

Tracking Program

- Track Meals, Exercise, Water, Steps, Weight, and Self Performance
- Supports syncing with Fitbit® step devices and Withings® digital scale and step devices
- Large database of 850,000+ foods, lists, recipes, and exercises preloaded
- Ease-of-Use features such as: favorites list, shopping list creator, exercise videos and more

Custom Page

- Include images, text, videos, Zoom meetings and links that discuss your product / service
- Include specific foods, recipes or meal plans that contain your products or suggested foods
 - Include images, nutrition, information and make them trackable within the program
- Upload exercises with instructions and make them trackable within the program

Charts and Graphs

- Over 20 charts and graphs provide real insight and motivation to the end user
- Select specific charts for the user home screen that align best with your program
- Inline charts on the tracking, challenge and other sections provide instant feedback to users

Challenges

- Setup challenges based on tracking habits (food, exercise, water, etc.) for any time duration
- Challenges can include tracking of your own products and include your product images
- Daily challenge automatically added to keep fresh content on program
- Animated visual challenges based on weight, steps and water are also included

Message Board

- Build a community within your program using a full-featured message board
- Includes the ability to upload images and conduct user opinion polls
- Can also be used 1-way communication from staff to users (reply only or replies off)

Staff to User Interaction (Personal Trainers, Health Coaches, Instructors, Dietitians, etc.)

- Private communication between your staff and their assigned users
- Ability for users to share weekly progress recaps with their assigned staff member
- Staff can assign challenges and calendar events directly to their assigned users

Additional Program Features

- Event calendar for passing along company news, events, and downloads
- Ability for users to text themselves install instructions to their phone
- International options such as kg. or lbs., time zones and decimal precision are user changeable
- Works on computers, tablets, and mobile phones while automatically resizing for the appropriate screen

Control Panel

- Change the appearance of the program with your own logo, mobile icon, images, colors, and layout options
- Designate staff that can manage challenges, events and moderate the message board
- Integrate the program into your website and manage users
- Change program text, Terms & Conditions, guides and more