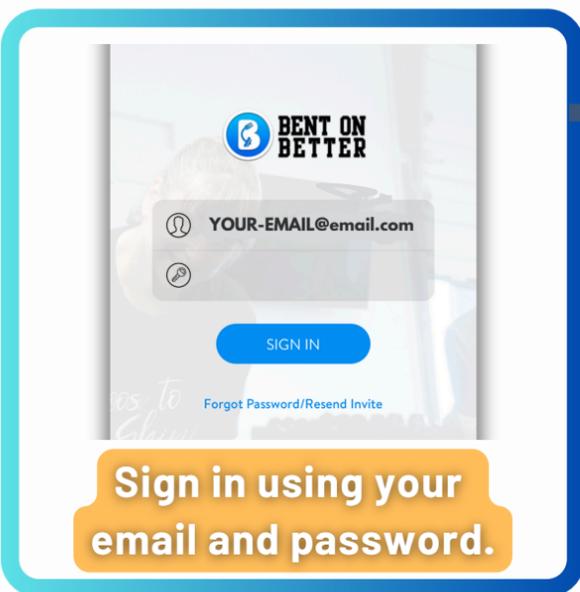
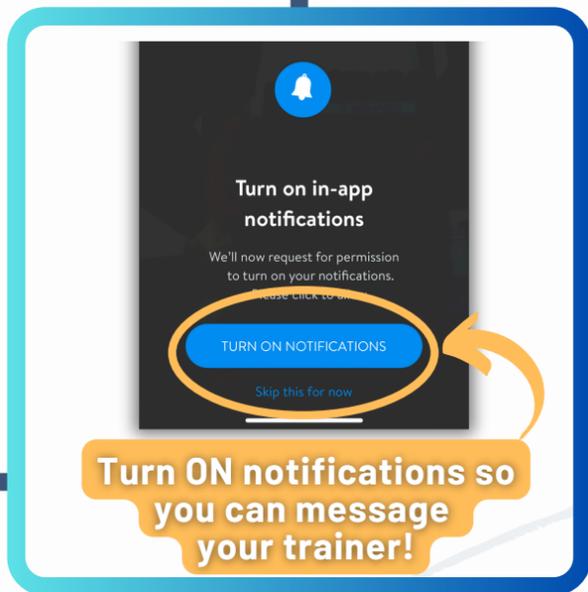




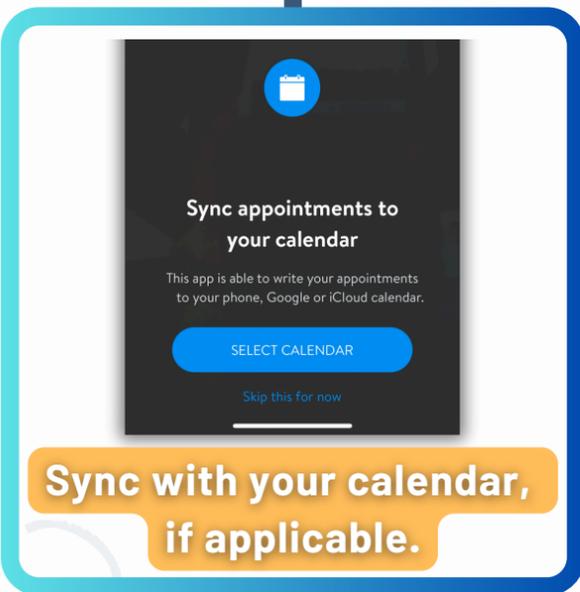
# BENT ON BETTER: Enable in app notifications!



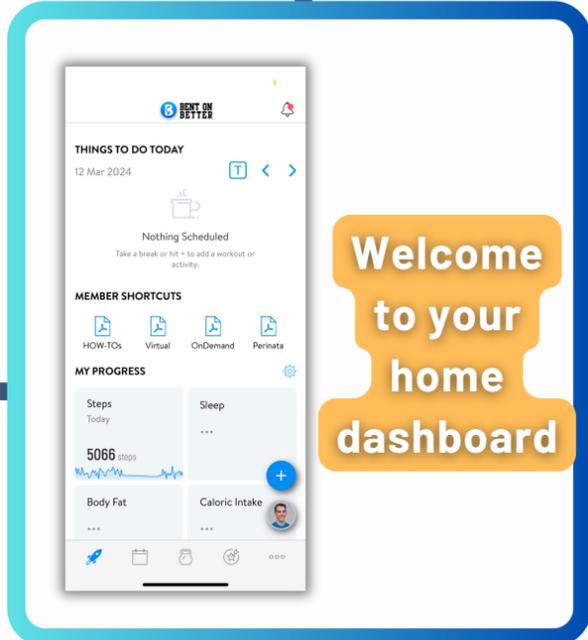
Sign in using your email and password.



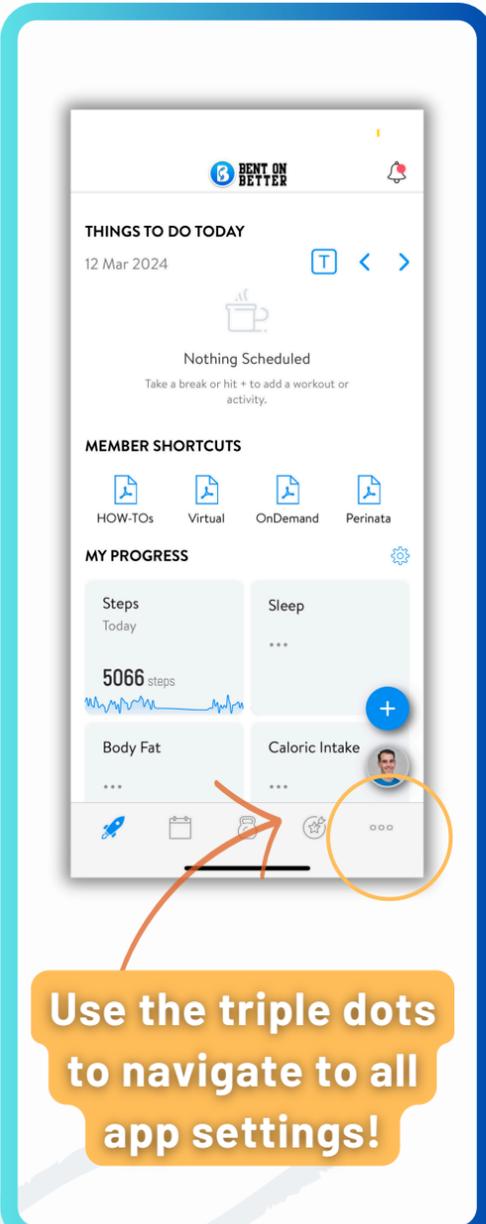
Turn ON notifications so you can message your trainer!



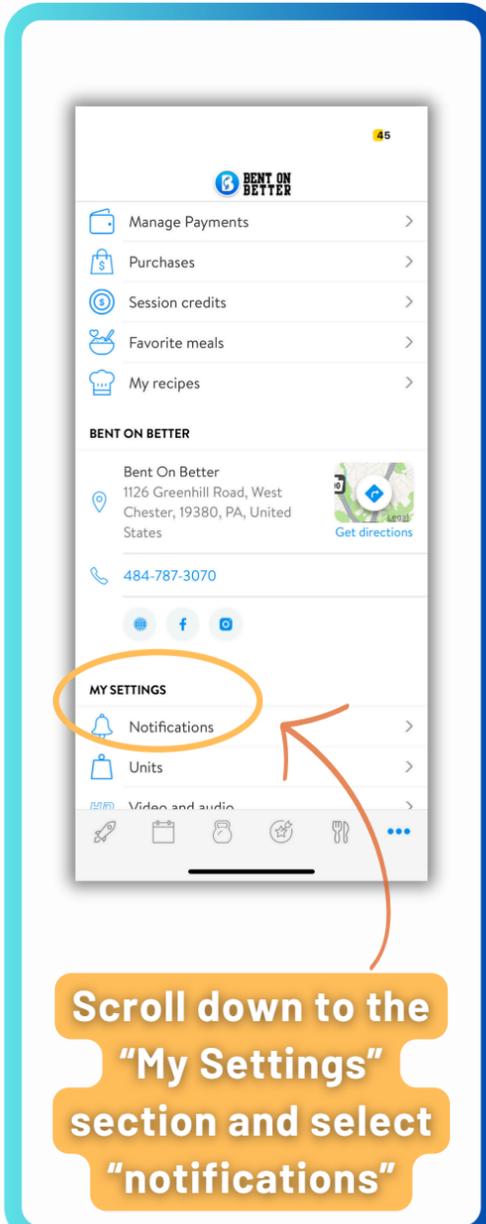
Sync with your calendar, if applicable.



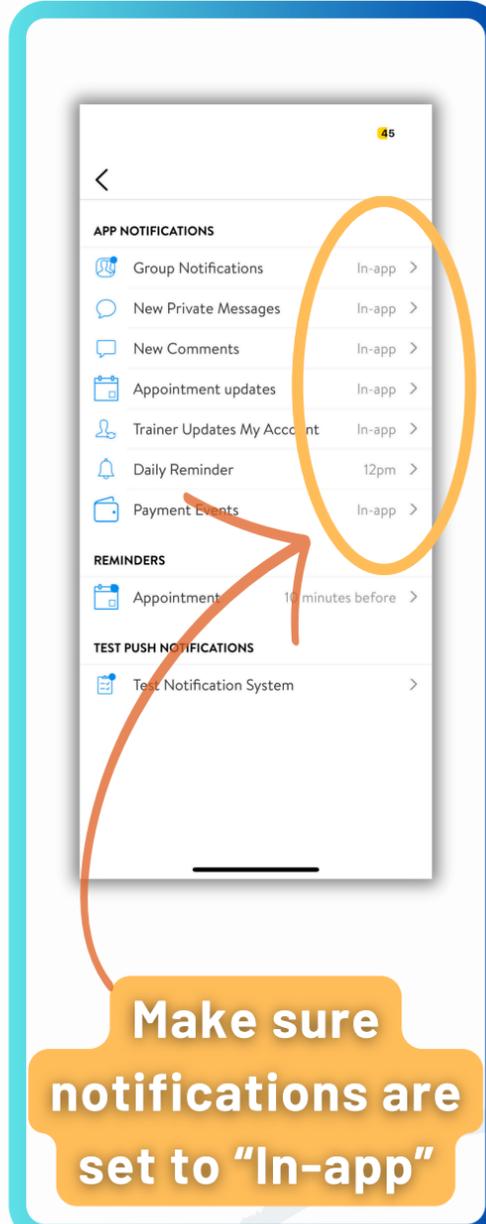
Welcome to your home dashboard



Use the triple dots to navigate to all app settings!



Scroll down to the "My Settings" section and select "notifications"



Make sure notifications are set to "In-app"