

1ST PHORM APP



APP SET-UP GUIDE

You will next answer a few simple questions such as birthday, height, current weight, and goal weight. If you need help with a goal weight, just enter what you think is appropriate now and we can discuss it later. There will be a series of questions after this so I will cover the ones that are most commonly answered incorrectly next.

APP ADVISOR SET-UP

DOWNLOAD
1P APP



01 DOWNLOAD 1ST PHORM APP

- Tons of different exercise programs with varying levels of difficulty for at home, or at the gym
- Macro/calorie counting meal plan with a barcode scanner
- Direct messaging with me
- Access to our registered dietitians archived and live podcasts as well as so much more!

02 ADD ME AS YOUR ADVISOR

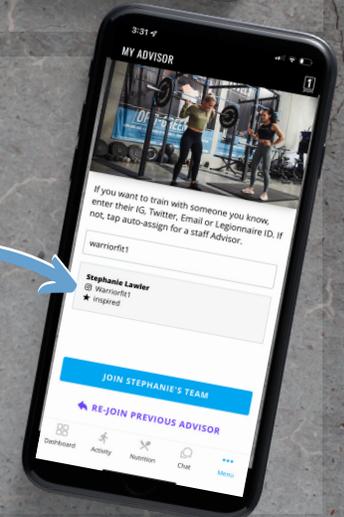
Under menu (bottom right corner choose my advisor. Please double check that I, Stephanie Lawler, am listed as your advisor.

IF I AM NOT:

Choose "Drop Advisor".

Type in: Inspired

Click to "Join Stephanie's Team"



03 ONCE I AM ADDED, SEND ME A MESSAGE IN THE APP

04 CONTINUE SET-UP OF APP & FILL OUT WEEKLY CHECK-IN, & DAILY TASKS



NUTRITION SET-UP

01 START CALORIES/ MACRO COUNTING

Under the nutrition tab, choose the meal option best for you:

1) Portion Control

- Good for getting started learning about portions and using a list of healthy foods.
- Use the size of your hand as a guide for learning how much to portion out.
- No measuring or weighing.
- Choose from a decent selection of healthy foods. Good for people that like to have a set list of foods to choose from.
- Set number of daily meals (3)

2) Macro Meal Plan

- Portions tailored to your bodies energy needs.
- Choose from a decent selection of healthy foods. Good for people that like to have a set list of foods to choose from.
- Weighing individual foods allows you to learn more about your nutrition.
- Select # of meals daily (between 3-6).

3) Calorie/Macro Counting - THIS ONE IS WHERE I CAN HELP YOU MOST

- Lots of flexible tracking options. Allows you to enter in/track any type of food, so options are not limited.
- Weigh individual foods. Tailored to your custom goals, this is the most accurate option.

02 CHOOSE FOOD PREFERENCE:

For preference on carbs (fruit, bread, rice, pasta) or fats (nuts, seeds, avocado, nut butters): if you don't know which you enjoy more, please choose 'both'.

03 SET GOALS

If you have any body fat to lose, you will want to choose 'Primarily lose body fat'. If you simply want to maintain your weight and focus on foundational health first choose 'Maintain'. If you want to build muscle (which will come with some fat gain as well) please choose 'Gain Lean Muscle'.

04 SET ACTIVITY LEVEL

Sedentary

most desk jobs, less than 7k steps

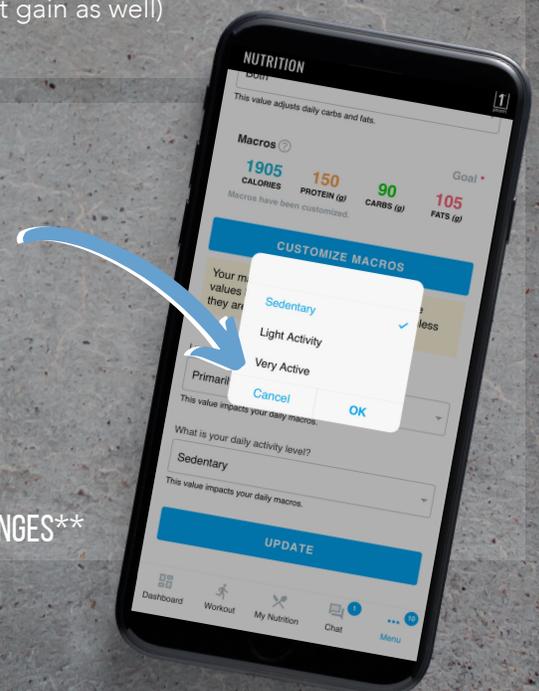
Lightly Active

think of a teacher, someone who moves a little bit daily but gets under 10-15k steps in

Very Active

construction worker, someone with a very physical job or over 15k steps daily

** BE SURE TO CLICK "UPDATE" IN BLUE WHEN YOU ARE DONE MAKING ANY CHANGES**



WORKOUT SET-UP

01 CHOOSE LEVEL OF EXPERIENCE

Beginner

If you are brand new to working out or have only been working out for a couple months.

Intermediate

If you have been working out for 6 months to a year and feel moderately comfortable

Advanced

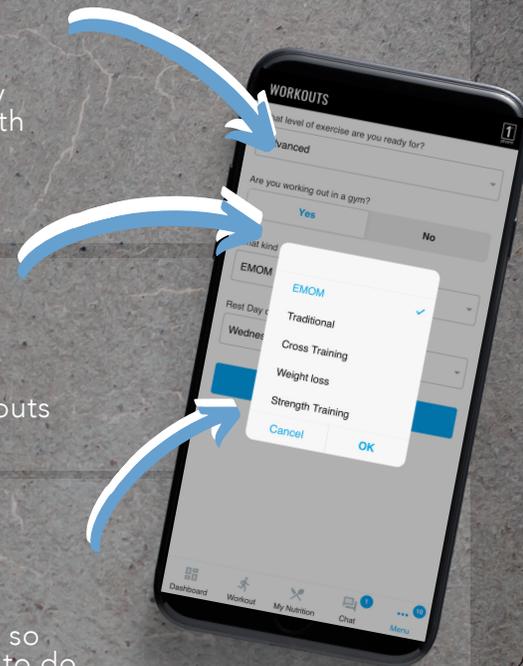
If you are very comfortable with workouts

02 CHOOSE GYM OR AT-HOME WORKOUTS

Personal preference- I use the gym version, but "at-home" workouts are great for travel or for at home everyday.

03 CHOOSE WORKOUT PROGRAM

Choose a workout program you feel matches your workout preferences/equipment availability. Please note, you can gain muscle/strength and burn fat doing any workout program listed, so please choose based on what YOU enjoy doing and will be able to do long term.



WHAT ARE THE TYPES OF WORKOUTS?

- EMOM
- TRADITIONAL
- AT-HOME
- STRENGTH TRAINING
- CROSS TRAINING
- 12 WEEK FOUNDATION PROGRAM

HOME WORKOUTS:

- BODYWEIGHT

Working with what you've got! No matter what you have accessible to you, you can still MOVE! These workouts will get you up and moving!

- DUMBBELLS, KETTLEBELLS, BANDS

Dumbbells, Kettlebells, and bands can be crazy amazing tools. These workouts through the app are designed to help you feel the burn no matter the weight.



DAILY TASKS

On your dashboard, there is a daily tasks section. These are the tasks that you need to complete daily to stay on track with your results..

WEEKLY TASKS

On your dashboard, there is a weekly tasks section. These are the tasks that you need to complete weekly as part of your check in. You can easily click on each task to complete it.

All parts of the check in needs to be completed in order for me to help you achieve your goals and be the best coach I can be for you.

- Take Your Photos
- Take an Assessment
- Weigh In
- Add Body Metrics

- Track Macros
- Drink 120oz or More
- Sleep 7+ Hours
- 10k Steps
- Hit My Protein Goals

PROGRESS PHOTOS

I highly encourage you to take day 1 photos in the app. I know they can be uncomfortable to take and the last thing you want to do but I promise you will be glad you did take them.

You can wear whatever you feel most comfortable in. I do recommend wearing clothing that you will be able to see progress such as shorts, tank top, bathing suit, etc.

I also recommend taking your photos in the same spot if possible with similar lighting each time. I always take my photos first thing in the morning after I have used the restroom and before I eat.

For weekly progress photos, I recommend wearing the same or similar clothing, use the same location/lighting and take them at the same time each week.

REFERRAL PROGRAM

By clicking referrals, you can invite others to download the app referring them to me to be their advisor.

FOR EVERY 5 REFERRALS THAT DOWNLOAD THE APP & COMPLETE THEIR PROFILE, you will earn a \$10 1st Phorm Gift Card. Gift card is emailed out once a month

To find your link - Go to the bottom right corner "Menu", scroll down and you will see "referral link".

