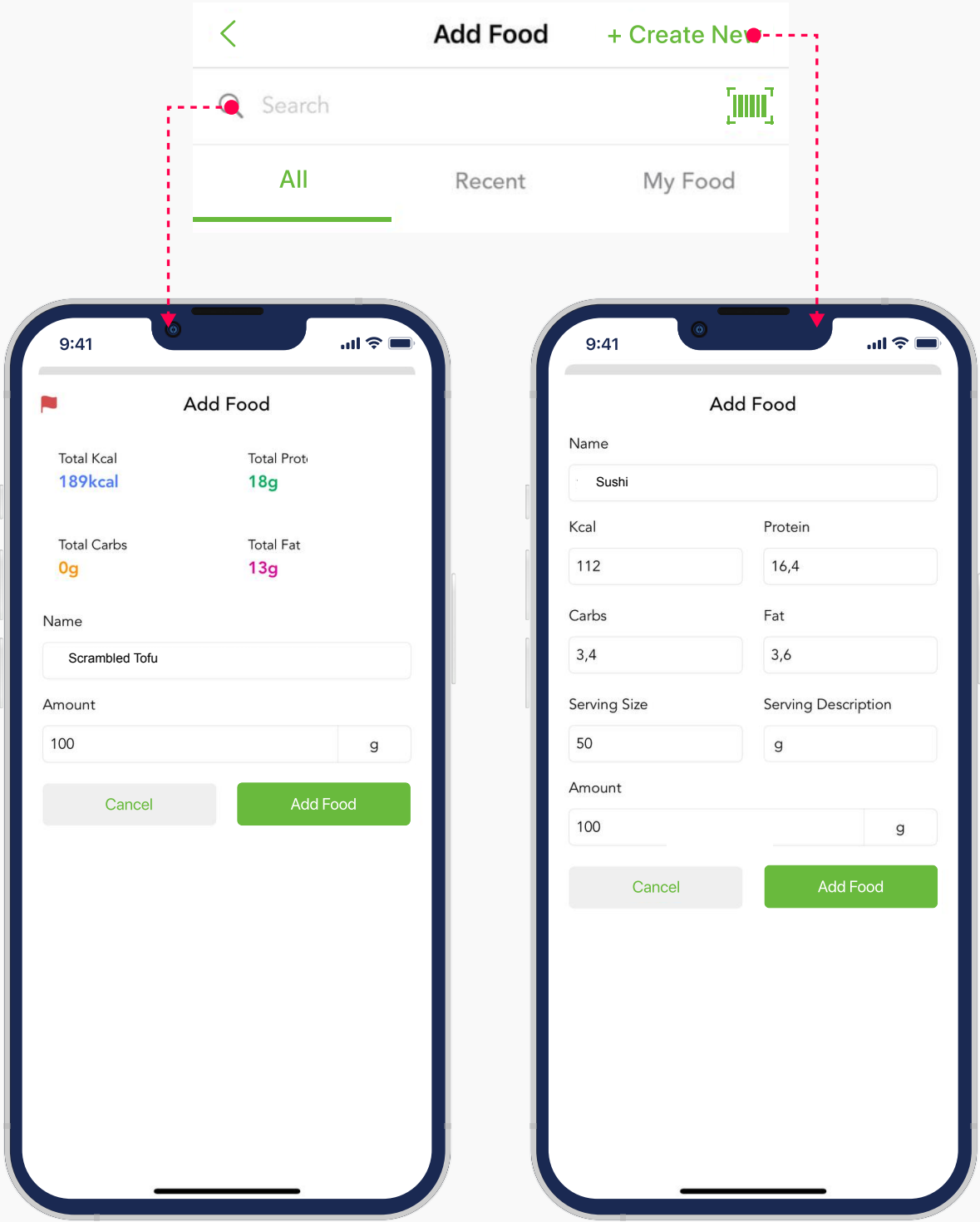
In the **Nutrition** section you can access and log food for your nutrition plans.

You can also add, change or delete food items, or copy a meal from another day.

The donut chart shows how many nutrients you consumed per day.

Once you've clicked the Complete Day button, you can still edit your meals.

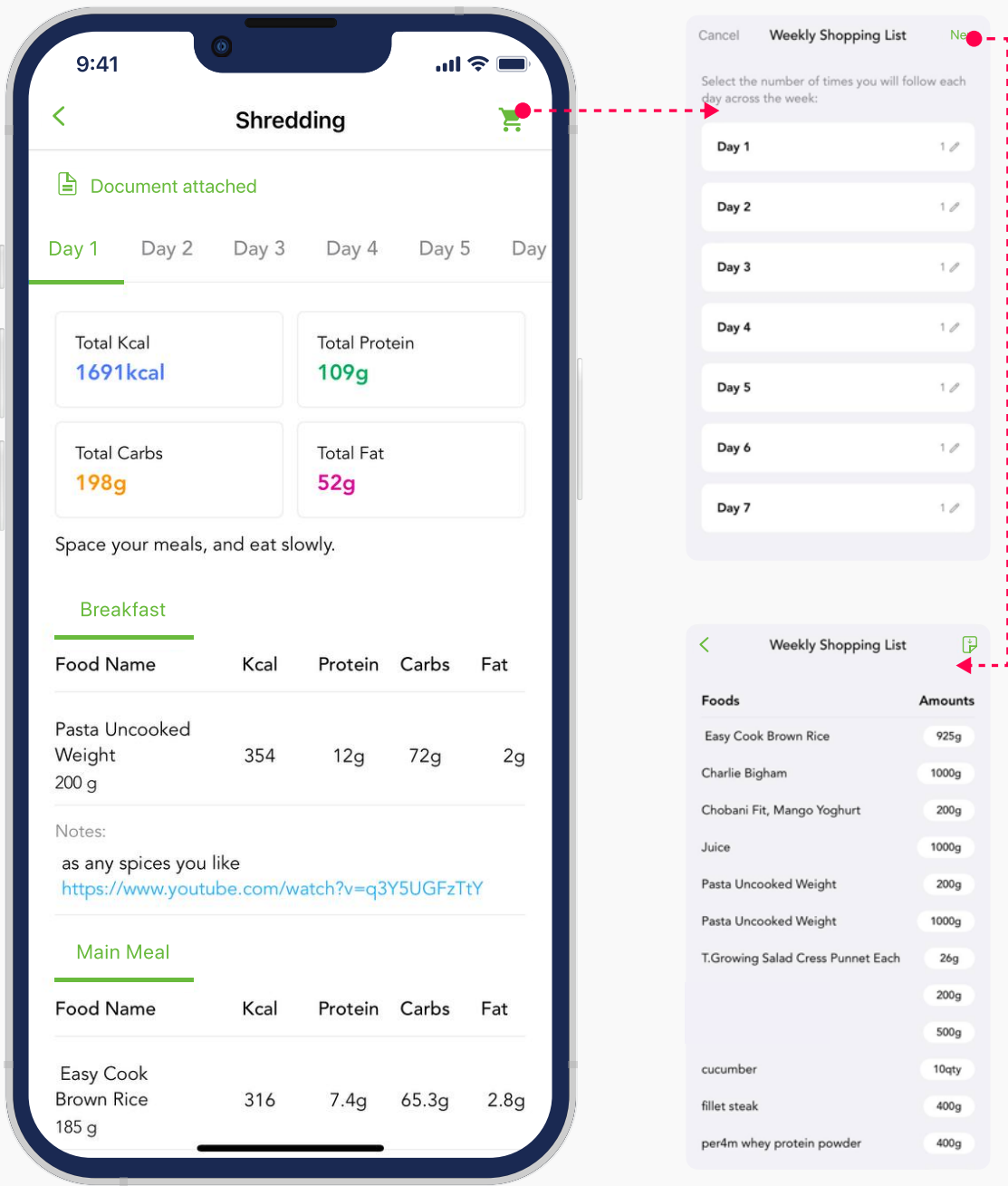
NUTRITION PLANS



If you want to add a food you can find it using the search.

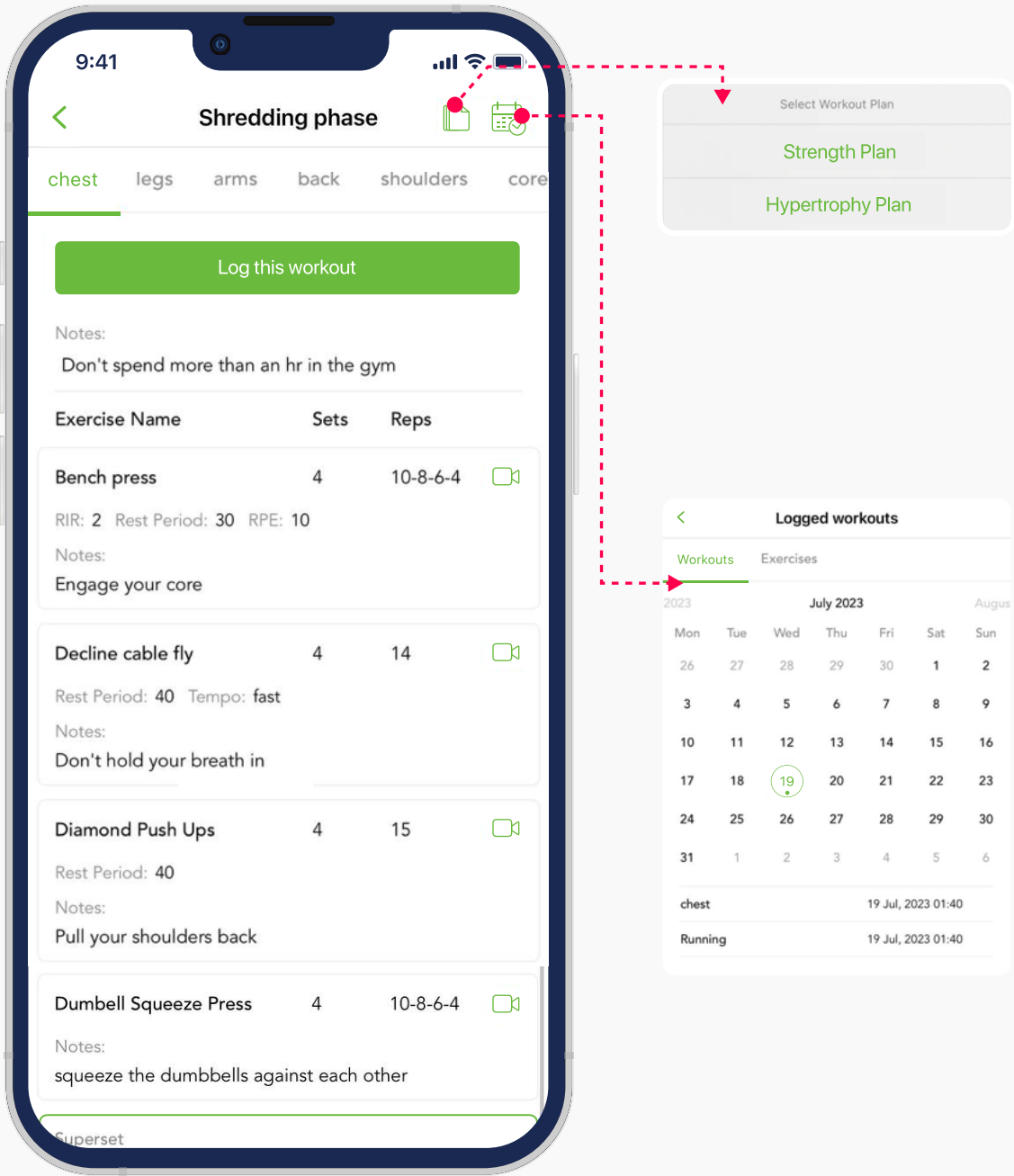
If you are unable to find a specific food you can quickly create one here.

NUTRITION PLANS



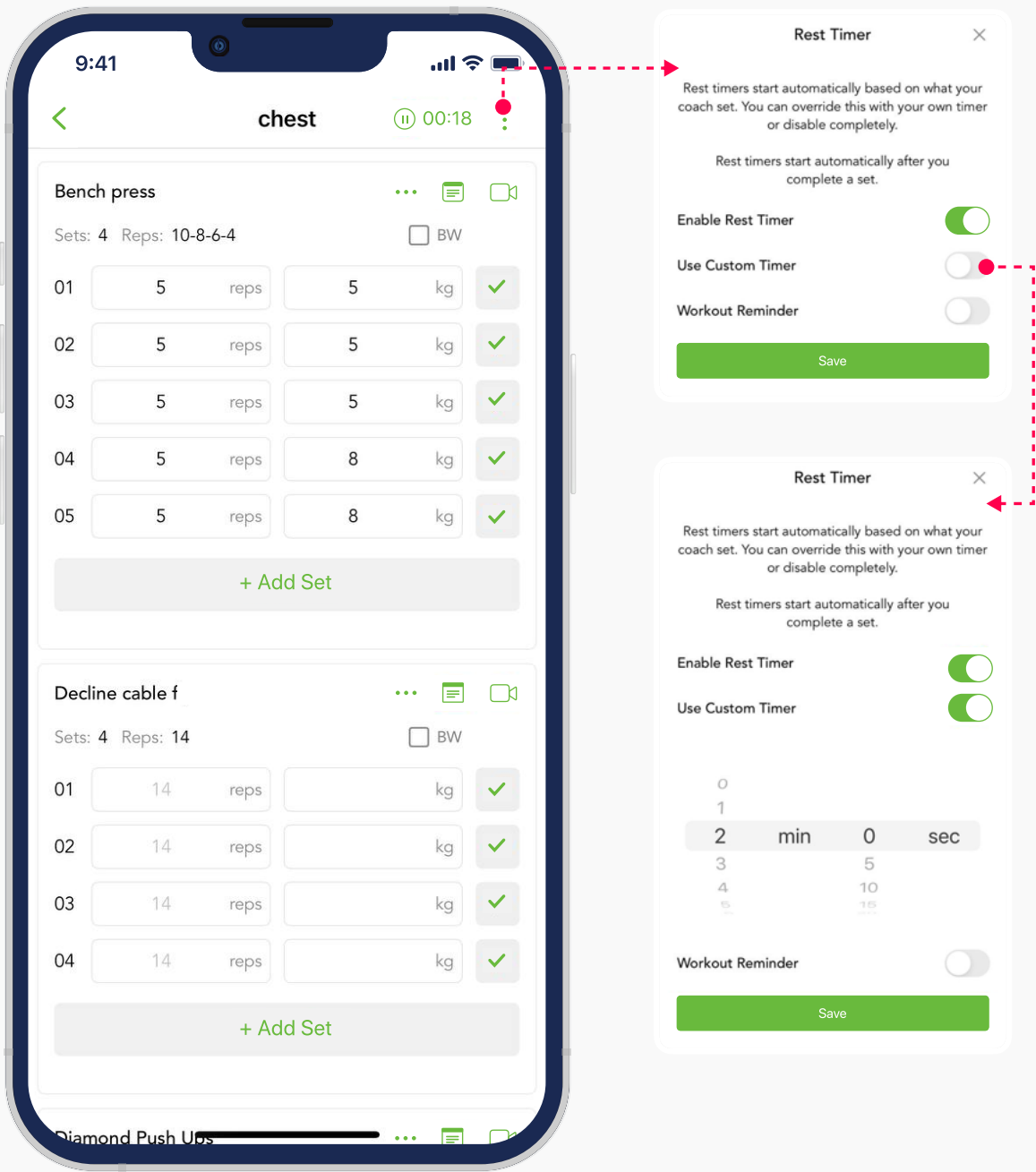
Tap here to view a shopping list for all your food across the week.

WORKOUT PLANS



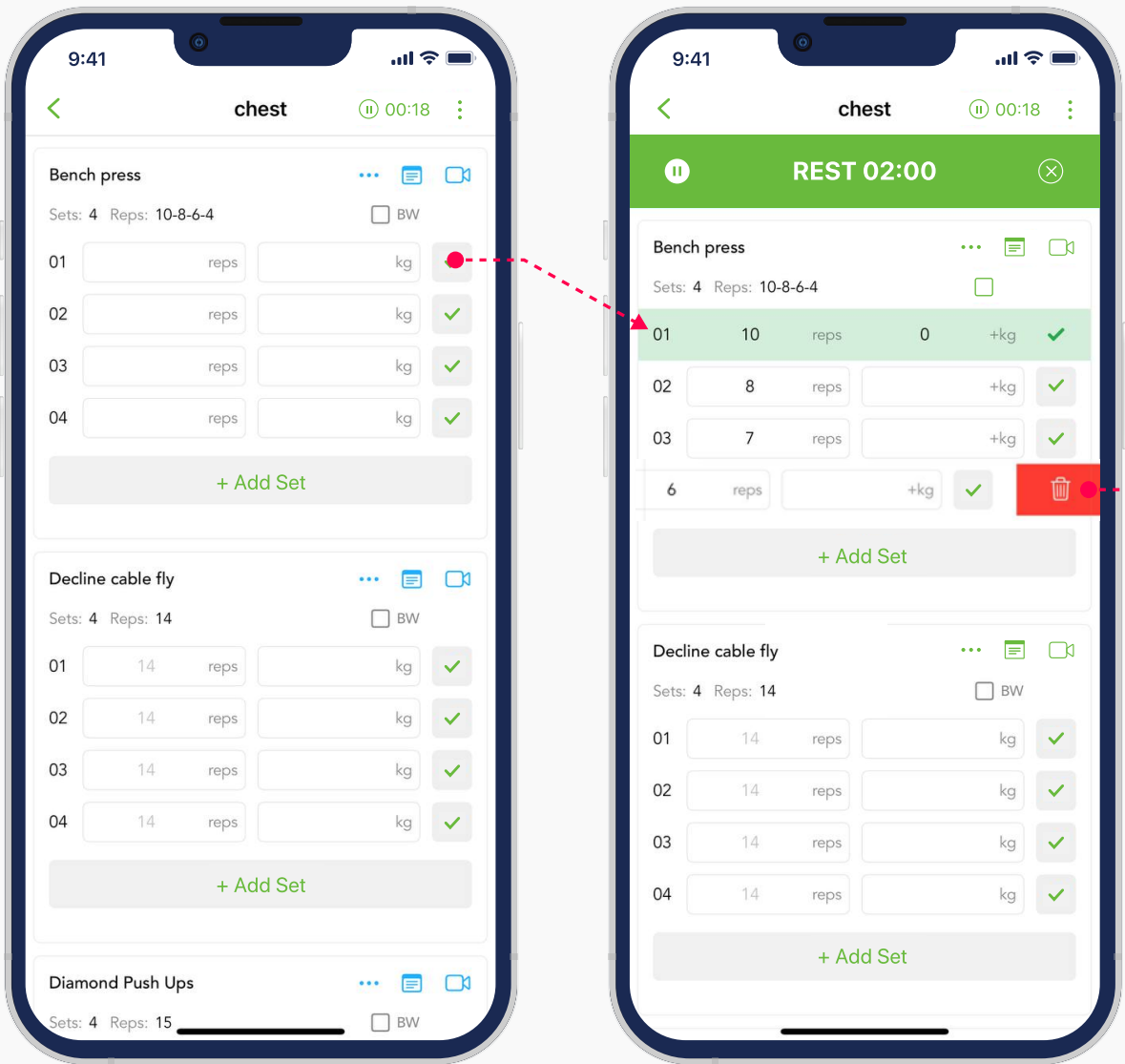
The calendar icon will show previous logged workouts and data.
You can switch between workout days at the top.
Click the "Log this workout" to begin any workout.

WORKOUT PLANS



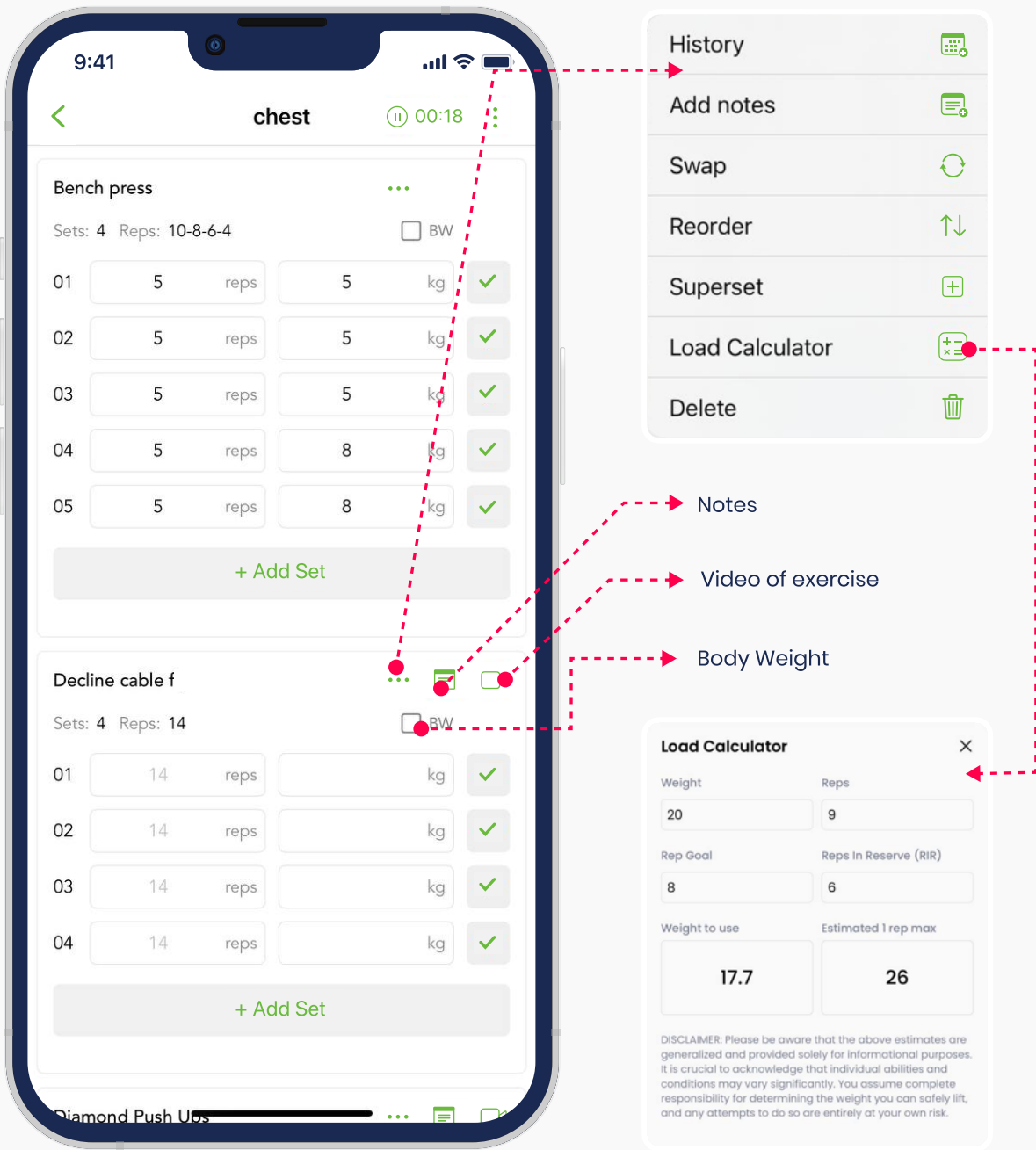
Rest timers start automatically. You can override this with your own timer or disable completely.

WORKOUT PLANS



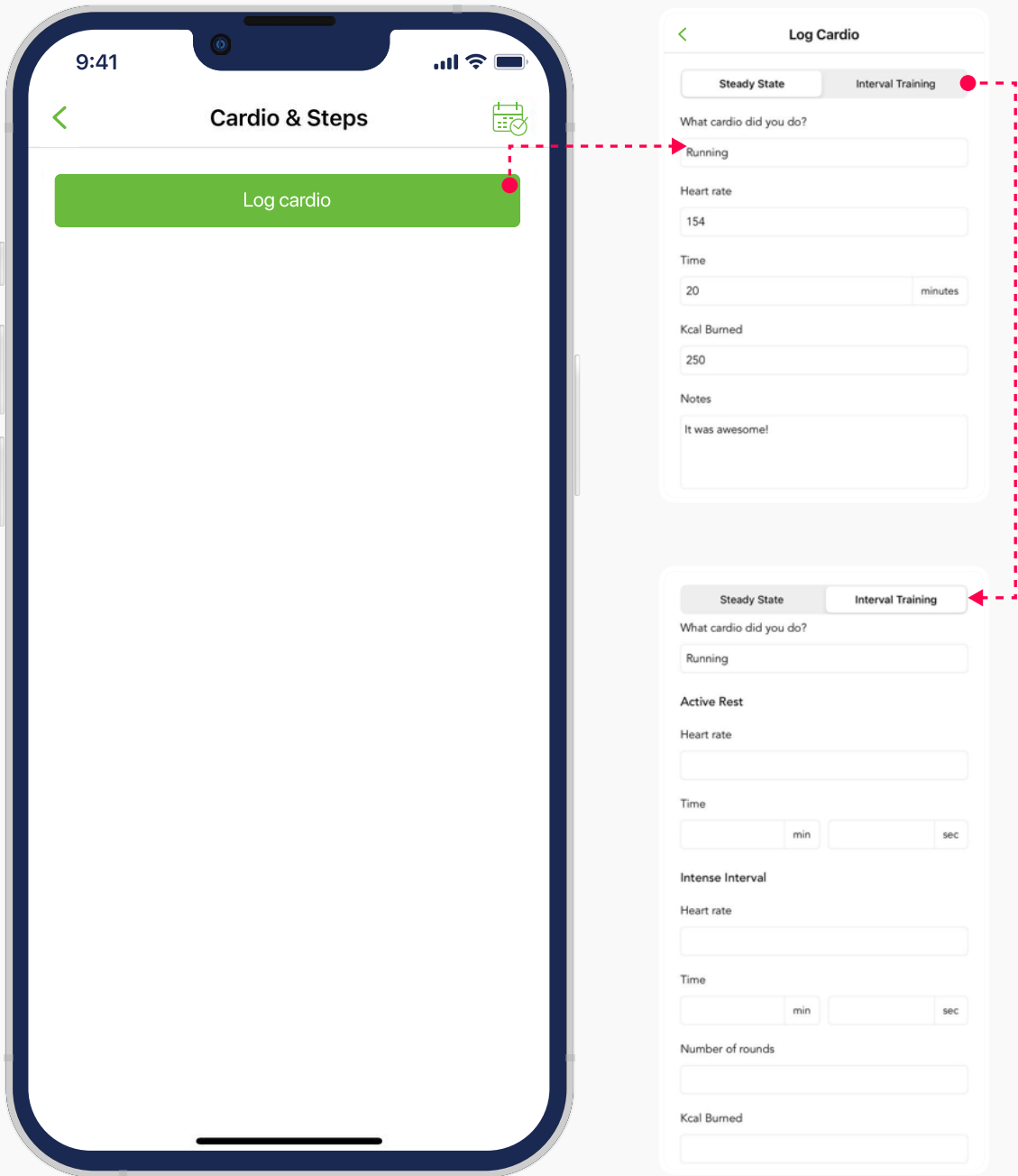
When you click on Log this workout, the workout timer automatically starts. By clicking on the check mark next to each set, it is marked green and the rest timer is turned on.

WORKOUT PLANS



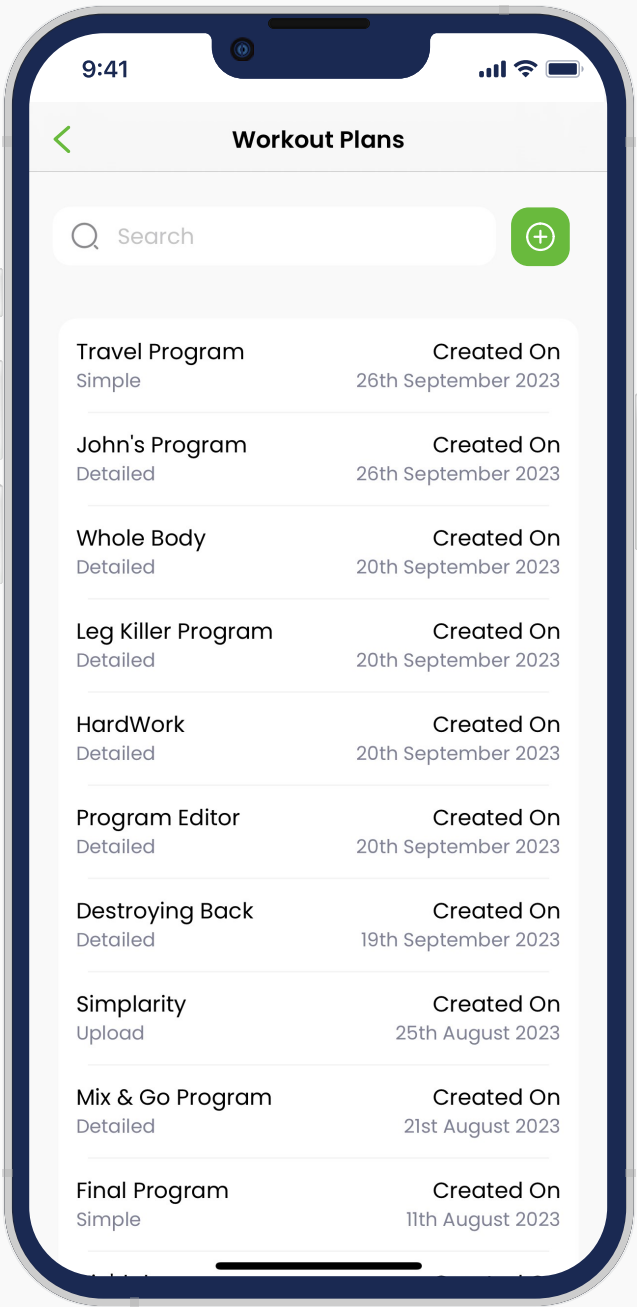
Press the 3 dots to open up more options. You can view previous history. Add notes. Swap exercises. Reorder an exercise. Add a superset. Load Calculator. Delete.

CARDIO AND STEPS



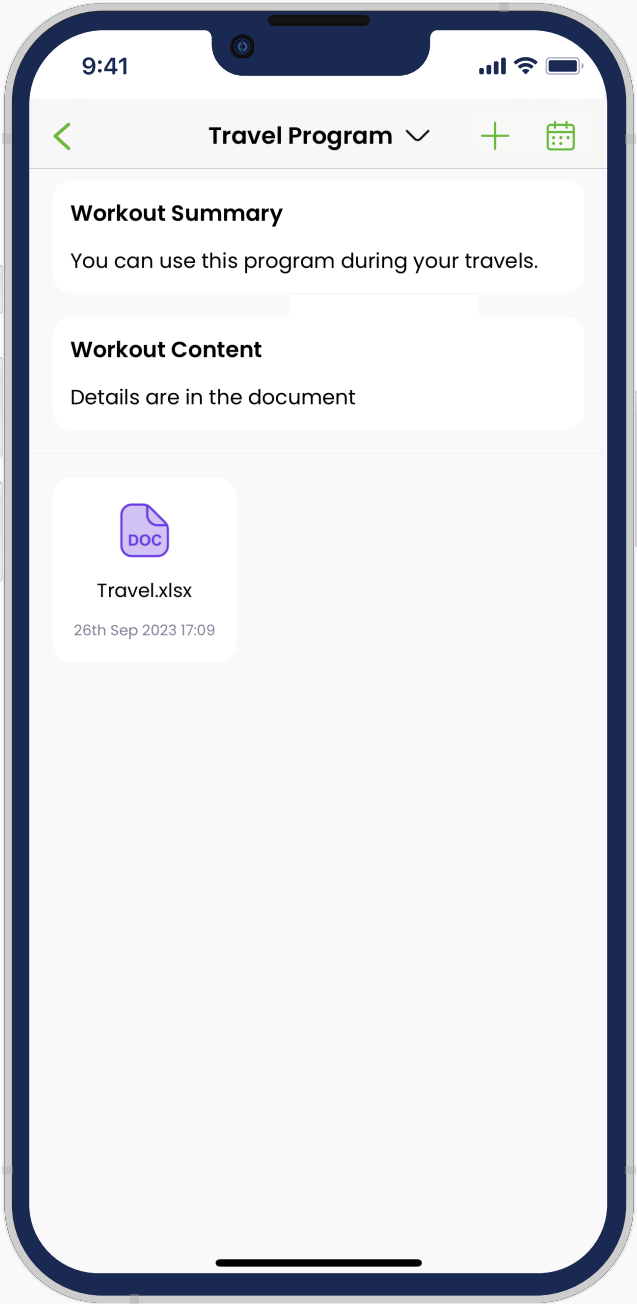
If you have had additional cardio workouts, you can log details here.

WORKOUT PLANS

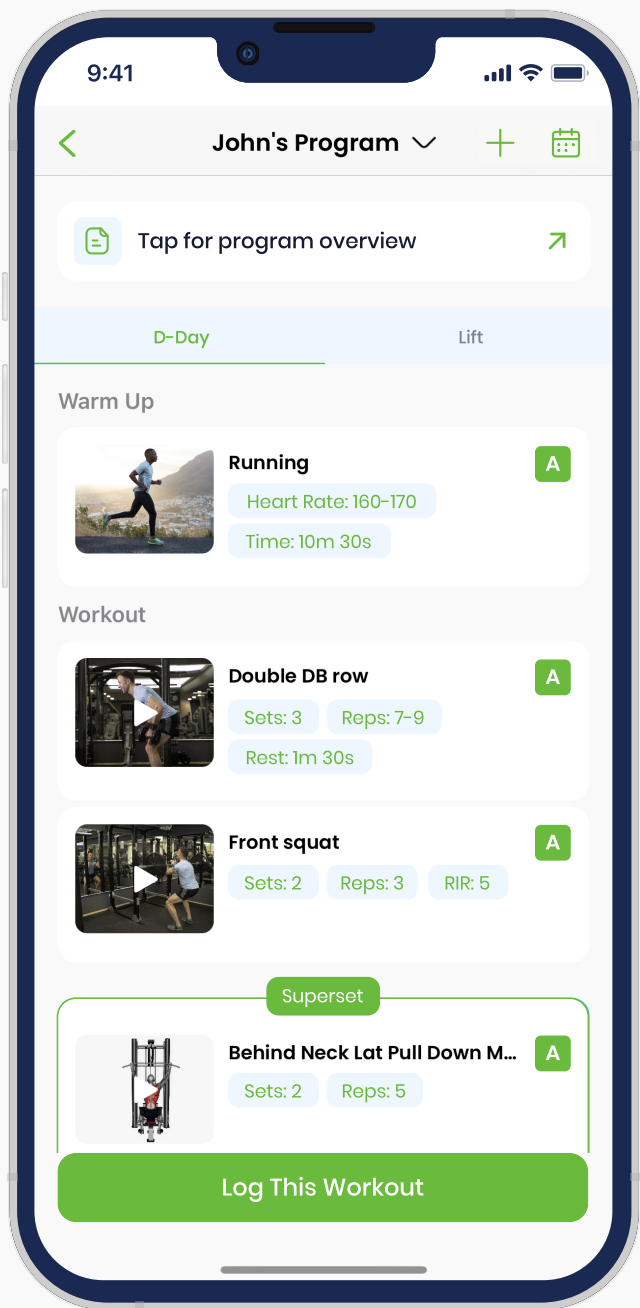


Here you can find workout plans created for you by your coach.

TRAVEL PROGRAM



JOHN'S PROGRAM



Superset

Behind Neck Lat Pull Down M... C1

Sets: 2 Reps: 5

Behind neck pull down C2

Sets: 2 Reps: 5

Superset

Leg Circuit

Rounds 3 Time between 15

Circuit Notes

Alternating Leg Downward D... F1

Time: 2min

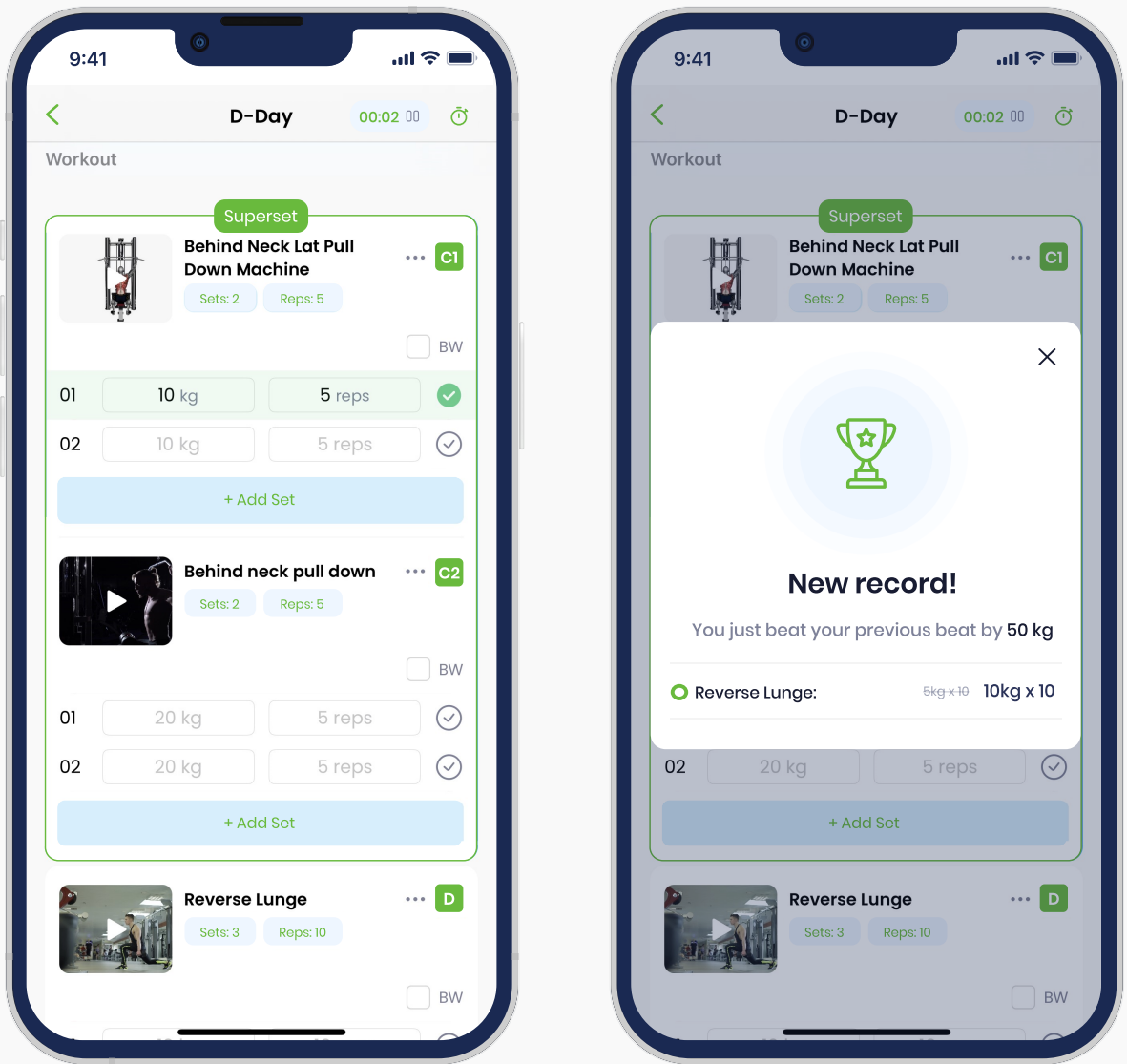
Double Punch Front Leg Lift F2

Reps: 100 Time: 2min

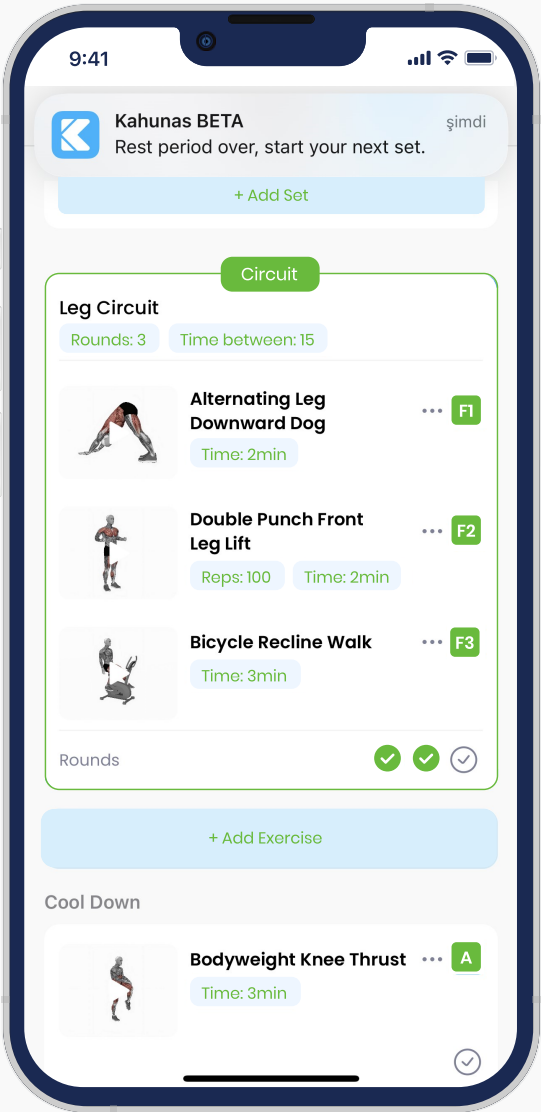
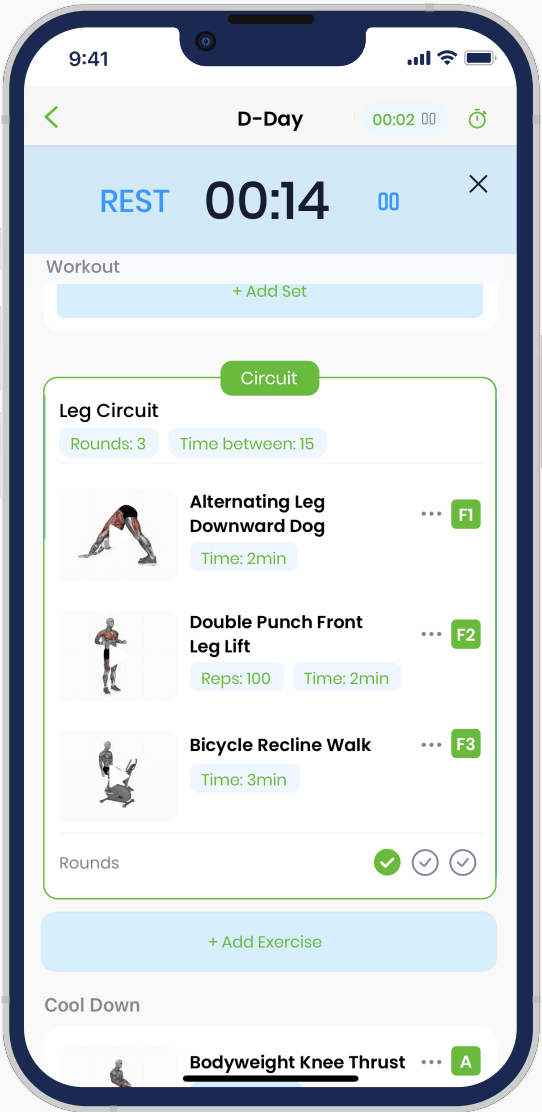
Bicycle Recline Walk F3

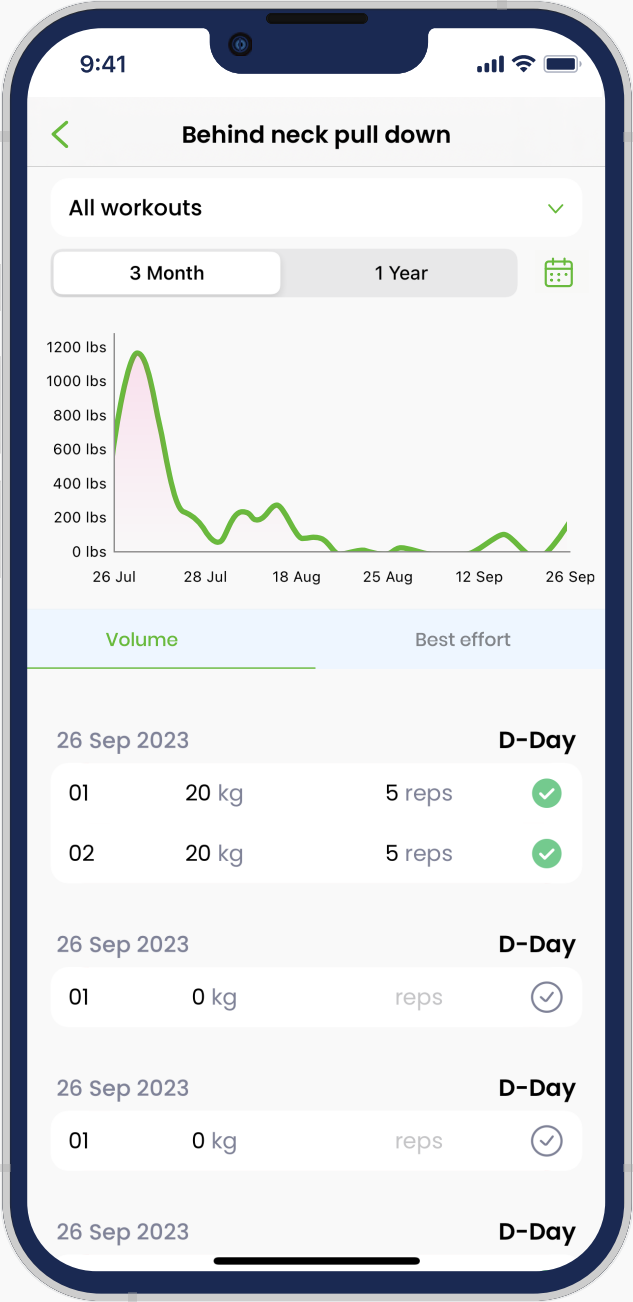
Time: 3min

WORKOUT PLANS

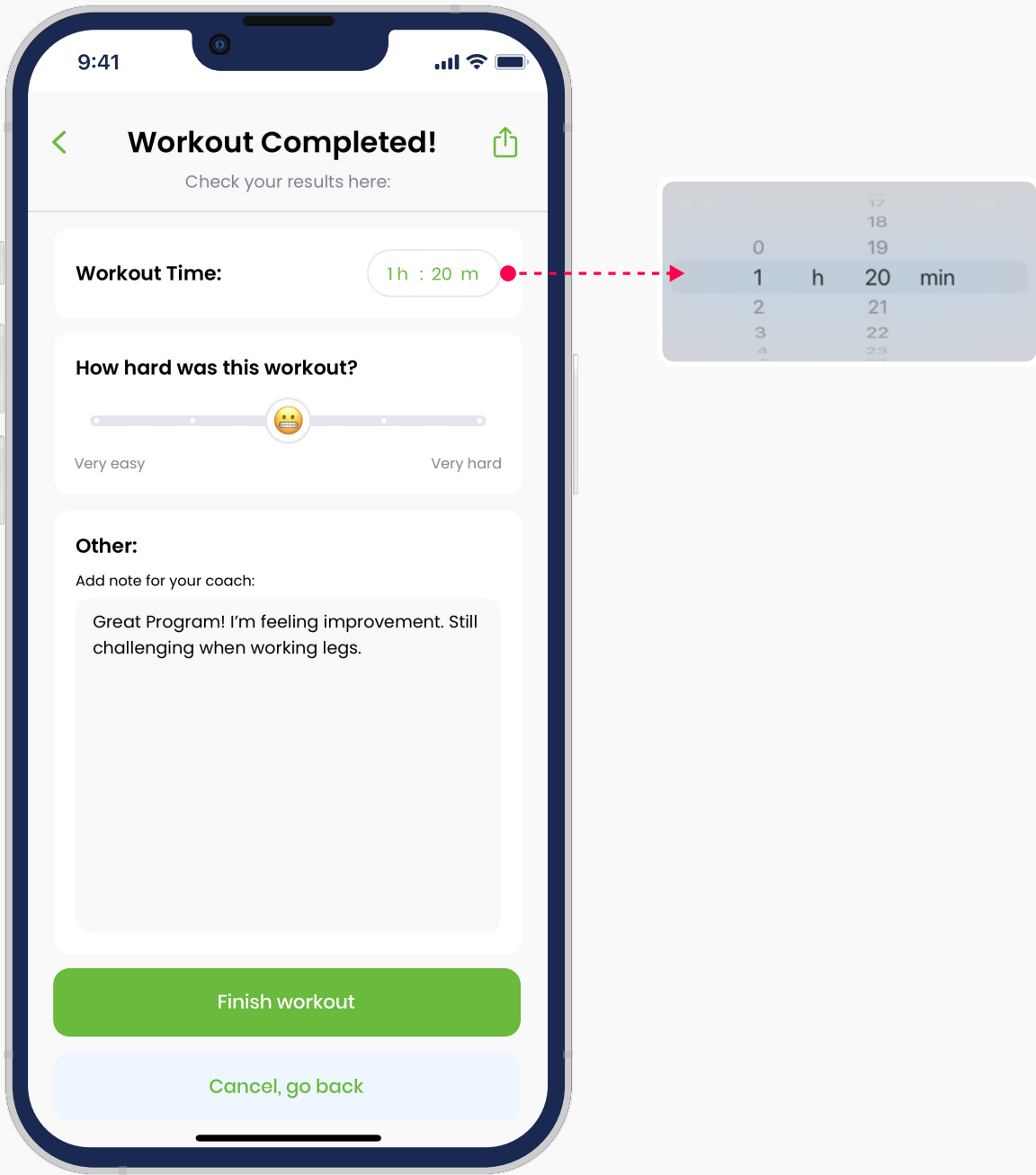


CIRCUIT



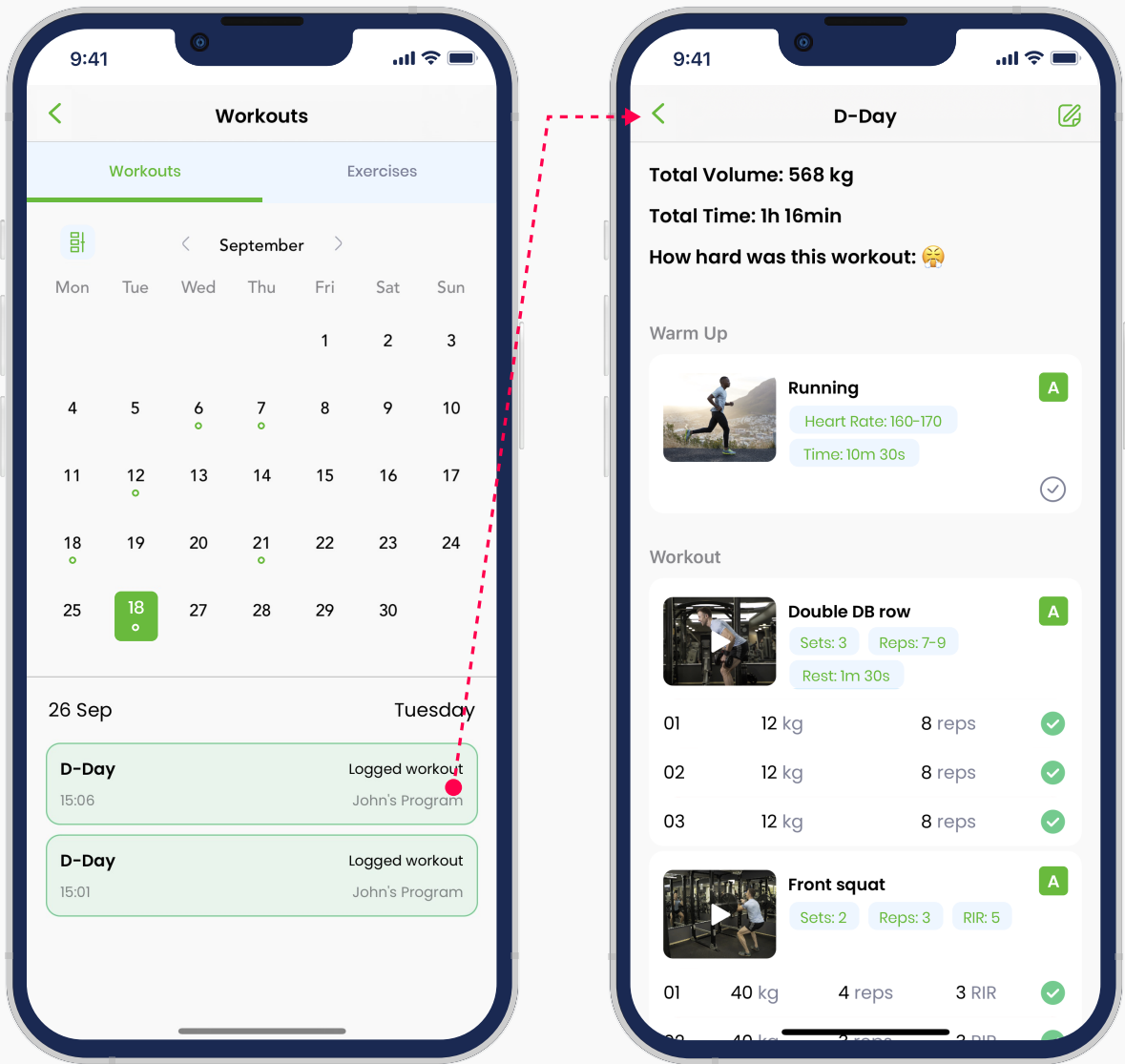


WORKOUT COMPLETED



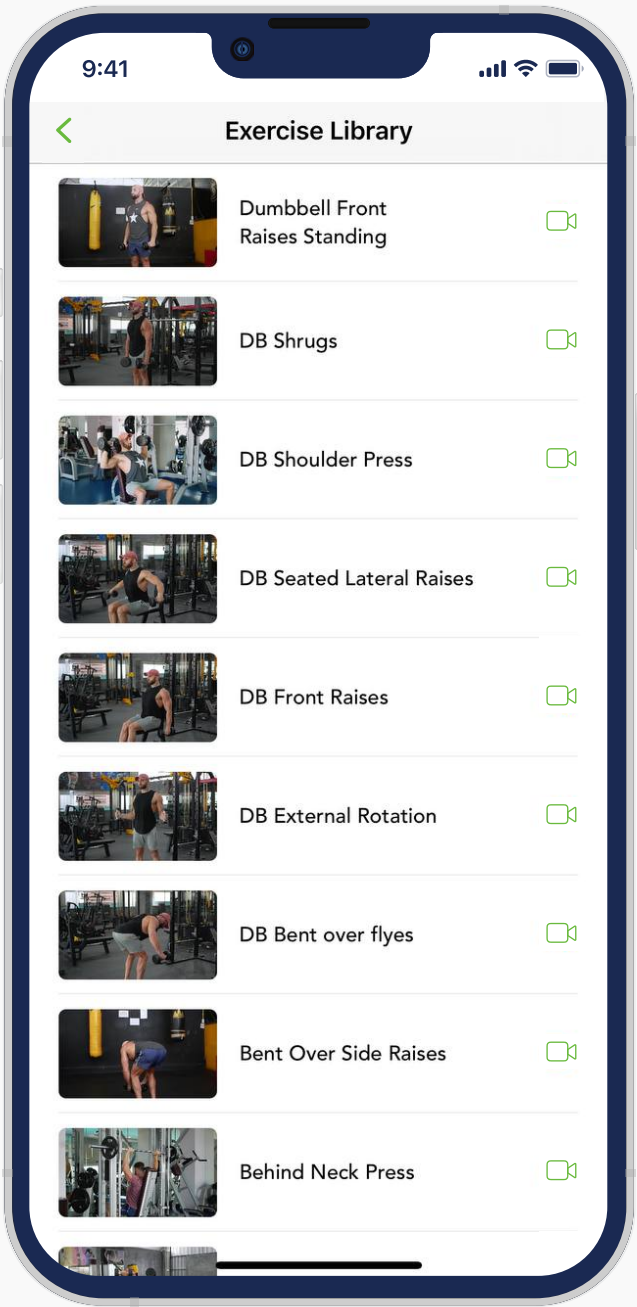
When you've done a workout, I suggest you describe how difficult it was and how long it lasted.

CALENDAR?



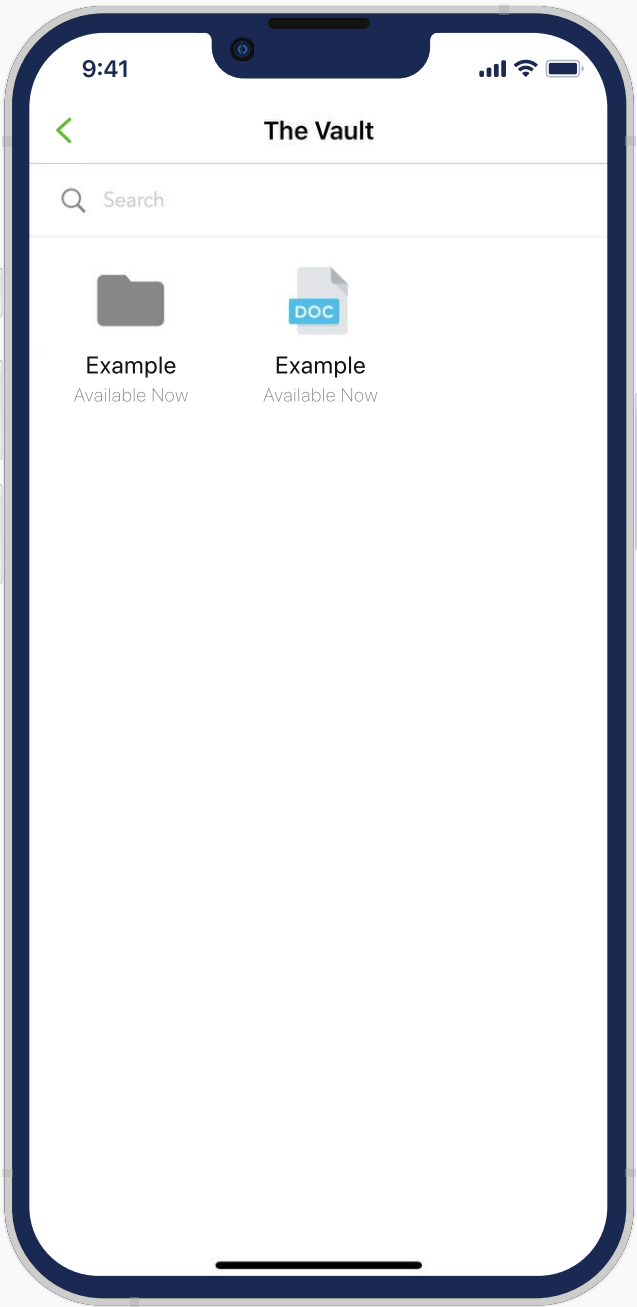
After each workout, you can view the workout history and switch to each day separately

EXERCISE LIBRARY



In the **Exercise Library** section, you can find videos with exercises for all muscle groups

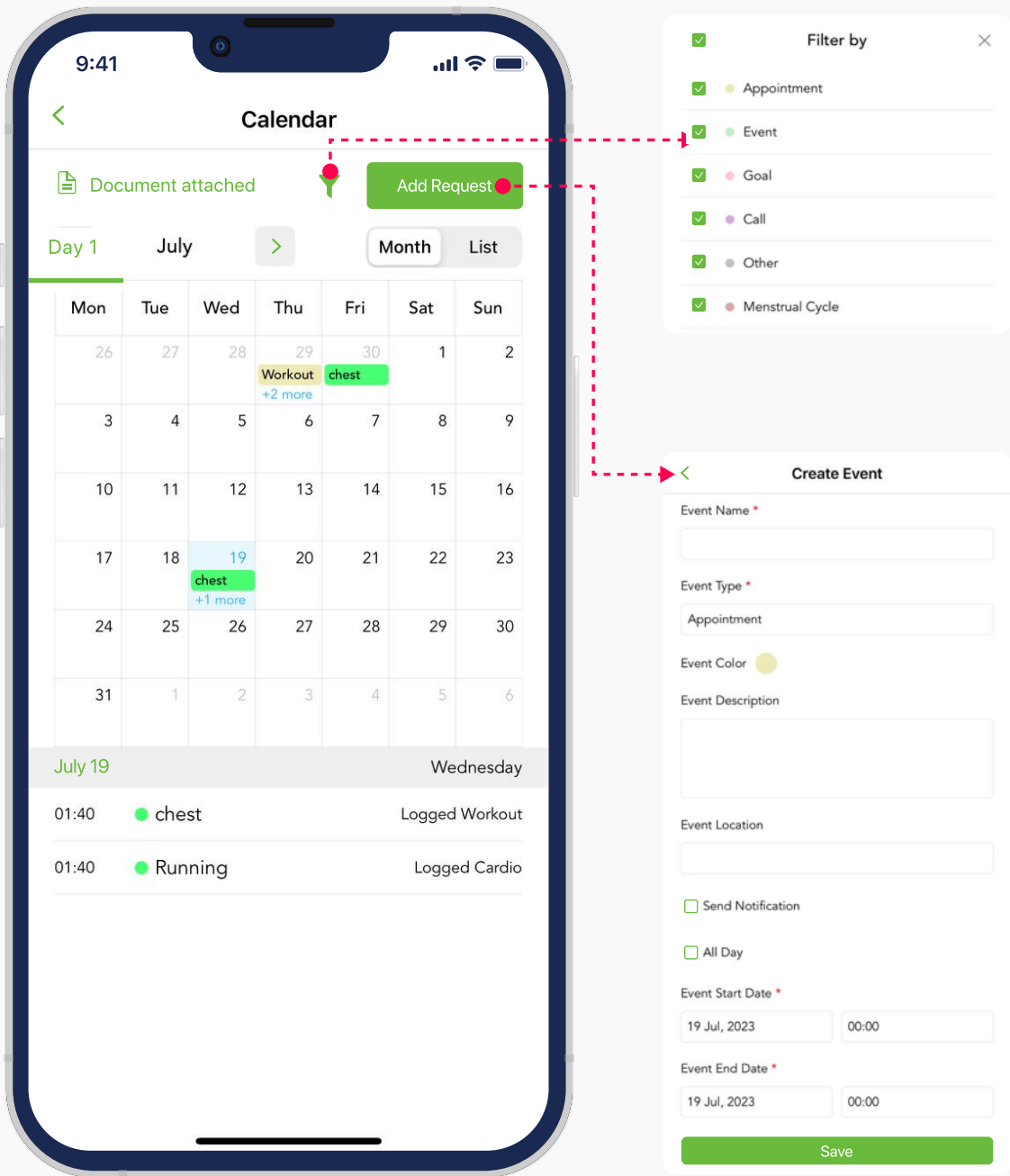
THE VAULT



The Vault is your private content area where I will upload content for you to help with your goals.

These will be organised into folders and available during your program.

CALENDAR



You can view logged workouts, training phases, appointments and more.

If you wish to request a call with me or anything at all please click the "add request" to submit a request and I will get back to you ASAP.