

Getting Started Guide

Your first 7 days with [Brand Name].

Step 1 — Set up your app

Install the app to your home screen, sign in, and complete your profile and goals.

Step 2 — Your first workout

Open the Workout Player, watch the demo videos, and log your sets as you go.

Step 3 — Track your nutrition

Use the Macro Tracker to log food and hit your daily protein and calorie targets.

Step 4 — Your first check-in

Submit weight, photos, sleep, and how training felt so I can fine-tune your plan.

Need help?

Message me anytime at [support email] — no question is too small.

— [Coach Name], [Brand Name]