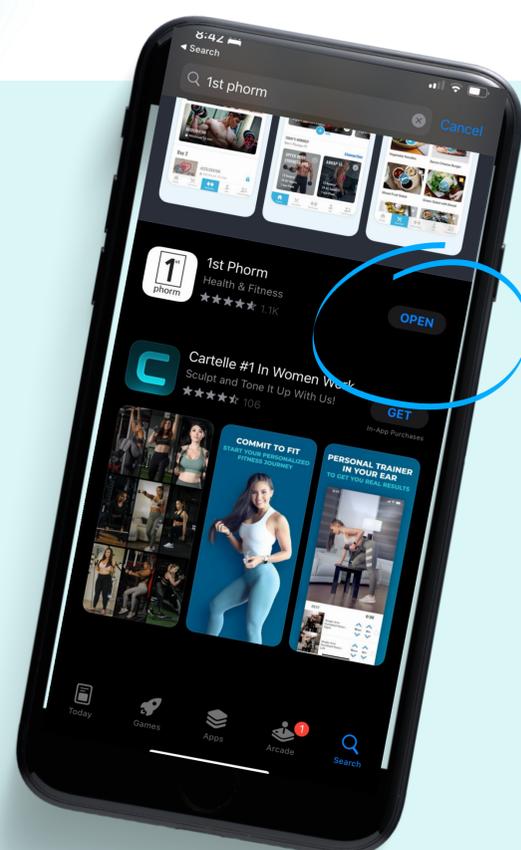


NH FITNESS 1ST PHORM APP PROFILE SET-UP

1

UPGRADE TO THE PREMIUM APP

I need you to have the premium version of the app. You will get so many features in the premium version that make it second to none. It equals out to just .13/day and you will get 5 different exercise programs with varying levels of difficulty, macro/calorie counting meal plan with a barcode scanner, direct messaging with me, access to our registered dietitians archived and live podcasts as well as so much more!



2

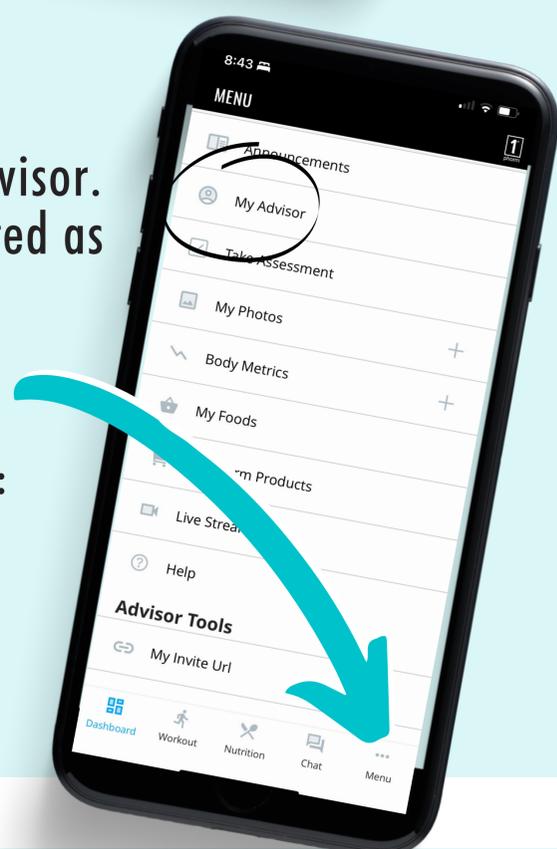
ADD ME AS YOUR ADVISOR

Under menu (bottom right corner choose my advisor. Please double check that I, Nikki Harris, am listed as your advisor.

IF I AM NOT:

choose "Drop Advisor". Enter my email address: anharris915@gmail.com

Click to "Join Nikki's Team"

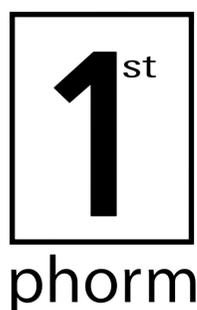
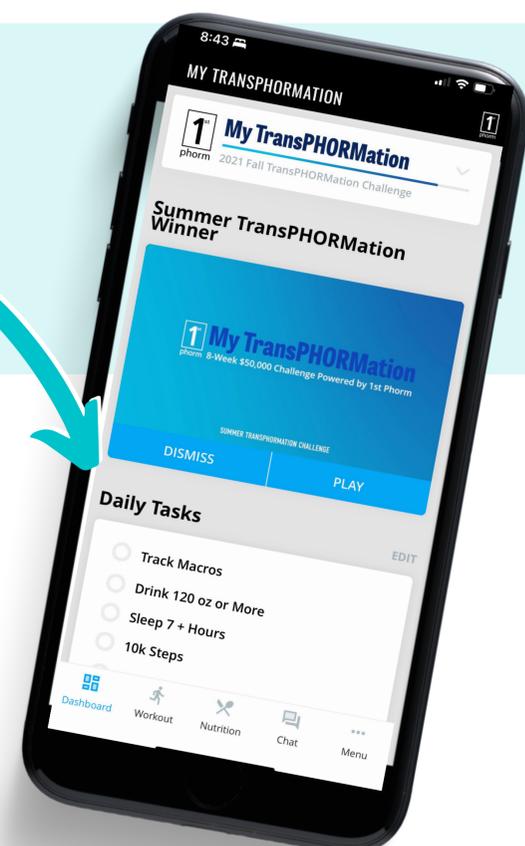


3

ONCE I AM ADDED, SEND ME A MESSAGE IN THE APP!

4

CONTINUE SET-UP OF APP AND FILL OUT WEEKLY CHECK-IN, AND DAILY TASKS



NH FITNESS NUTRITION *Get-Up*

1 START CALORIES/ MACRO COUNTING
Under the nutrition tab, choose the meal plan 'calorie/macro counting'

2 CHOOSE FOOD PREFERENCE: For preference on carbs (fruit, bread, rice, pasta) or fats (nuts, seeds, avocado, nut butters): if you don't know which you enjoy more, please choose 'both'.

3 SET GOALS: If you have any body fat to lose, you will want to choose 'Primarily lose body fat'. If you simply want to maintain your weight and focus on foundational health first choose 'Maintain'. If you want to build muscle (which will come with some fat gain as well) please choose 'Gain Lean Muscle'.

4 SET ACTIVITY LEVEL

Sedentary

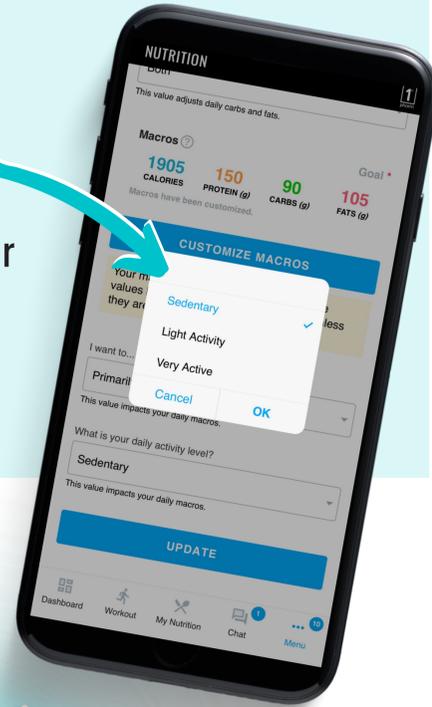
If you sit for most of the day at a desk and maybe go to the gym for an hour

Lightly Active

If you are on your feet all day (think of a nurse) and go to the gym for an hour

Very Active

If you are someone that has a very active job (think manual labor) and go to the gym, please choose 'very active'.



BE SURE TO CLICK "UPDATE" IN BLUE WHEN YOU ARE DONE MAKING ANY CHANGES

WORKOUT *Get-Up*

1 CHOOSE LEVEL OF EXPERIENCE

Beginner

If you are brand new to working out or have only been working out for a couple months.

Intermediate

If you have been working out for 6 months to a year and feel moderately comfortable

Advanced

If you are very comfortable with workouts

2 CHOOSE GYM OR AT-HOME WORKOUTS Both are excellent workouts; great for travel or for at home everyday. I personally use the at home dumbbells, kettlebells & bands program most days!

3 CHOOSE A WORKOUT PROGRAM Choose a workout program you feel matches your workout preferences/equipment availability. Please note, you can gain muscle/strength and burn fat doing any workout program listed, so please choose based on what YOU enjoy doing and will be able to do long term.

WHAT ARE THE TYPES OF WORKOUTS?

- EMOM
- TRADITIONAL
- CROSS TRAINING
- WEIGHT LOSS
- STRENGTH TRAINING

OR

- HOME WORKOUTS

BODYWEIGHT

Working with what you've got! No matter what you have accessible to you, you can still MOVE! These workouts will get you up and moving!

DUMBBELLS, KETTLEBELLS, BANDS

Dumbbells, Kettlebells, and bands can be crazy amazing tools. These workouts through the app are designed to help you feel the burn no matter the weight.

