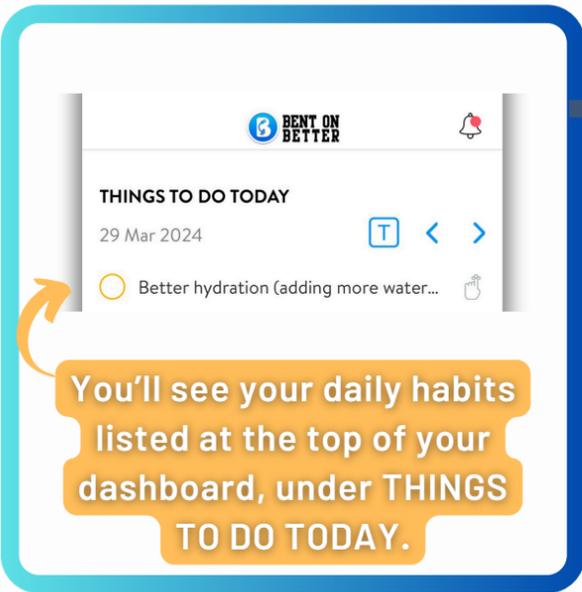


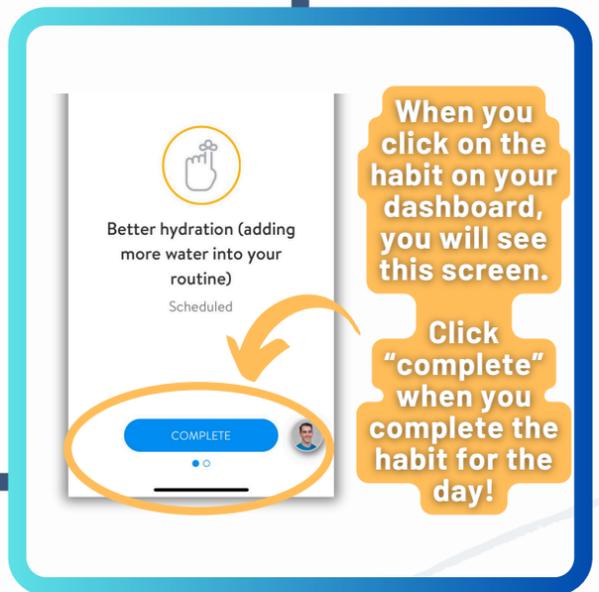


BENT ON BETTER:

How to mark habits as complete

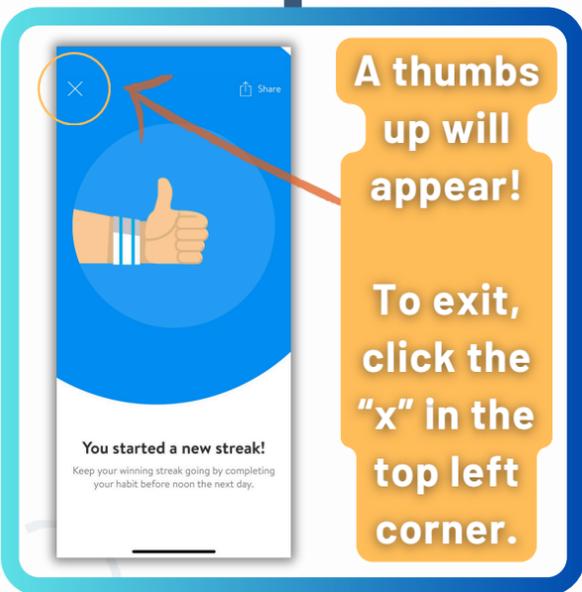


You'll see your daily habits listed at the top of your dashboard, under THINGS TO DO TODAY.



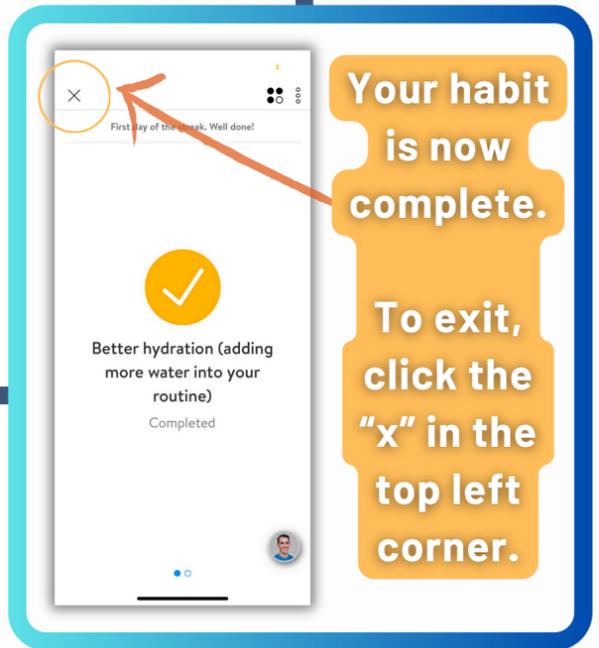
When you click on the habit on your dashboard, you will see this screen.

Click "complete" when you complete the habit for the day!



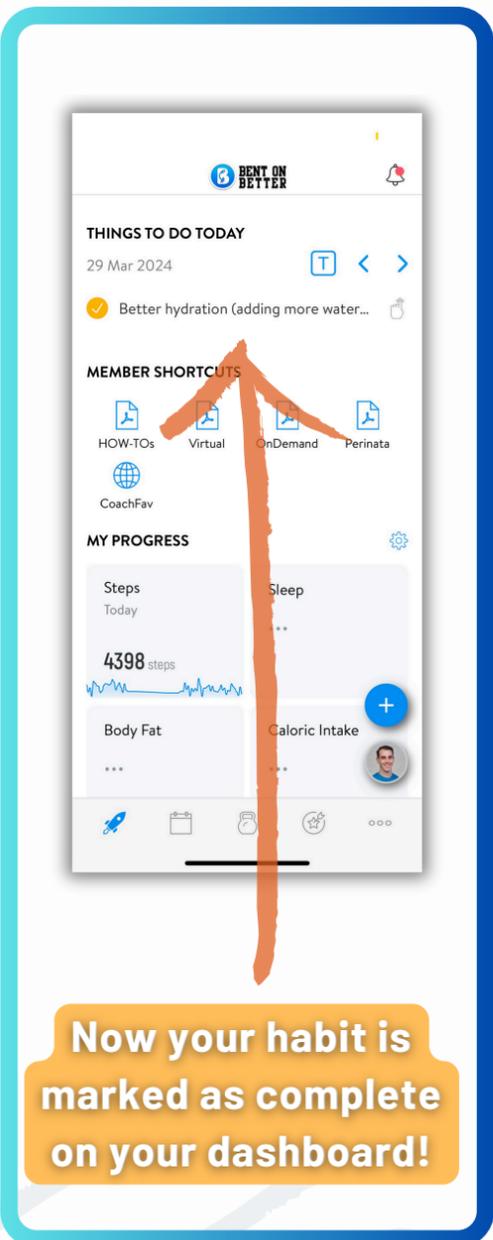
A thumbs up will appear!

To exit, click the "x" in the top left corner.

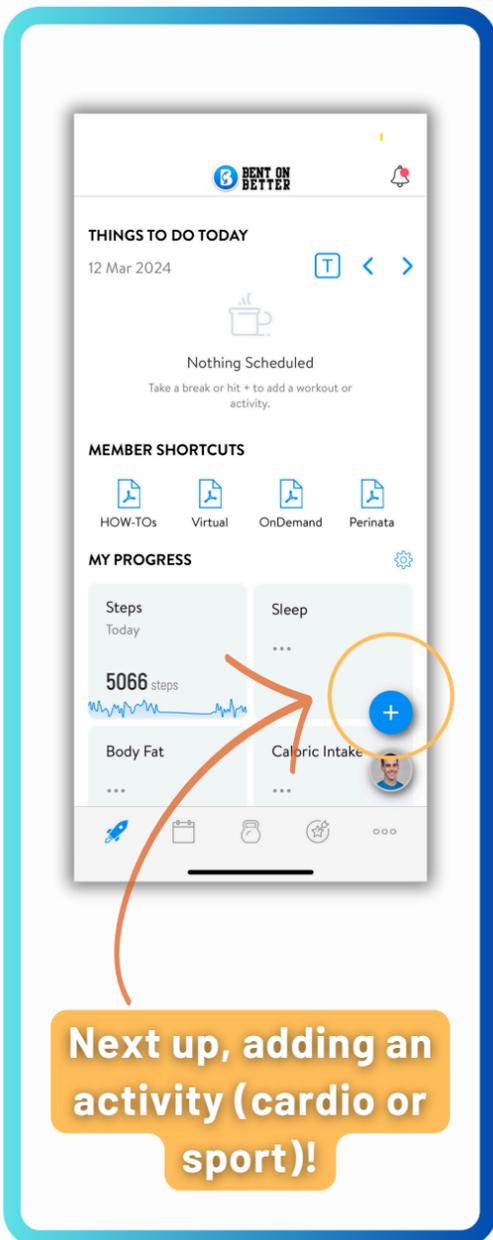


Your habit is now complete.

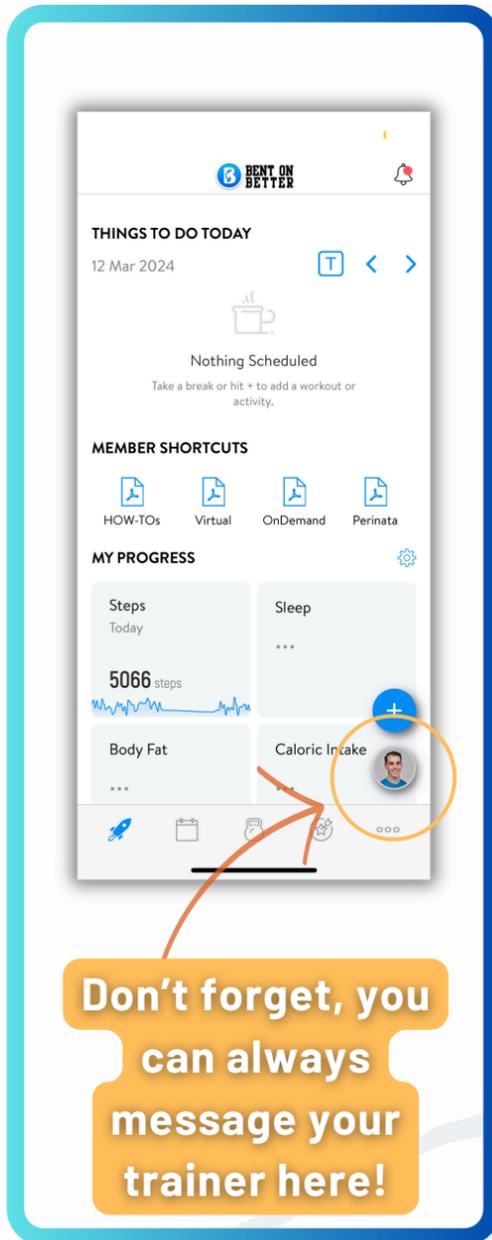
To exit, click the "x" in the top left corner.



Now your habit is marked as complete on your dashboard!



Next up, adding an activity (cardio or sport)!



Don't forget, you can always message your trainer here!