WARRIOR APP GUIDE

WARRIOR FITNESS

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MEET *The Team*

We are so happy to have you in the Team Warrior Fitness app! This is your one-stop for all of your health and wellness tracking!
This e-book is your step-by-step guide.

OUR MISSION:
"To be strong for those who cannot be".

If you're not currently a member of our Free Facebook community, be sure to request to join >>>

www.facebook.com/groups/warriorfit1

Follow us on Instagram:
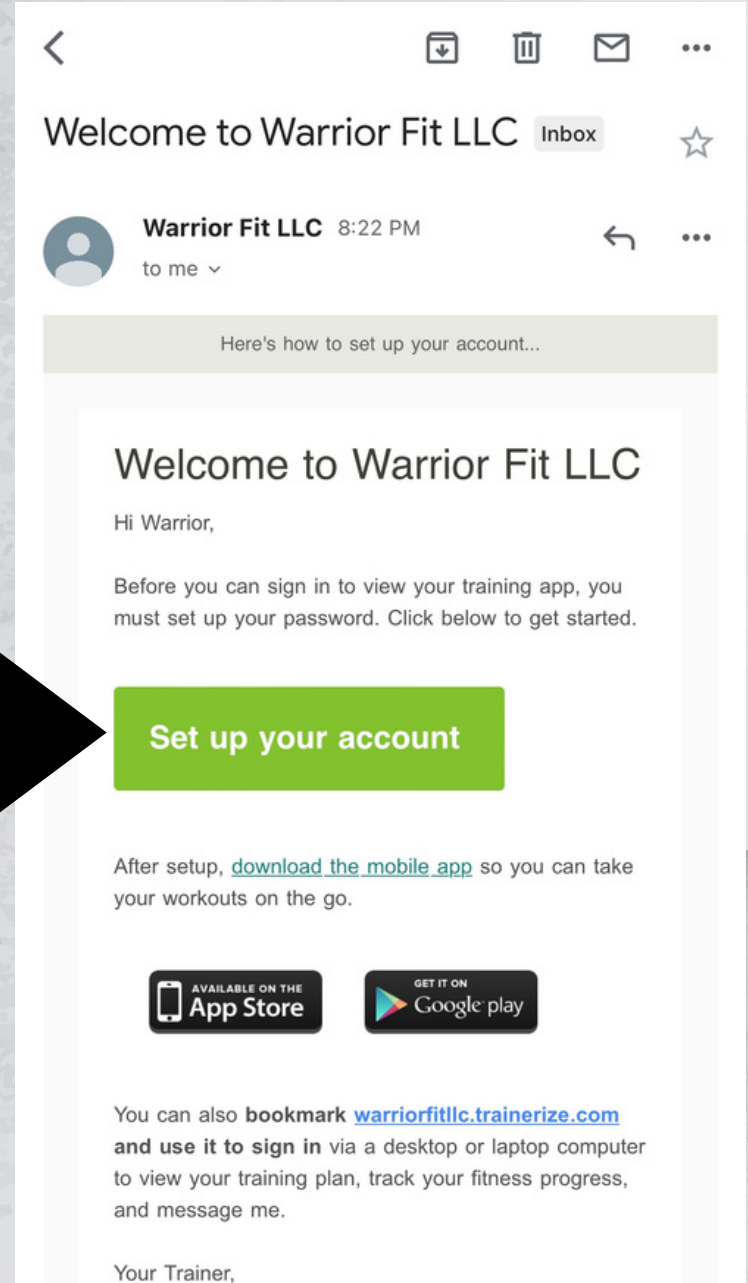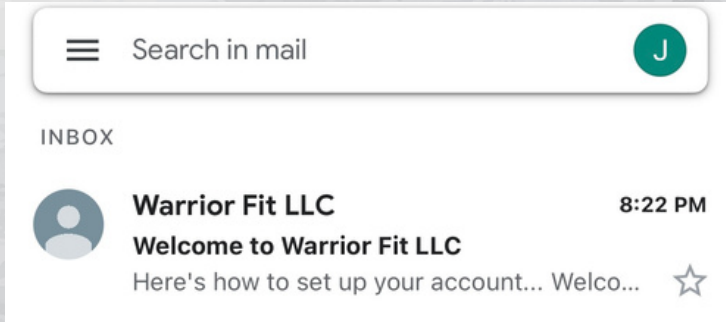@teamwarriorfitness   @jennifermcquay
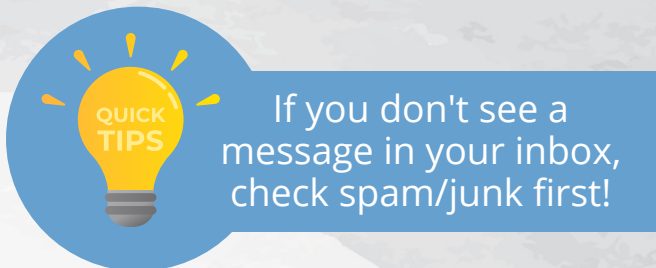@warriorfit1   @drmichelleoz

WARRIORFIT1

WARRIOR APP: GETTING STARTED

1) CHECK YOUR EMAIL

CLICK TO SETUP YOUR ACCOUNT

QUICK TIPS If you don't see a message in your inbox, check spam/junk first!

2) SET YOUR PASSWORD

Set a password of your choosing. Make sure you get to the "green checkmark" to make sure this step is completed.

3) FILL OUT PROFILE

01 FILL OUT PROFILE
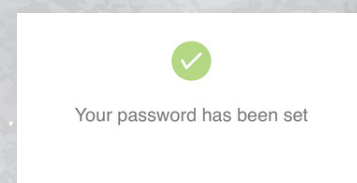- first name
- last name
- time zone
- phone number

02 CHECK PREFERENCES
- sex
- distance units
- weight units
- birthdate
- height
- current weight

03 SET ACTIVITY
- how active are you

Done 🔒 warriorfitllc.trainerize.com AA ↻
25%

Fill out your profile

First name *
Warrior

Last name *
Strong

Time zone *
(GMT-06:00) Central Time (US & Can...

Phone number
1234567890

CONTINUE

Done 🔒 warriorfitllc.trainerize.com AA ↻
50%

Check your preferences

Sex ⚪ *
| Male | Female | Non-binary |

Distance units *
| km / cm | miles / inches |

Weight units *
| kg | lbs |

Birth date *
| 17 | Nov | 1984 |

Height *
| 5 | ft | 6 | in |

Current weight *
| 150 | lbs |

Done 🔒 warriorfitllc.trainerize.com AA ↻
75%

How active are you?

⦿ Sedentary
Work a desk job and do very little exercise or housework

○ Lightly Active
Exercise 3x a week

○ Moderately Active
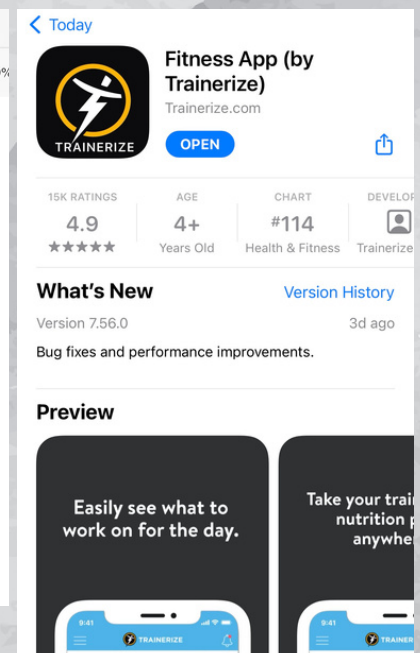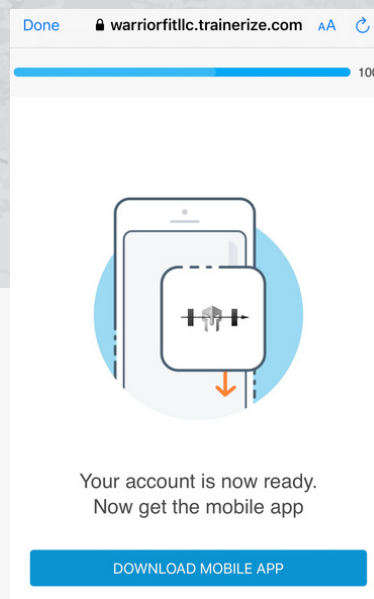Exercise 4-5x per week

○ Very Active
Exercise 6-7x per week
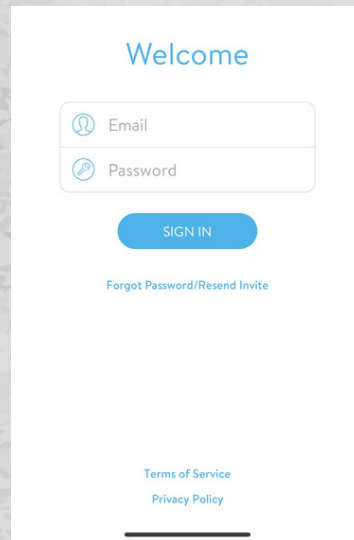
CONTINUE

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4) DOWNLOAD APP

Make sure to follow the link for access to the Fitness app by Trainerize. This will take you DIRECTLY to the Warrior Fit App.

Tip: do NOT search Trainerize in the App Store. you MUST go through the link.

Done 🔒 warriorfitllc.trainerize.com AA ↻
100%

Your account is now ready.
Now get the mobile app

DOWNLOAD MOBILE APP

‹ Today

Fitness App (by Trainerize)
Trainerize.com

OPEN ⬆

15K RATINGS	AGE	CHART	DEVEL
4.9 ★★★★★	4+ Years Old	#114 Health & Fitness	Trainer

What's New   Version History
Version 7.56.0   3d ago
Bug fixes and performance improvements.

Preview

Easily see what to work on for the day.

Take your trai nutrition p anywhe

5) SIGN-IN

Use the Username and Password that you filled out in step #2 to login to the Warrior Fit App.
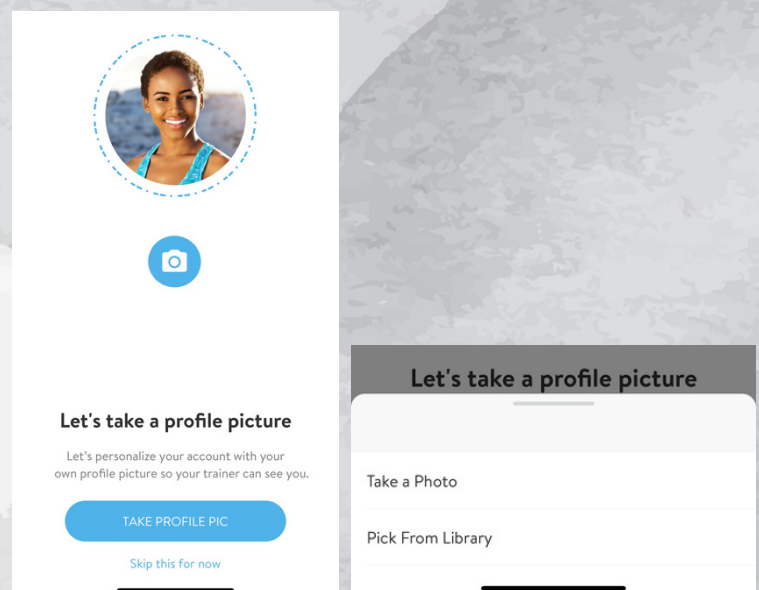
6) LET IT CALIBRATE

Once you login, it may take a bit of time to calibrate and finish it's setup. Once it's done, continue with the steps below.
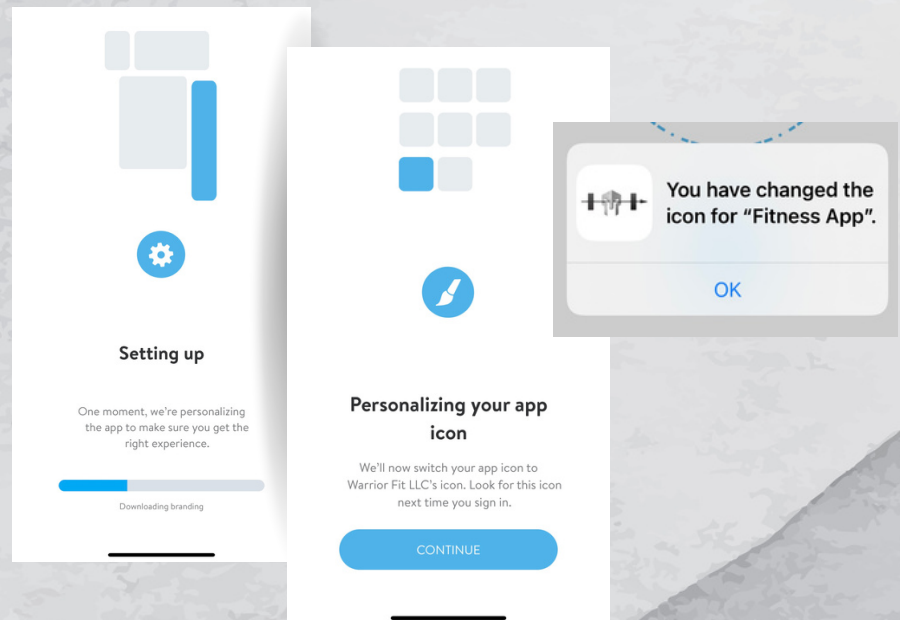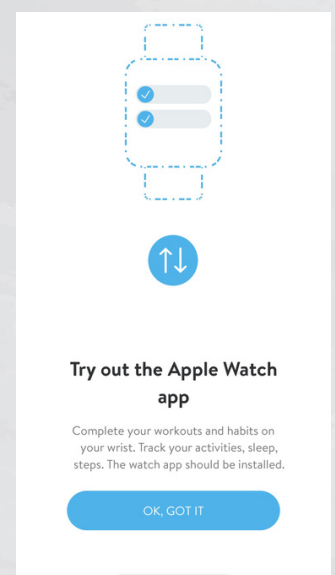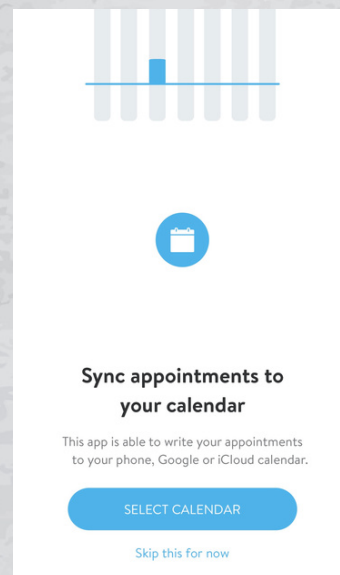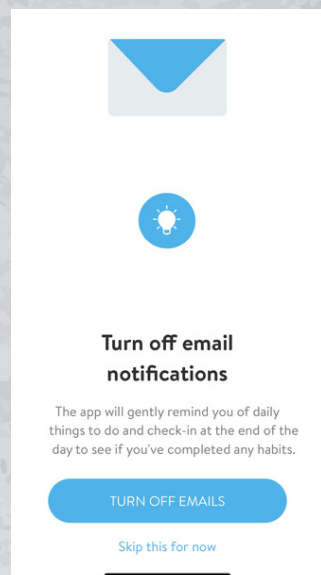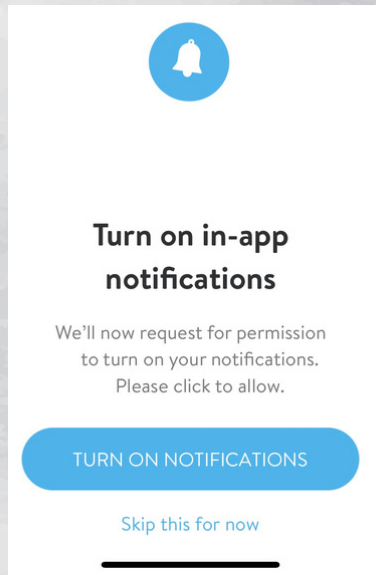
7) ADD A PROFILE PICTURE

We LOVE to see smiling faces, so please go through and upload a profile pic!

8) TURN ON NOTIFICATIONS AND SYNC

Please make sure to turn on your in-app notifications, email notification, sync your calendar and watch (if applicable)

Turn on in-app notifications

We'll now request for permission to turn on your notifications. Please click to allow.

TURN ON NOTIFICATIONS

Skip this for now

Turn off email notifications

The app will gently remind you of daily things to do and check-in at the end of the day to see if you've completed any habits.

TURN OFF EMAILS

Skip this for now

Sync appointments to your calendar

This app is able to write your appointments to your phone, Google or iCloud calendar.

SELECT CALENDAR

Skip this for now

Try out the Apple Watch app

Complete your workouts and habits on your wrist. Track your activities, sleep, steps. The watch app should be installed.

OK, GOT IT

SUCCESS!!

Make sure to watch the video (pictured below) in your app! It is extremely helpful in walking you through all of the features and details!

Let's show you how to use this app

QUICK TIPS

Already close out of the video? That's ok! To find this video, go to the settings menu ... bottom right hand corner and under "support" you'll see watch getting started video!
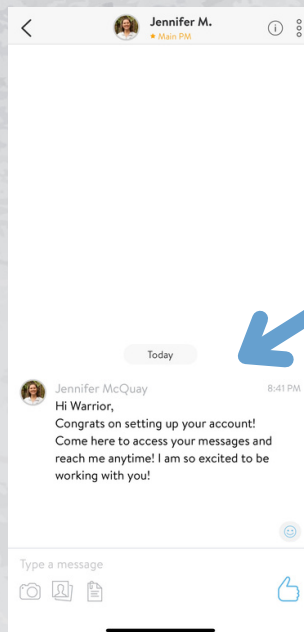
Skip this for now
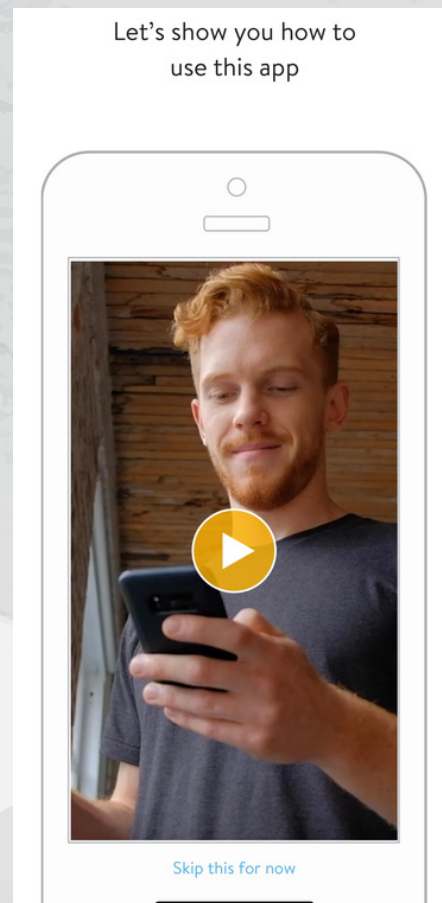
CHECKOUT THE DASHBOARD

This is your dashboard where your custom habits will be along with your data that syncs from your smart watch and that you enter.
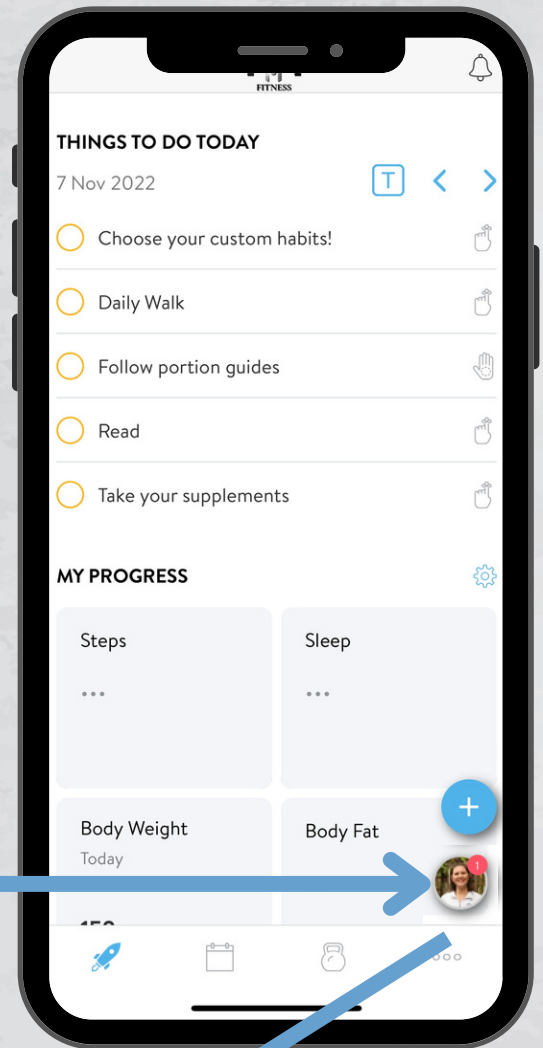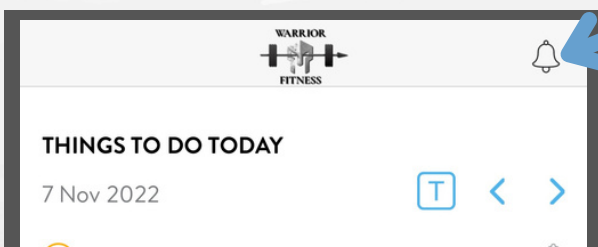
MESSAGE YOUR COACH

This is where you'll find your 1-on-1 messages with your assigned coach

CHECK NOTIFICATIONS
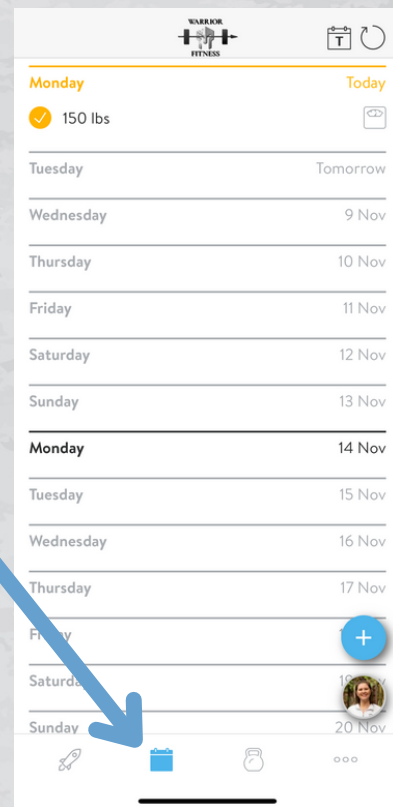
Click the "Bell" to check your recent notifications

CHECKOUT THE DASHBOARD

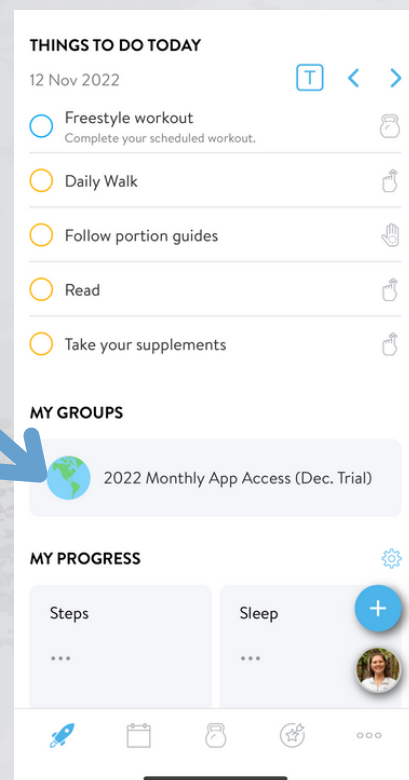This is your calendar. Your daily habits will also show here, so you know what you have to do each day.

QUICK TIPS

Need to re-arrange or move something on your calendar? Just hold, drag, and drop to the day you want to move it to!

CHECKOUT THE DASHBOARD

If your program has a group attached, click here for your group chat
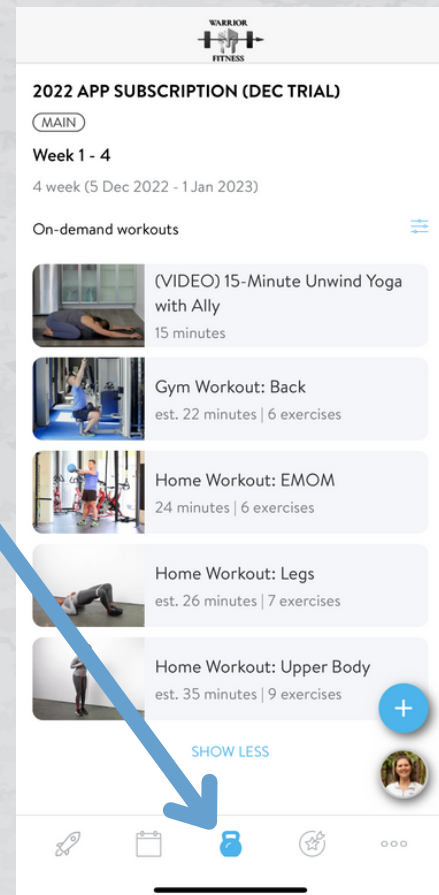
WORKOUTS

Depending on your program/group, if programed workouts are a part of your plan, they will show up here (along with the name of your plan)
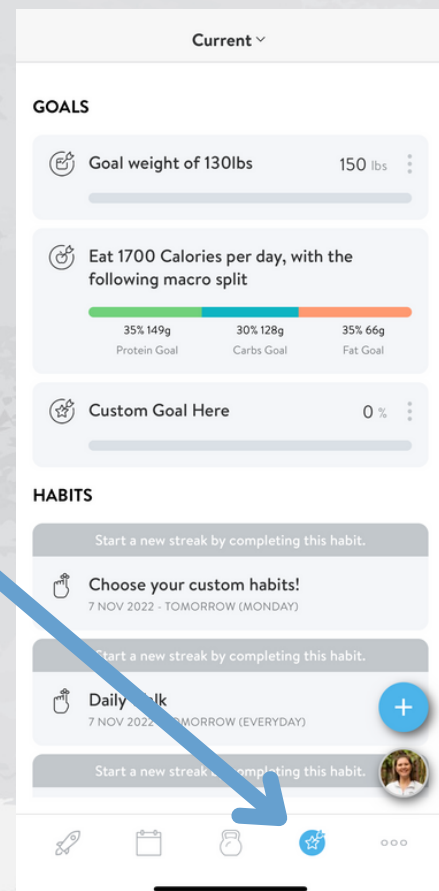
"ON-DEMAND" WORKOUTS

show all of the workouts that are available to you during your program. This gives you the opportunity to choose a different workout if you so choose to.
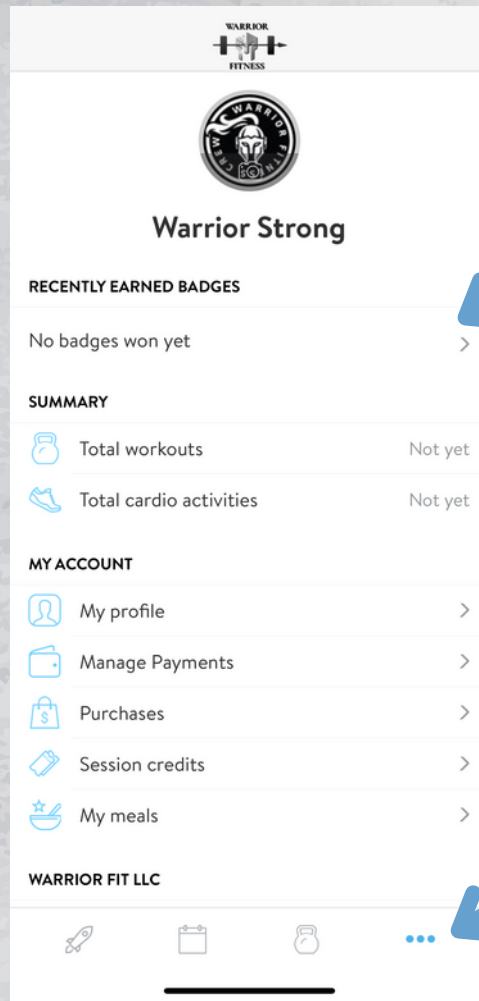
GOALS

This button on the dashboard is for goals. Depending on your program/group, this determines goals (body weight goal, nutritional goal, and custom goals). This also shows current habits and the days completed streaks.
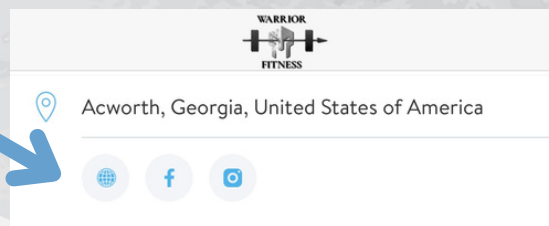
MENU / SETTINGS

Warrior Strong

RECENTLY EARNED BADGES

No badges won yet

SUMMARY

Total workouts — Not yet

Total cardio activities — Not yet

MY ACCOUNT

My profile

Manage Payments

Purchases

Session credits

My meals

WARRIOR FIT LLC

BADGES EARNED:
As you start to track your workouts, badges earned & workouts will be tracked here

MENU/SETTINGS

CONNECT WITH US

Connect with us!
- Warriorfit1.com
- Facebook
- Instagram

Acworth, Georgia, United States of America

MENU / SETTINGS

Set your notification preferences and other app settings here.

MY SETTINGS

🔔 Notifications	›
🏋 Units	›
HD Video and audio	›
🍽 Meal tracker	›
📅 Appointment sync	Off ›
🗄 Advanced	›

Notifications

APP NOTIFICATIONS

Group Notifications	Both	›
New Private Messages	Both	›
New Comments	In-app	›
Appointment updates	Both	›
Trainer Updates My Account	Both	›
Daily Reminder	10am	›
Payment Events	In-app	›

REMINDERS

Appointment	10 minutes before	›

TEST PUSH NOTIFICATIONS

Test Notification System	›

Video and audio

VIDEO QUALITY

Always HD	
HD on Wi-Fi	✓
Always fastest	

EXERCISE VIDEO

Female first	✓
Male first	

AUDIO CUES

Volume ▬▬▬▬●▬▬▬

Preview audio cue

APP CONNECTIONS

These are the options to connect to the app. They pull the data and sync into this app. As the app grows, more ways to connect are always being added.

CONNECT

⌚ Apple Watch	›
♥ Apple Health	›
Fitbit	›
MyFitnessPal	›
Withings	›
△ Garmin	›

PREFERENCES

The Blue + opens this menu:
This is where you can add any of this data.

Click Here to build your workout
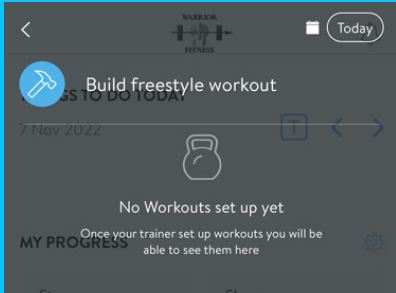
Choose your workout style preference
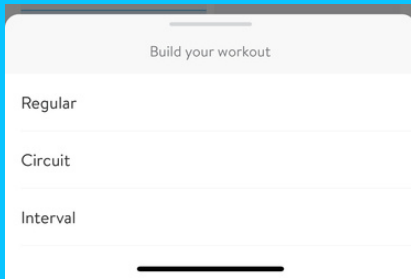
Insert Exercises here
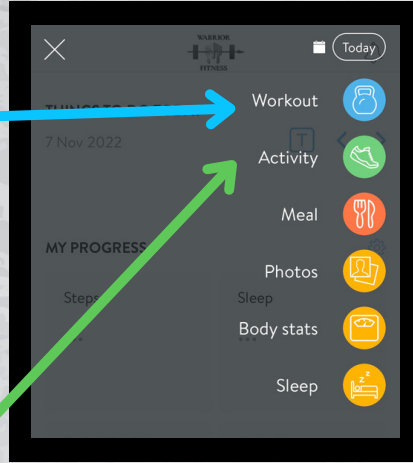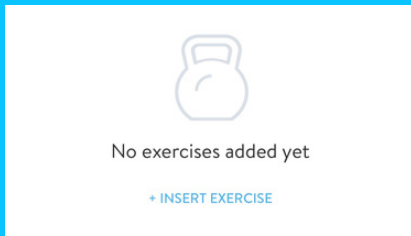
This is where you can track any other activity: there is quite the list of activities! You can either run a timer or enter your time completed.
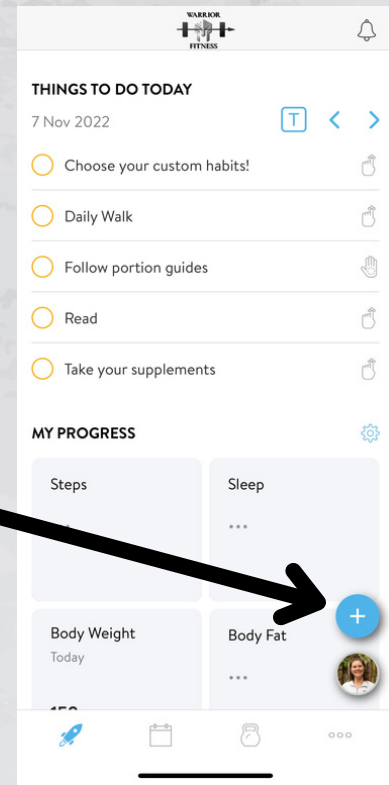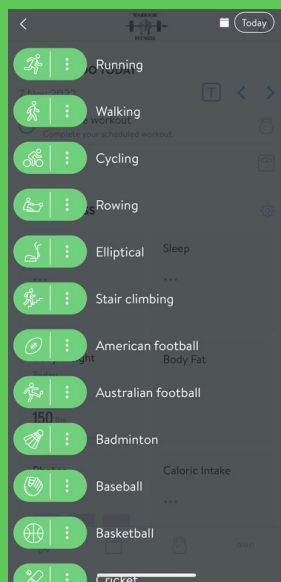
Meal These instructions are for "in app" tracking. (To track a meal in any other tracker (Fitbit or My Fitness Pal) - go directly to that separate app to track your meals, and the data will sync to the Warrior Fitness app.

Also your settings determine meal tracking - meal photos or full meal tracking-see page 10 of this guide for settings.
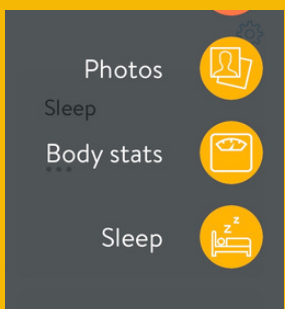
These instructions are for "in app" stats tracking.
- Take progress photos
- Track body metrics
- Track sleep

EXERCISE LIBRARY

The exercise library has SO many things to choose from! Use the search feature too!
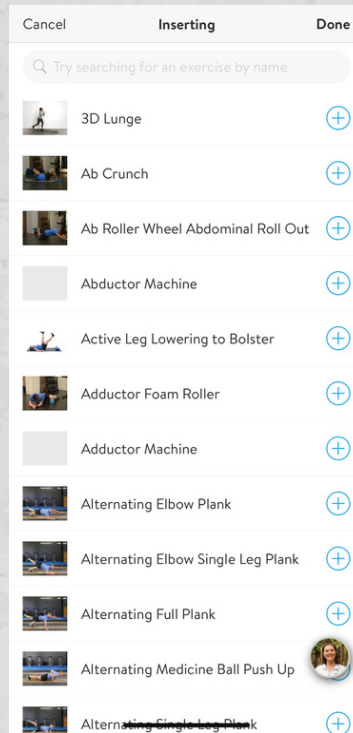
Make any changes to the order of exercises here
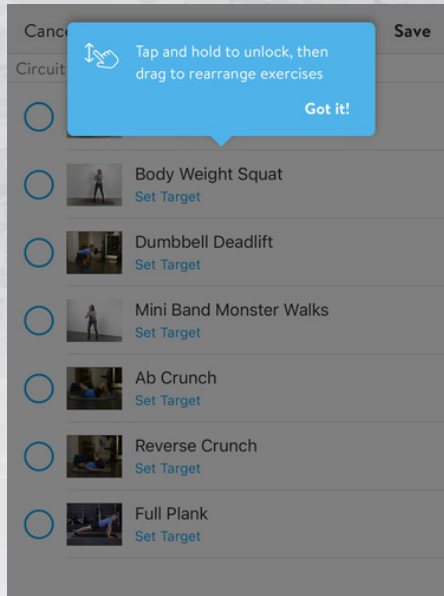
Once you've finished building your workout, hit SAVE in the top right hand corner. You'll be taken back to the dashboard and will see "Freestyle workout" now listed. Click on that to complete your workout.
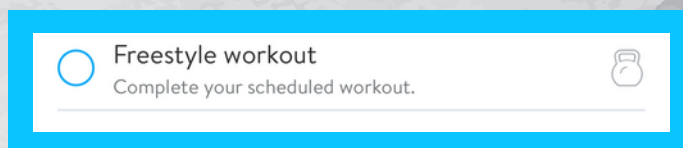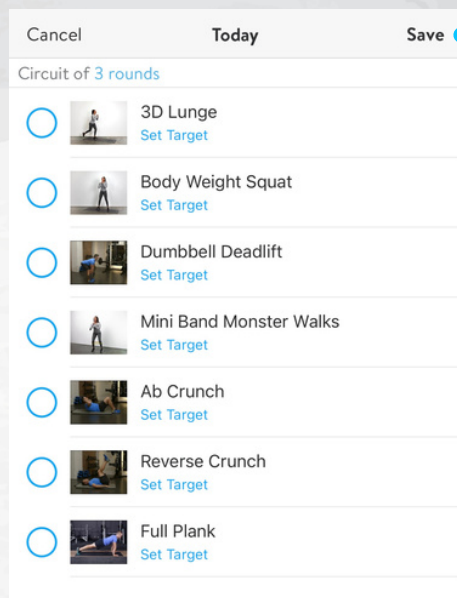
MEAL TRACKING SETTINGS

This gives you the option to either only upload photos of your meal OR use the full meal tracking.

MY SETTINGS

- Notifications
- Units
- Video and audio
- Meal tracker
- Appointment sync · Off
- Advanced

You can only select 1 meal tracker as the source for your meals. Other sources will stop syncing.

MEAL TRACKER

In this app ✓

Fitbit

MyFitnessPal

WORKFLOW

Meal Photos ✓

Full meal tracking

QUICK TIPS

The only way to access the Discover recipe database is to choose Track "in this app" - any other meal tracking option will not show the recipe guide!

Discover — FILTER MEALS

- Cashew chicken lettuce wraps (high... — 481 Cal
- Cashew chicken lettuce wraps (balan... — 541 Cal
- Cafe mocha protein shake (high protein) — 498 Cal
- Buffalo chicken wraps (high protein) — 541 Cal
- Breakfast "bento" box (high protein) — 532 Cal
- Berry cheesecake overnight oats (high... — 508 Cal
- Bell pepper egg bites (high protein) — 514 Cal
- Beef and broccoli (high protein) — 509 Cal
- Baked chicken taquitos (high prote... — 550 Cal

Create meal · Past meals · My meals · Discover

PORTION PLAN CONTROL

If you are set up on a portion control plan, you will see the portion control prompts on your dashboard.

Today

Start your streak!

Follow portion guides with each meal
Scheduled

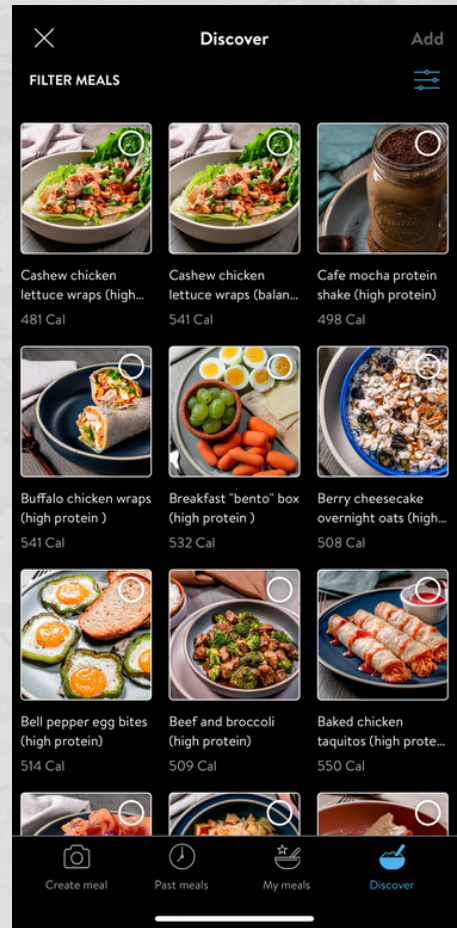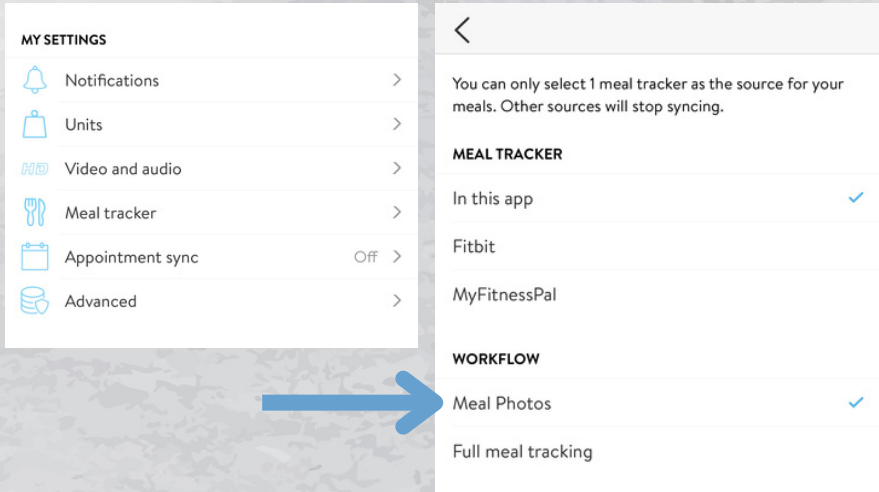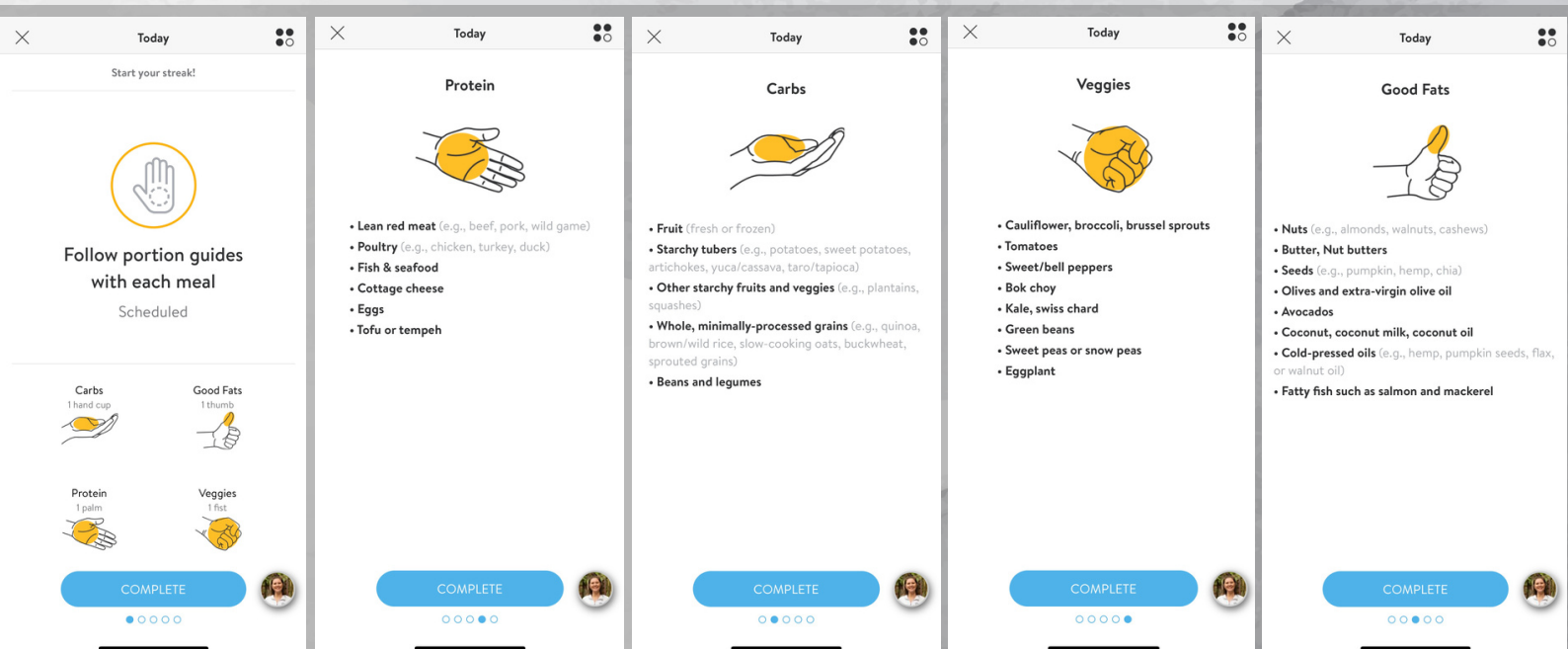- Carbs — 1 hand cup
- Good Fats — 1 thumb
- Protein — 1 palm
- Veggies — 1 fist

COMPLETE

Today — Protein

- **Lean red meat** (e.g., beef, pork, wild game)
- **Poultry** (e.g., chicken, turkey, duck)
- **Fish & seafood**
- **Cottage cheese**
- **Eggs**
- **Tofu or tempeh**

COMPLETE

Today — Carbs

- **Fruit** (fresh or frozen)
- **Starchy tubers** (e.g., potatoes, sweet potatoes, artichokes, yuca/cassava, taro/tapioca)
- **Other starchy fruits and veggies** (e.g., plantains, squashes)
- **Whole, minimally-processed grains** (e.g., quinoa, brown/wild rice, slow-cooking oats, buckwheat, sprouted grains)
- **Beans and legumes**

COMPLETE

Today — Veggies

- **Cauliflower, broccoli, brussel sprouts**
- **Tomatoes**
- **Sweet/bell peppers**
- **Bok choy**
- **Kale, swiss chard**
- **Green beans**
- **Sweet peas or snow peas**
- **Eggplant**

COMPLETE

Today — Good Fats

- **Nuts** (e.g., almonds, walnuts, cashews)
- **Butter, Nut butters**
- **Seeds** (e.g., pumpkin, hemp, chia)
- **Olives and extra-virgin olive oil**
- **Avocados**
- **Coconut, coconut milk, coconut oil**
- **Cold-pressed oils** (e.g., hemp, pumpkin seeds, flax, or walnut oil)
- **Fatty fish such as salmon and mackerel**

COMPLETE

MEAL TRACKING

The camera will open and you can either take a photo of your meal, upload a photo, or skip the photo to go to the full meal tracking option.

If the item doesn't have a barcode or doesn't show up after scanning, use the search feature.

If you don't have macros set up, it will show like this: Your meal will then be added to your dashboard.
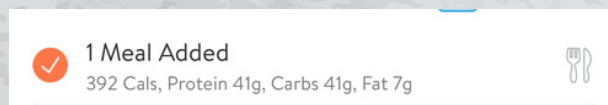
If you do have macros set up in the app, it will show like this:
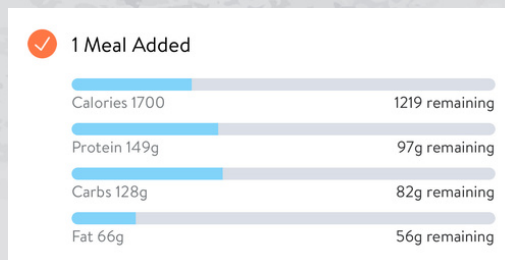
QUICK TIPS From your dashboard: once you have a meal logged, you can click on "1 meal added" and that will also take you to the food tracking area! That also takes you to this option:
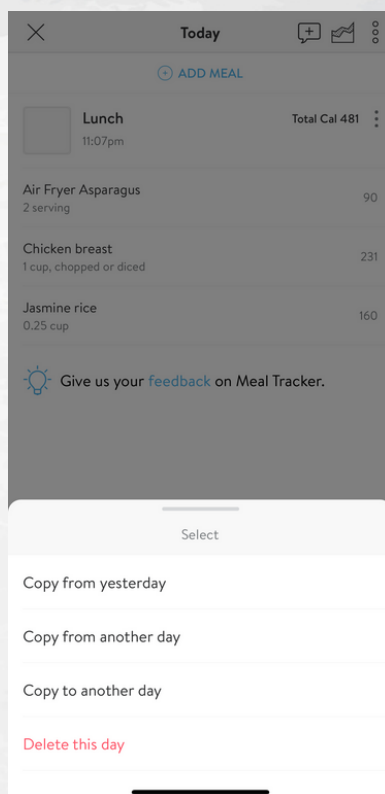
The three vertical dots in the top right hand corner brings up this menu. Copying from/to another day is a huge time saver if you're eating the same things!

The bottom menu gives the options to:
- Create a meal
- See your past meals
- See your saved meals
- See the "Discover" recipe database-see next page for more info!
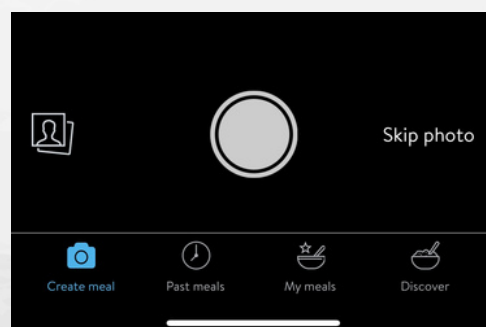
RECIPE DATABASE

The only way to access the "Discover" recipe database is to have your meal tracking settings set to "in this app"
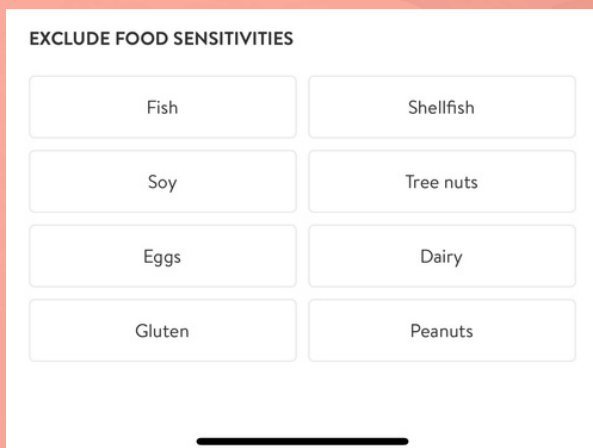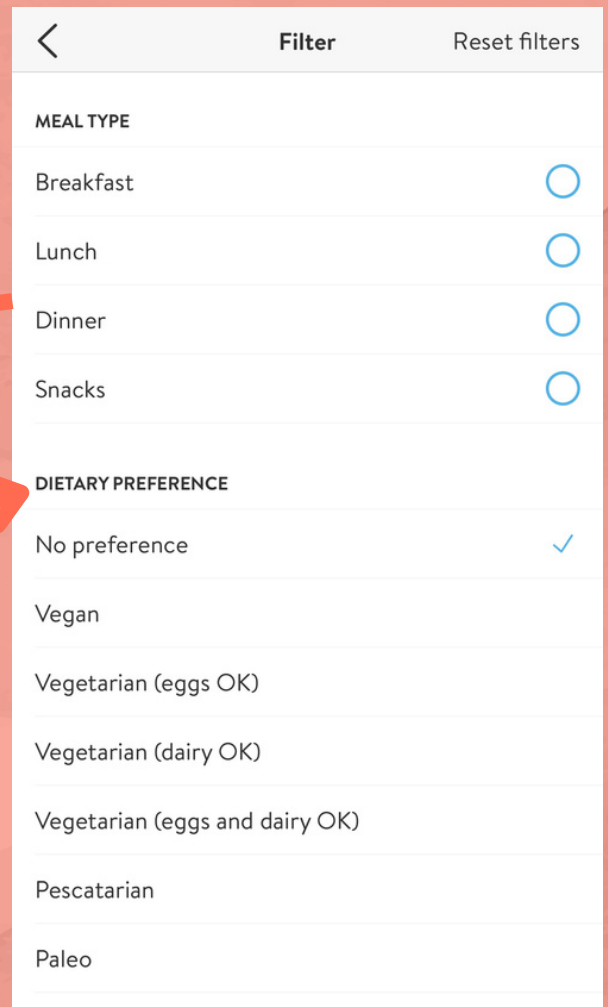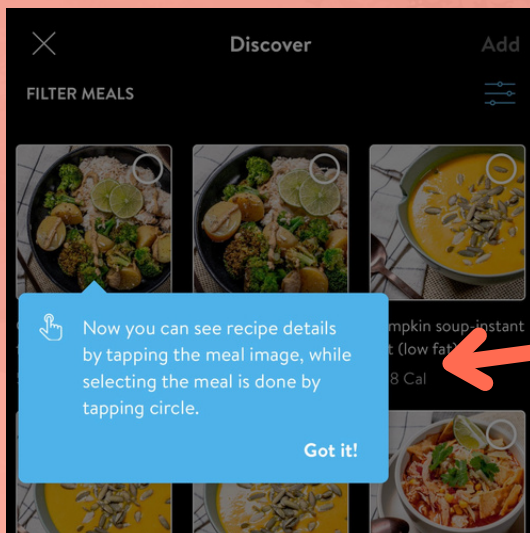

QUICK TIPS

Now you can see recipe details by tapping the meal image, while selecting the meal is done by tapping circle.

Got it!

EXCLUDE FOOD SENSITIVITIES

Fish	Shellfish
Soy	Tree nuts
Eggs	Dairy
Gluten	Peanuts

Filter   Reset filters

MEAL TYPE

Breakfast

Lunch

Dinner

Snacks

DIETARY PREFERENCE

No preference ✓

Vegan

Vegetarian (eggs OK)

Vegetarian (dairy OK)

Vegetarian (eggs and dairy OK)

Pescatarian

Paleo

PROGRESS PHOTOS / BODY STATS / SLEEP

These instructions are for "in app" stats tracking.
- Take progress photos
- Track body metrics
- Track sleep
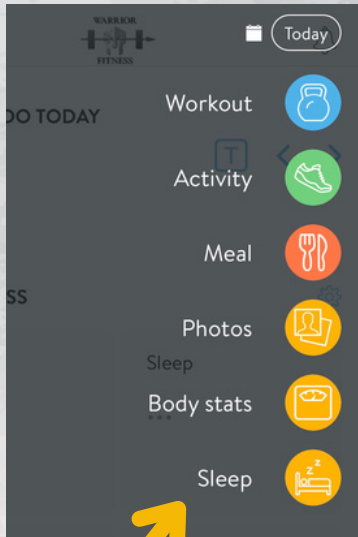
You can take the photo from the app or pick a photo already on your camera roll.

Take Progress Photos
Scheduled

ADD PHOTOS

Front   Eyes

Hip

Take consistent photos by using the guiding lines.

PICK PHOTO   TAKE NOW

SKIP THIS POSE

Workout
Activity
Meal
Photos
Sleep
Body stats
Sleep

If you don't use a smart watch for sleep tracking, you can manually enter it here!

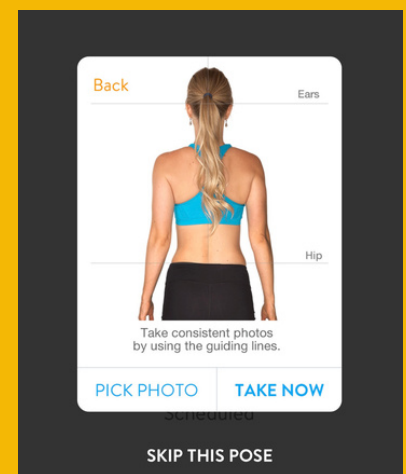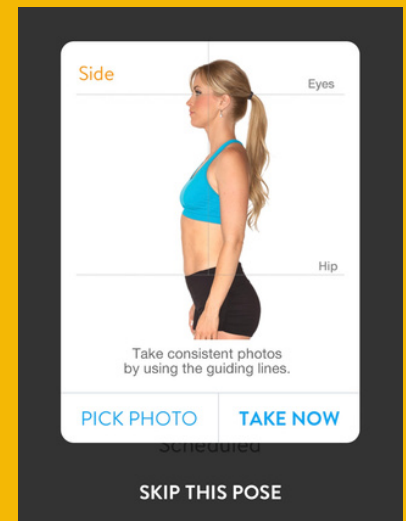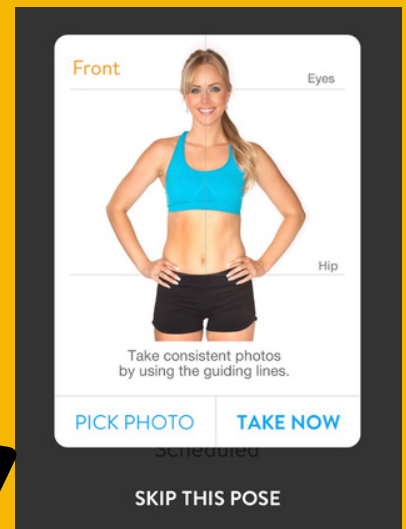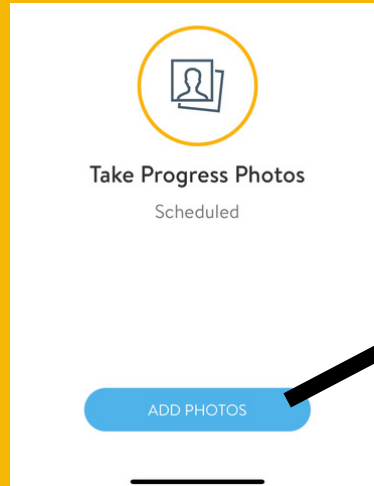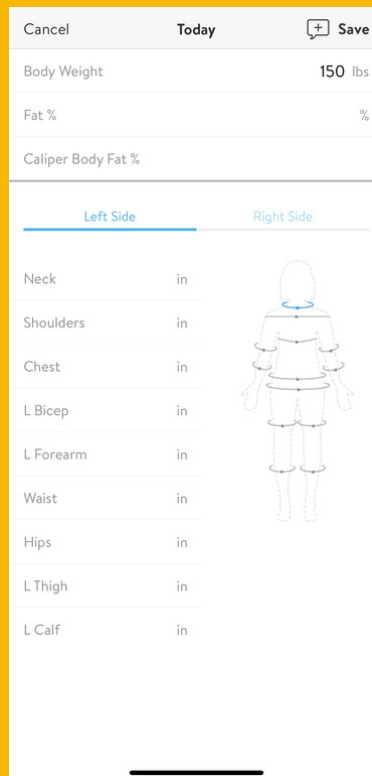|	Save
Bed Time	6 Nov 2022, 9:00 pm
Wake Up Time	7 Nov 2022, 8:00 am

Track as little or as much as you'd like!

Cancel	Today	Save
Body Weight		150 lbs
Fat %		%
Caliper Body Fat %		

Left Side	Right Side
Neck	in
Shoulders	in
Chest	in
L Bicep	in
L Forearm	in
Waist	in
Hips	in
L Thigh	in
L Calf	in

Side   Eyes

Hip

Take consistent photos by using the guiding lines.

PICK PHOTO   TAKE NOW

SKIP THIS POSE

Back   Ears

Hip

Take consistent photos by using the guiding lines.

PICK PHOTO   TAKE NOW

SKIP THIS POSE

You're all set! As always, reach out if you have any questions! We can't wait to see you in the app!

info@warriorfit1.com

LET'S DECIDE THE RIGHT PATH

Beginners:

- New to health/wellness habits
- Haven't tracked food/just learning basics, but wants to learn portion control or macros
- New to exercise
- Those trying to re-establish habits

Intermediate/ Advanced:

- More established health/wellness habits
- Knowledge of macros/tracking food
- Knowledge of exercise & strength training

Jennifer McQuay
Coach
ACE Health Coach and Personal Trainer
RYT-500
Location: Jackson, MO
Interests: Yoga, health/wellness/fitness, coffee, and pitbulls (my sweet Winnie!)
Courses Offered:

- Quarterly group program
- Foundations of Healthy Living, a 6-week app-based group coaching program to learn the foundations
- 1:1 Private Coaching

Stephanie Lawler
Owner,
Warrior Fitness LLC
Head Coach
NASM CPT
1st Phorm Elite Trainer
Location: Atlanta, GA
Interests: Special needs mom, bulldogs, traveling, home decor
Courses Offered:

- Quarterly Challenge groups: 8 week app-based group challenges to work on continuing those healthy habits
- Hormone Course: offered 2nd and 3rd quarters, 8-week app-based course on healthy habits for healthy hormones
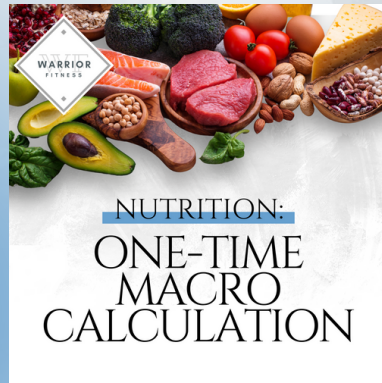- 1:1 Private Coaching

@jennifermcquay

COACHING OPTIONS

@warriorfit1

ALL WARRIOR OPTIONS

BEGINNERS:
FOUNDATIONS OF HEALTHY LIVING

NUTRITION:
ONE-TIME MACRO CALCULATION

COACHING:
1:1 PRIVATE COACHING

CHALLENGE:
QUARTERLY GROUP CHALLENGE

FITNESS:
MONTHLY WORKOUT SUBSCRIPTION
(APP-BASED)

COURSES
HORMONE HEALTH
+ DIGITAL GUIDE

FAMILY
FIT FAMILIES WITH COACH JEN

Additional Services:
With Coach Dr. Michelle Oz-Laurenzi:
-Functional medicine consults
-Virtual appointments
-Hormone protocols & testing (including DUTCH test)

For more info, email Dr. Michelle: drmichelleoz@gmail.com and include in the subject line "Hormone Consult" or send a DM on Instagram: @drmichelleoz

Dr. Michelle Oz
Coach
Dr. of Chiropractic
Functional Medicine
Practitioner Certification
Location: Atlanta, GA
Interests: Traveling, spending time with her husband Chris and dog, Hazel

@drmichelleoz