WELCOME THE 6 WEEK 'NEW MINDSET APP



THANK YOU FOR PURCHASING THIS COURSE & APP, OR HAVE **BEEN KINDLY GIFTED FROM A LOVING FRIEND/FAMILY** MEMBER. HERE ARE THE FEW STEPS TO GET GOING WITH IT AND START MAKING THOSE CHANGES...STEP BY STEP

DOWNLOADING THE APP

Go to either the Apple Store or the Google Play store and download 'Nudge for client'

Looks like this



Nudge for clients



Nudge, LLC Health & Fitness

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NAVIGATING THE APP

Open the App...it should look similar to this...

Click 'I'm New'



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SIGNING UP....

When it asks you for your Invite ID enter

'NewMindset1'





Create your account.

Now you are in and ready to go. Have a browse yourself and get yourself familiar with the app. You swipe the main screen left and right for more screens, the one shown is just one of them. There are videos explaining the app and what to do etc from then on. You can message me using the messaging icon at the bottom with any questions and queries... See you there.



Welcome to the start of your new mindset...

Thank you for signing up and investing in yourself.

Click below to view a quick welcome note from myself explaining a bit about the course and what to expect.

Welcome Message

...right then. Shall we get started with week one. Swipe and you will see Week 1' and then it all begins.

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