Installing the App

1. Follow the below link to install the App
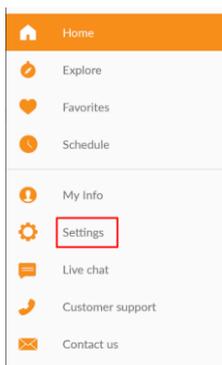
   get.mndbdy.ly/s1ud/4SgrCtjFYJ

   NB: to get the maximum use from the App it is recommended that you allow access to "location services" (usually found within your device settings)

2. After installing the App you will need to enter your email and password. (your password would have been set up by your trainer)

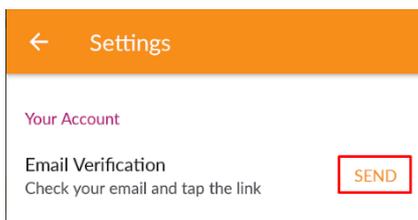3. Generate an email verification link.

   (a)   Click Menu Button (top left)

   (b)   Click Settings from drop down menu

   (c)   Click Send next to Email Verification (under Your Account)

   (d)   Go to your emails and click the link in the verification email sent by MindBody