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

App Store at LT	E 8:44 AM	7 \$ 65% 💷
K Back	Create Account	
Language	E	inglish Spanish
Step Tracker	En	abled Disabled
Email Address		
Password		

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

IVerizon LTE	12:26 PM	∜ \$ 26% 💶
Activities	Exercises	
Warm Up		>
Cool Down		>
March in Place		>
Step Touch		>
Hamstring Curls	\$	>



Step 5: Select "Recipes" Category

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

atl Verizon LTE	12:26 РМ Recipes	≁ \$ 25% 💽
Q Search Re	ecipes	>
Drinks		>
Soups		>
Salads		>
Breakfast		>
Main Dishes		>



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

••• Verizon LTE	12:28 PM		A 💲 21% 🔳	
	Unit P	Price C	alculator	
Total Size				
Cost				
				Calculate
Unit Price	\$2.00)		Clear
		16	\$32.00	\$2.00
		3	\$8.00	\$2.67

Step 7: Select "Me" Category

- Change Password
- Count your steps





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