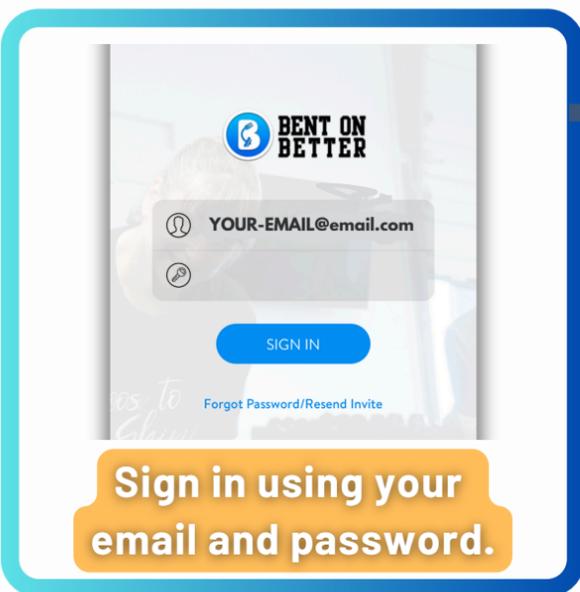
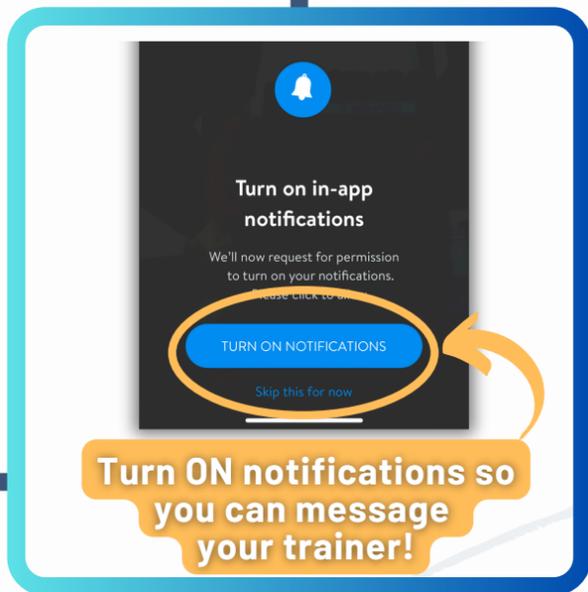




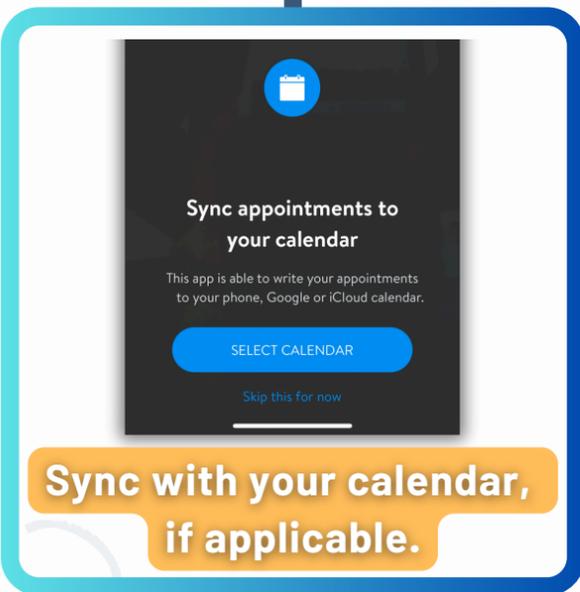
BENT ON BETTER: Getting started in the app!



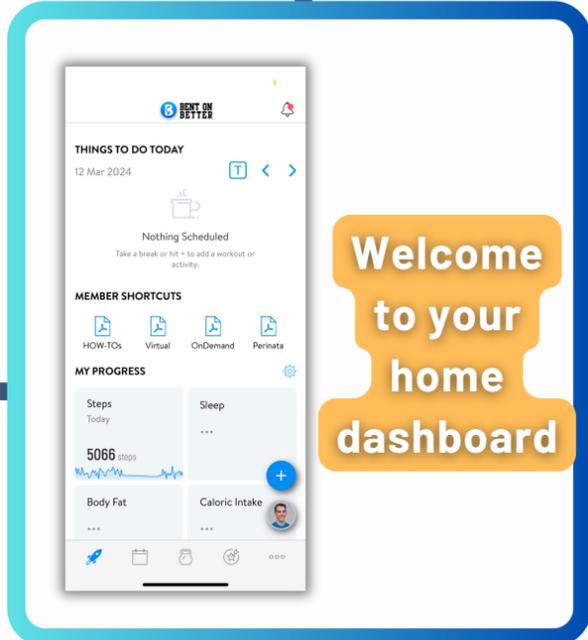
Sign in using your email and password.



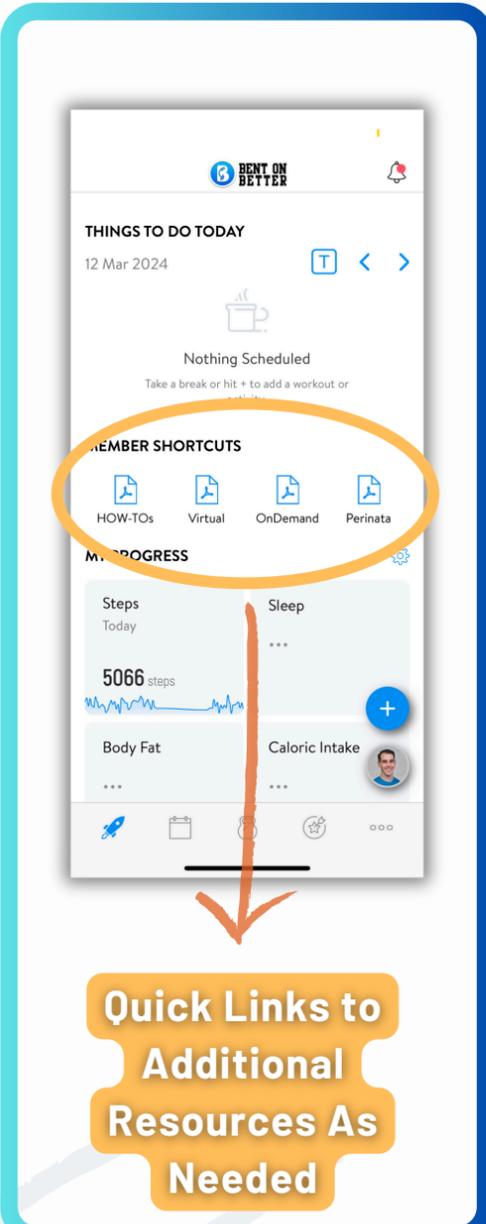
Turn ON notifications so you can message your trainer!



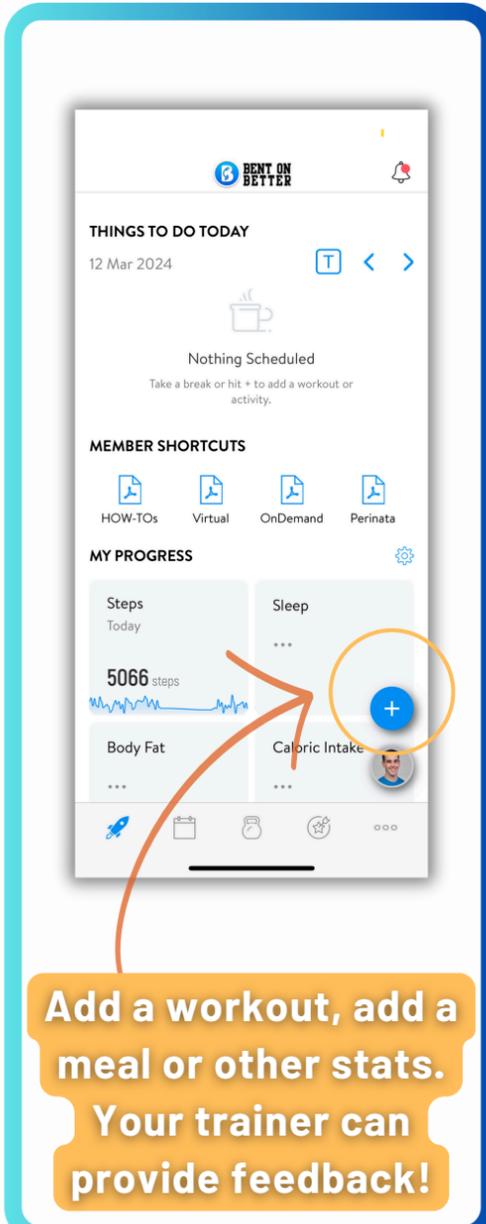
Sync with your calendar, if applicable.



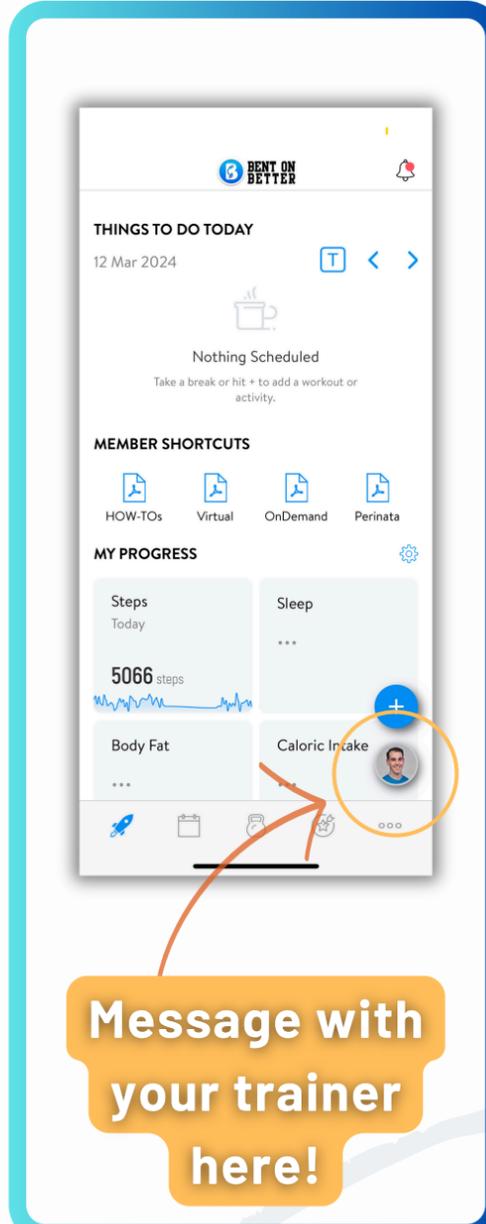
Welcome to your home dashboard



Quick Links to Additional Resources As Needed



Add a workout, add a meal or other stats. Your trainer can provide feedback!



Message with your trainer here!