

# Eating Smart • Being Active

## Mobile App



### Step 1: Search "Eating Smart Being Active" in App Store

- Free for iPhone and Android
- Have your Apple ID or Google Play log-in and password ready if needed for download
- Look for the apple logo above when searching
- Select "GET"



### Step 2: Sign Up

- Open newly downloaded app
- Select "I'm New to Eating Smart Being Active"
- Select "Create Account"
- Fill out all necessary information



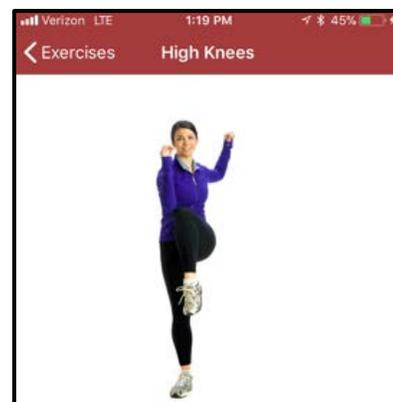
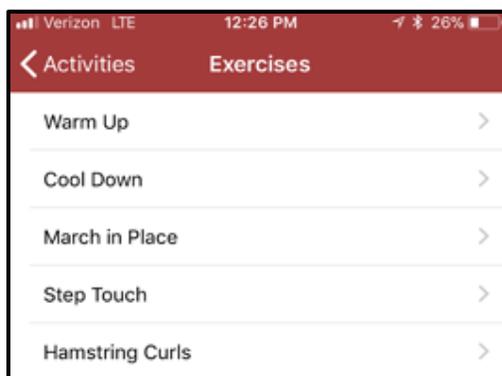
### Step 3: Navigate the App

- 5 Categories → Home, Activities, Recipes, Unit Price Calculator, Me
- Can be selected at the bottom of your screen



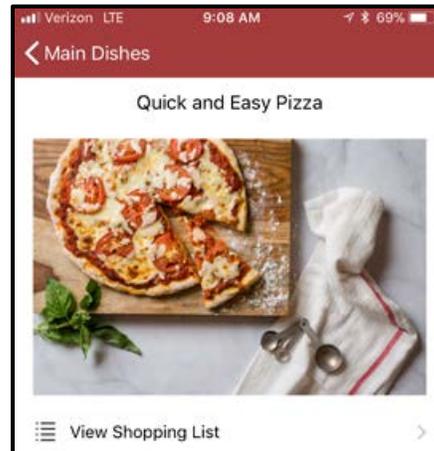
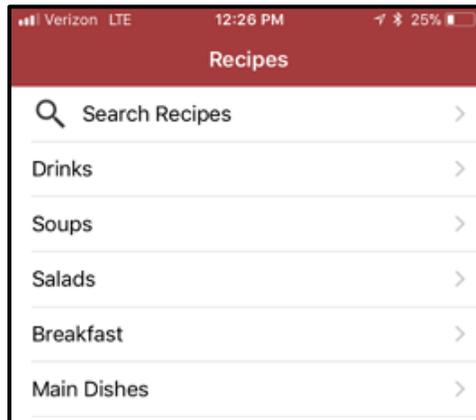
### Step 4: Select "Activities" Category

- Select "Learn and Practice Physical Activities"
- Over 50 Activities to choose from
- Live movements to demonstrate activities



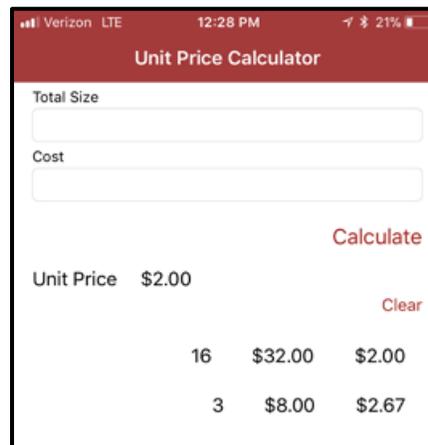
### Step 5: Select "Recipes" Category

- Select "Search Recipes" or select a category
- Shopping list provided for each recipe



### Step 6: Select "Unit Price Calculator" Category

- "Total Size" is the number of servings you plan to prepare
- "Cost" is the price of all ingredients needed
- "Unit Price" is Price per Serving



### Step 7: Select "Me" Category

- Change Password
- Count your steps



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