BODYPLAN
BY PETER STRINGER

Guideline for using the BODYPLAN iOS & Android app

How to log recipes using the ‘Recipes’ section in the app

You can access the full list of recipes by going to the 'Recipes' section of the ‘Home’ page and clicking on the 'See all' button.

To view the details of a specific recipe, simply tap on its card. Once you're on the 'Recipe details' page, you can log the recipe by tapping on the 'Log recipe' button, which will open a dialog for logging it.

Furthermore, you can check the logged macronutrient values by navigating to the 'Daily macronutrient intake' section
on the 'Home' page.

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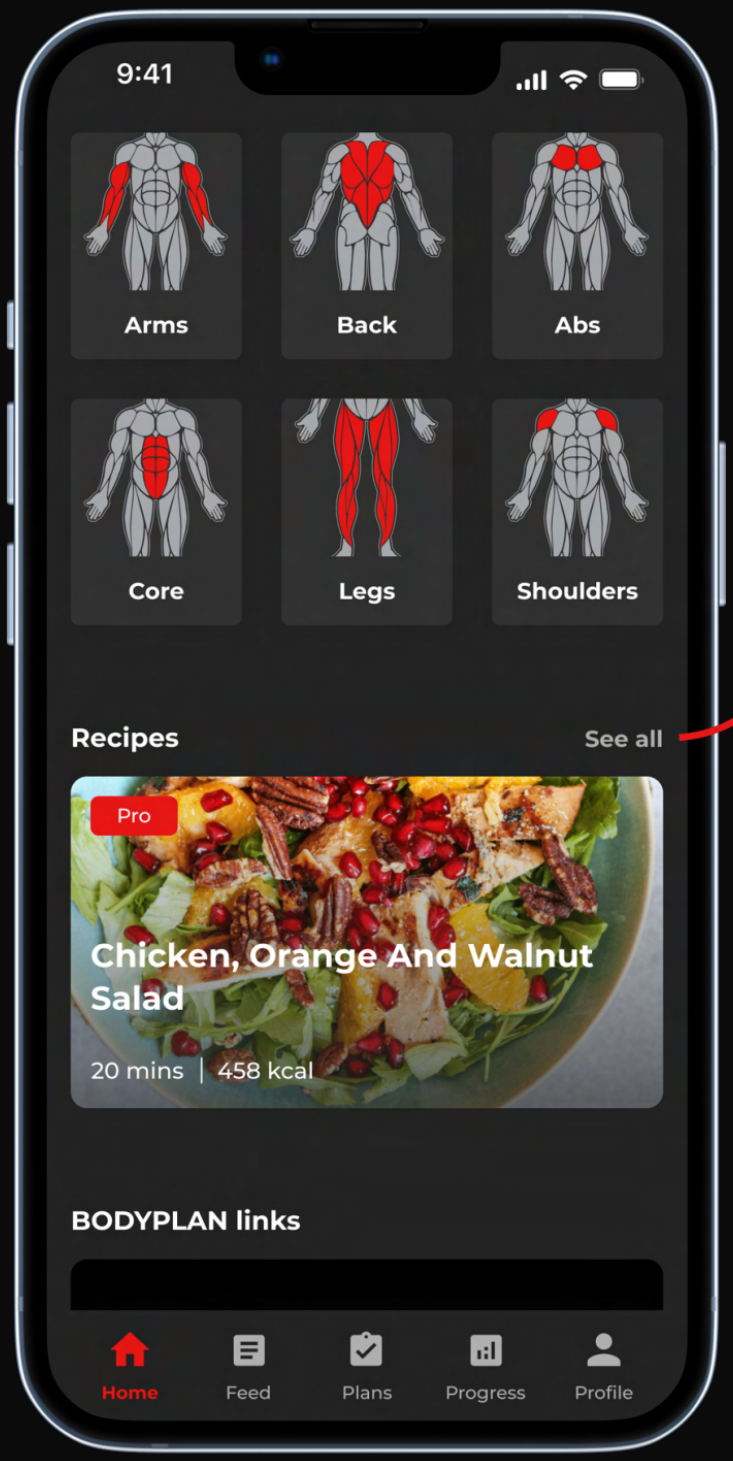
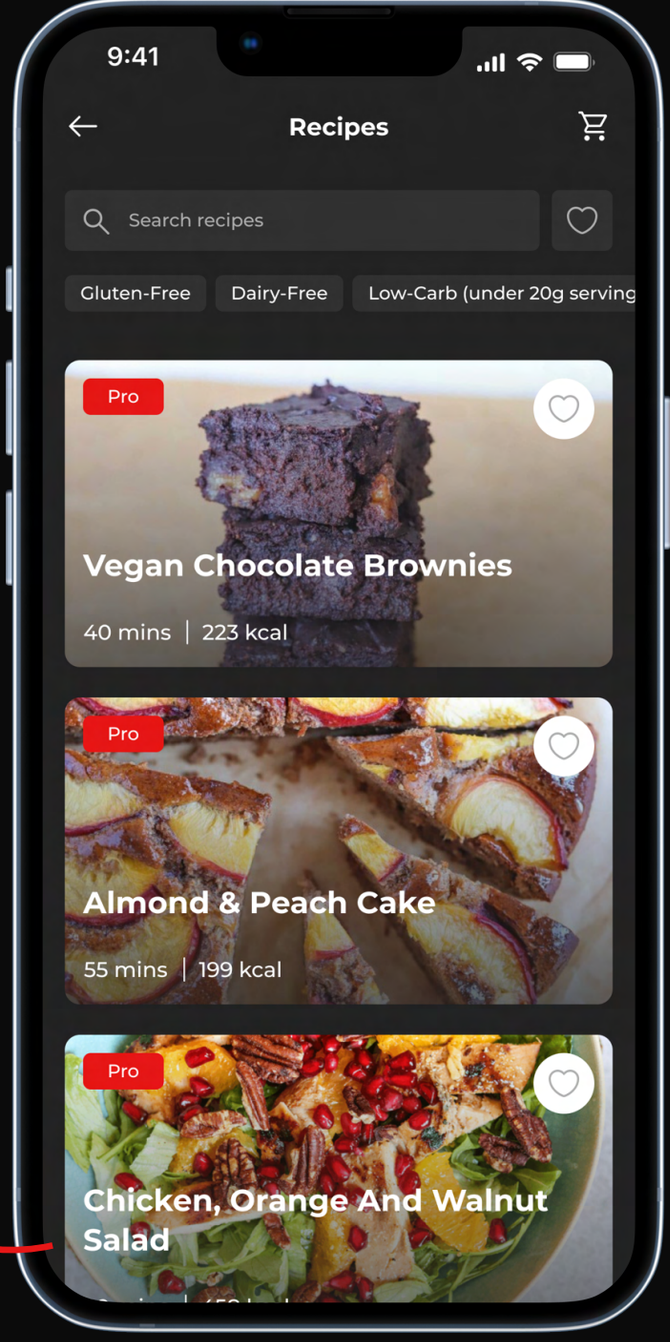
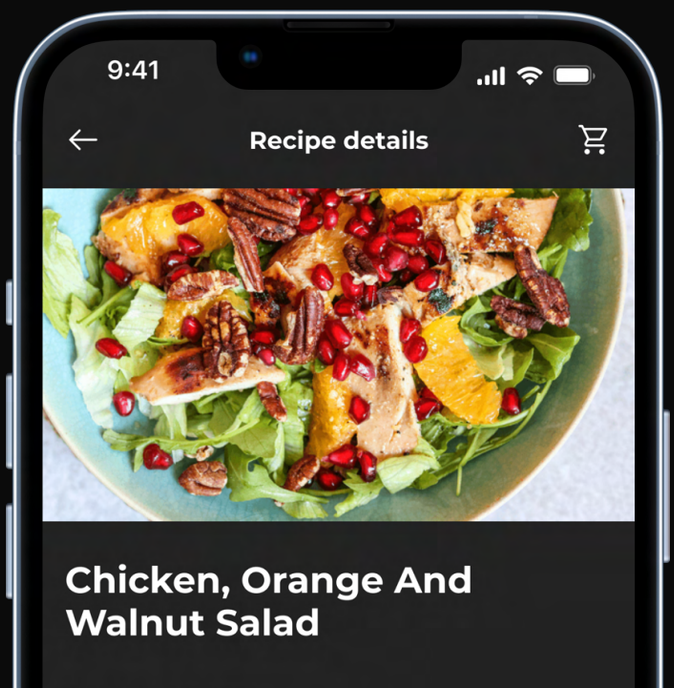


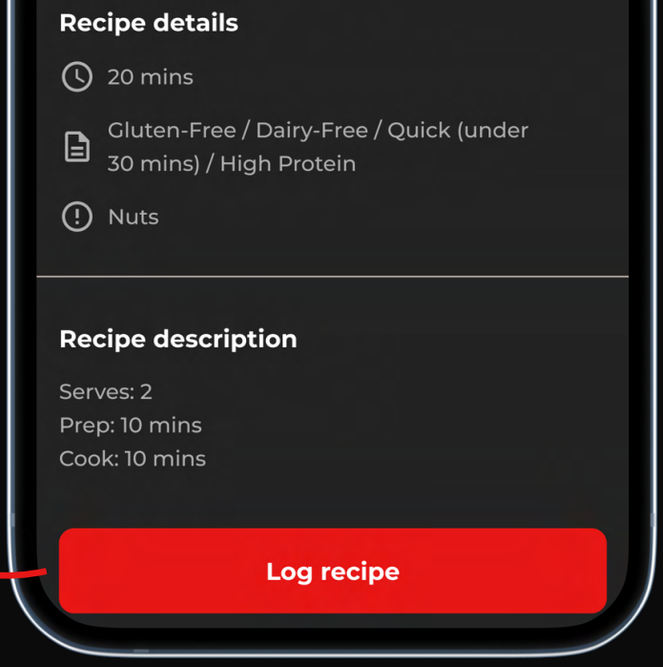
Scroll down the 'Home' page and tap the 'See all' button within the 'Recipes' section.



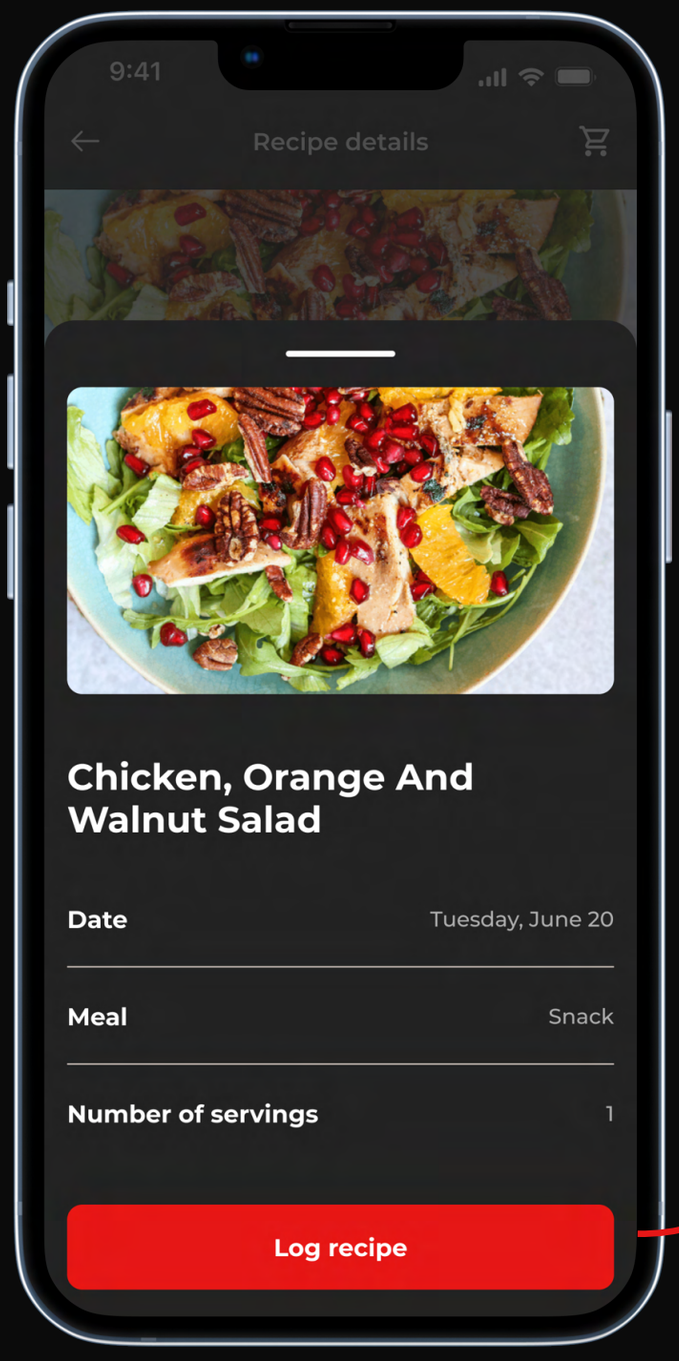
Find the desired recipe and tap the card to open its details.



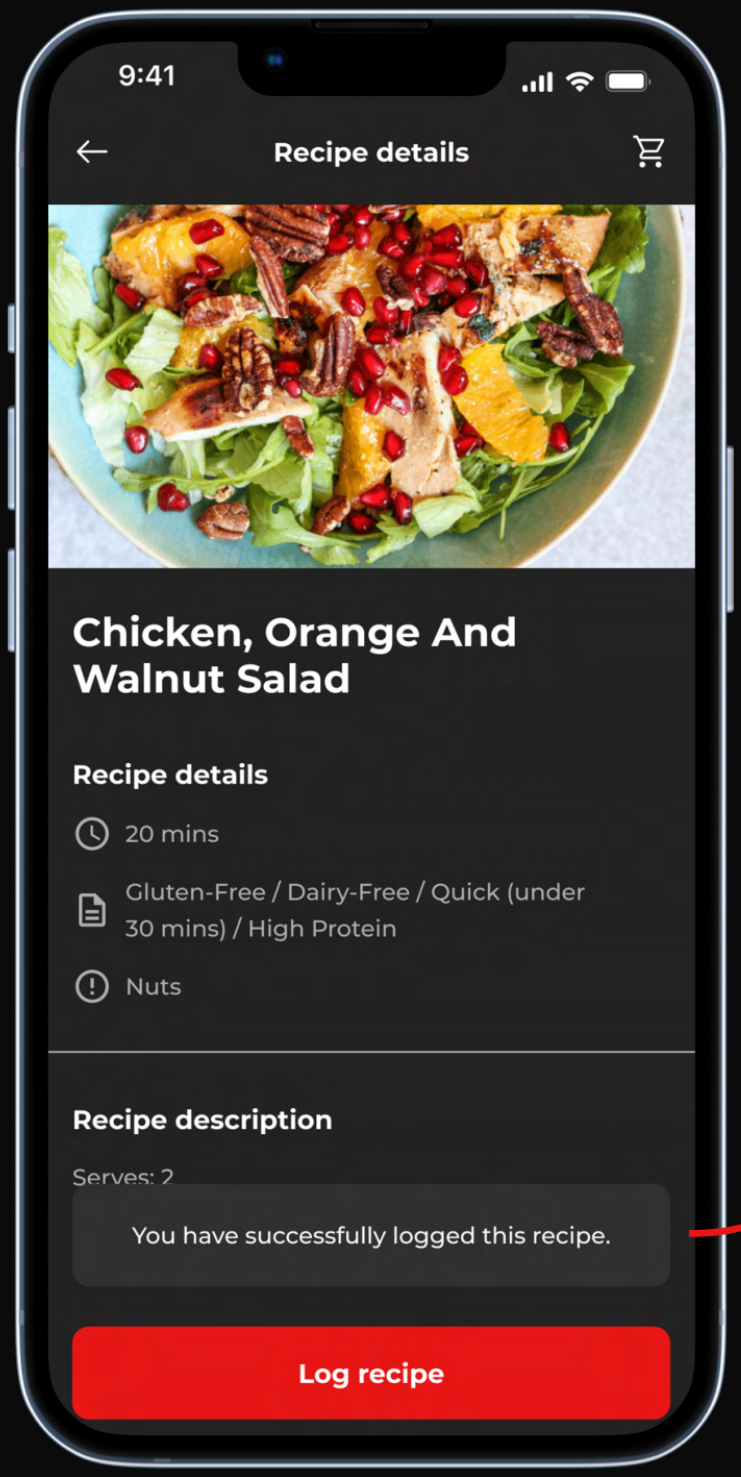
On the ‘Recipe details’ page, tap the ‘Log recipe’ button.



Fill the ‘Date’, ‘Meal’ and ‘Number of servings’ fields.



Tap the ‘Log recipe’ button to log this recipe.



The app will notify you that you successfully logged this recipe.

Navigate to the ‘Daily macronutrient intake’ section on the ‘Home’ page to see the logged macro values.

How to add a recipe to the ‘Favorites’ list

You have the option to add recipes to your favorites for easy access later. To do this, simply go to the 'Recipes' section on the 'Home' page and tap on the 'See all' button to view the complete list of recipes.

From there, you can add any recipe to your favorites by tapping the heart icon located at the upper right corner of each recipe card.

If you want to view only your favorite recipes, you can easily do so. Just tap the heart icon positioned at the upper right corner of the page, next to the search bar. This will filter the recipes and display only your favorite ones.

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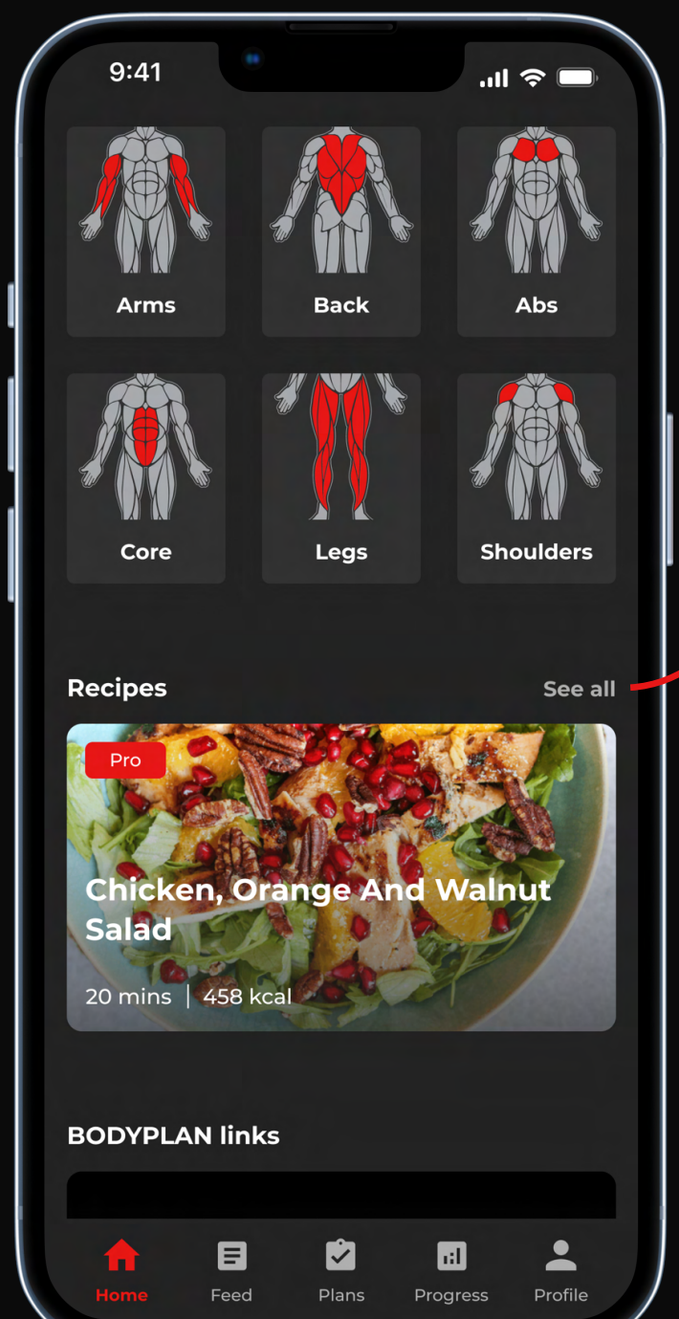
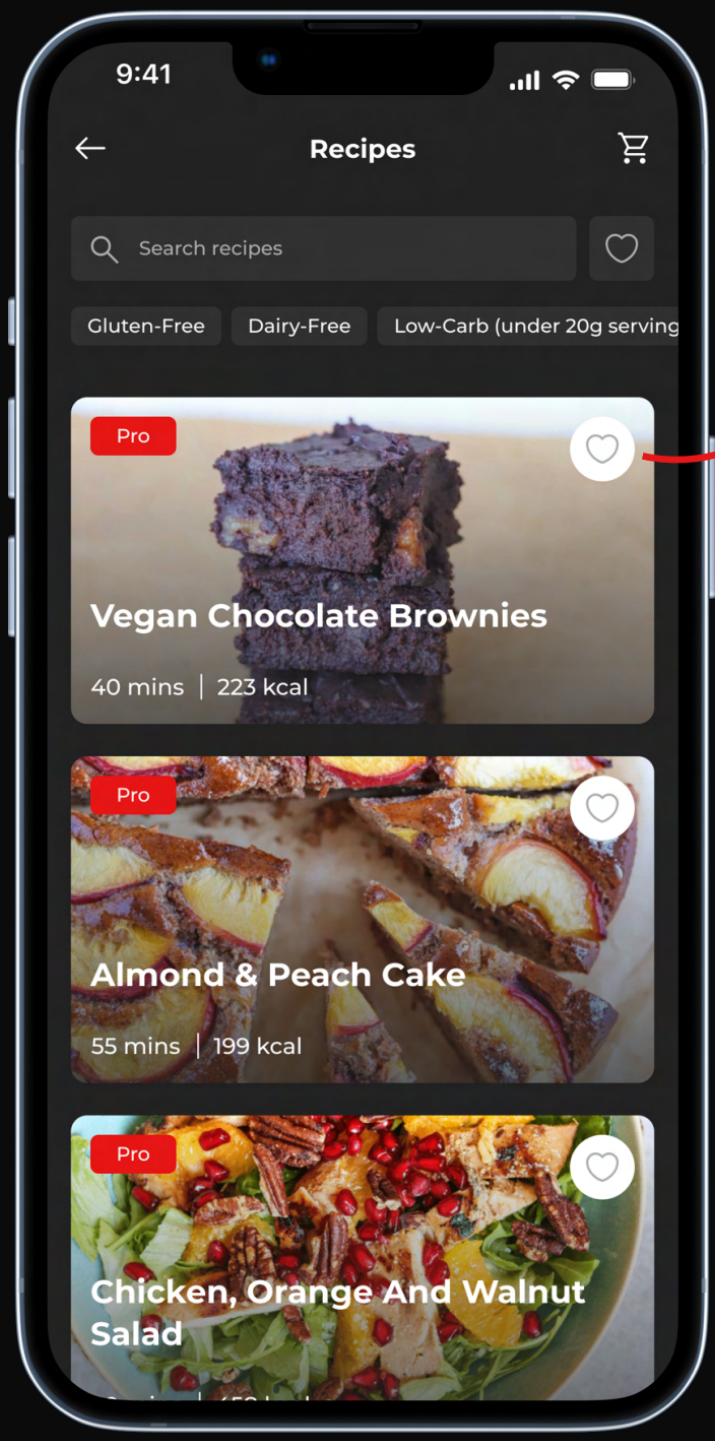
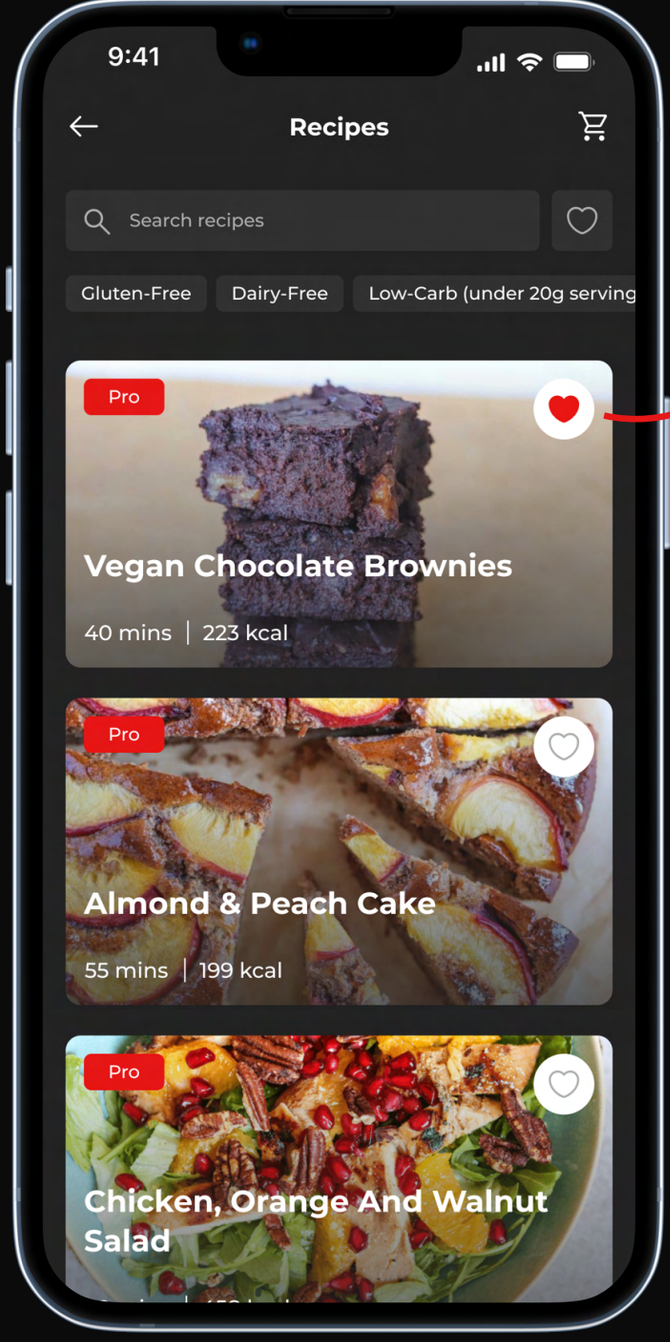


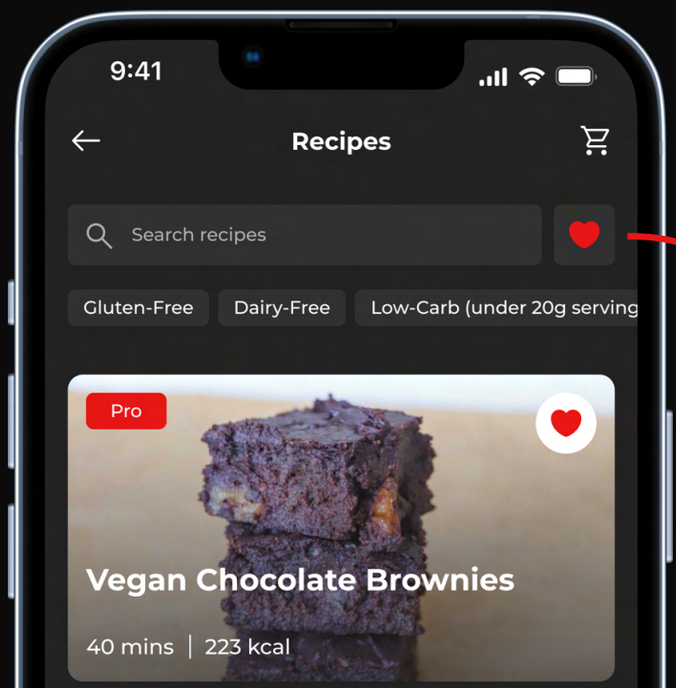
Scroll down the 'Home' page and tap the 'See all' button within the 'Recipes' section.



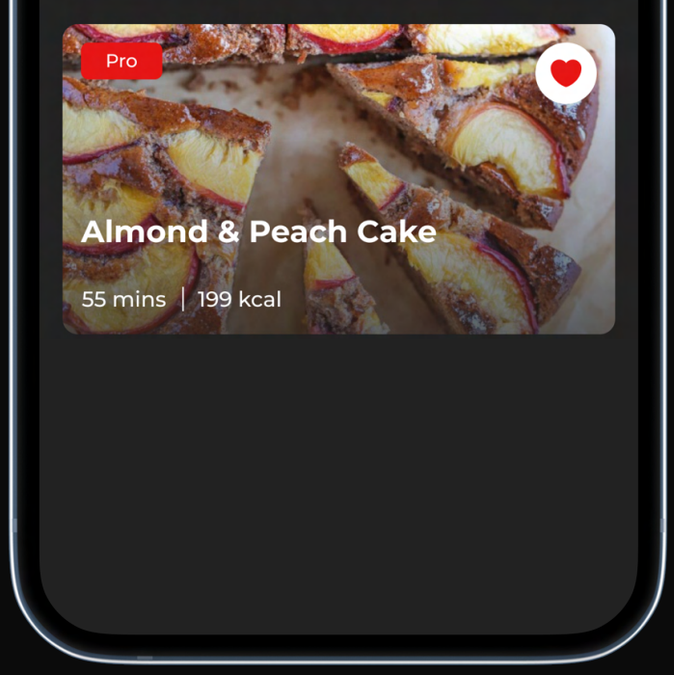
Tap the heart icon to add the recipe to your favorites.



Once you add the recipe to your favorites, the heart icon will become red.



Tap the heart icon next to the search bar to show only your favorite recipes.



How to add recipe ingredients to your grocery list

Each recipe provides a list of ingredients that you can easily add to your groceries.

To do this, open the details of a specific recipe and scroll down to the 'Ingredients' section. From there, you can add individual ingredients to your grocery list by tapping the circle with a check icon next to the ingredient name.

If you prefer to add all ingredients at once, simply tap the 'Add all to groceries' button. To access your grocery list with all the ingredients you've added, tap the grocery icon located at the upper right corner of the 'Recipe details' and 'Recipes' pages.

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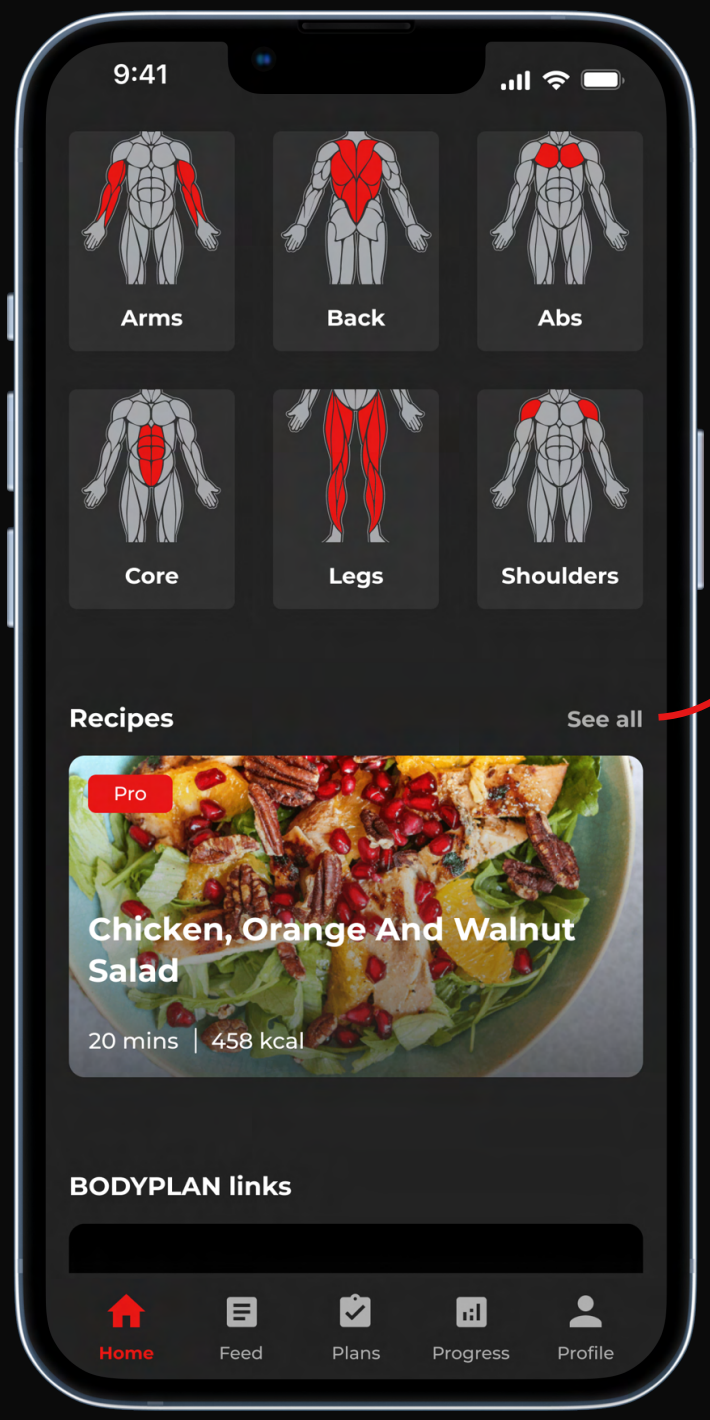
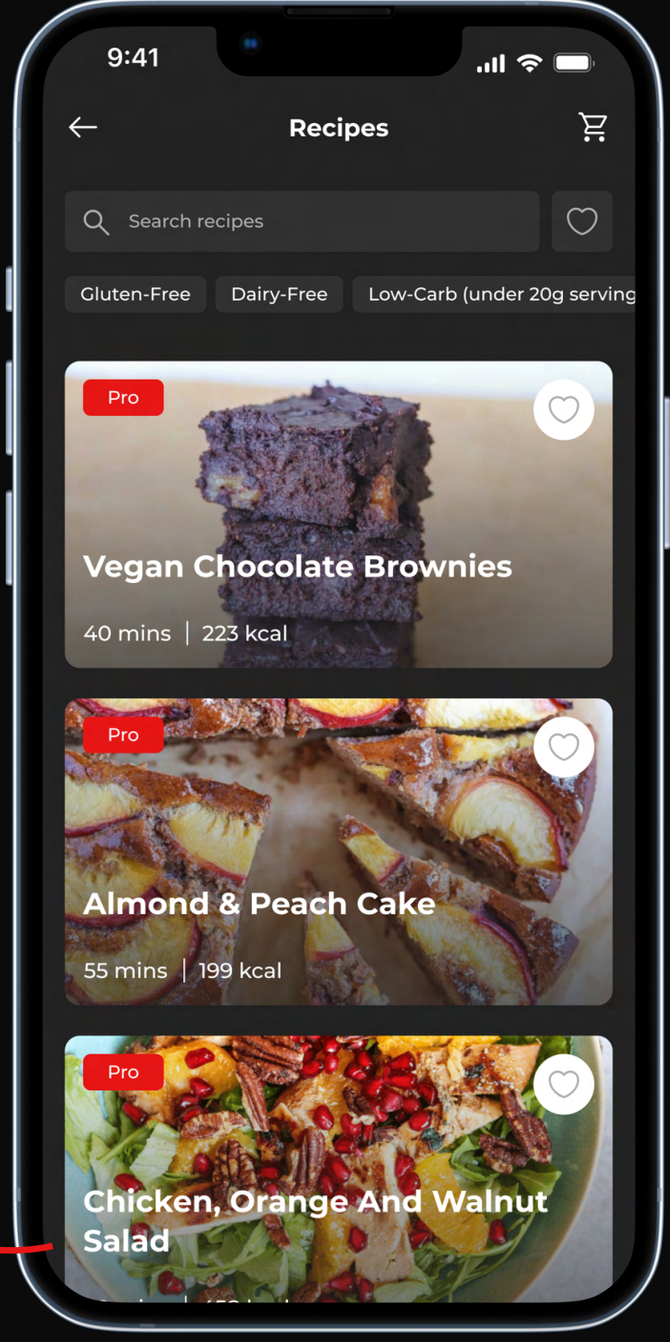
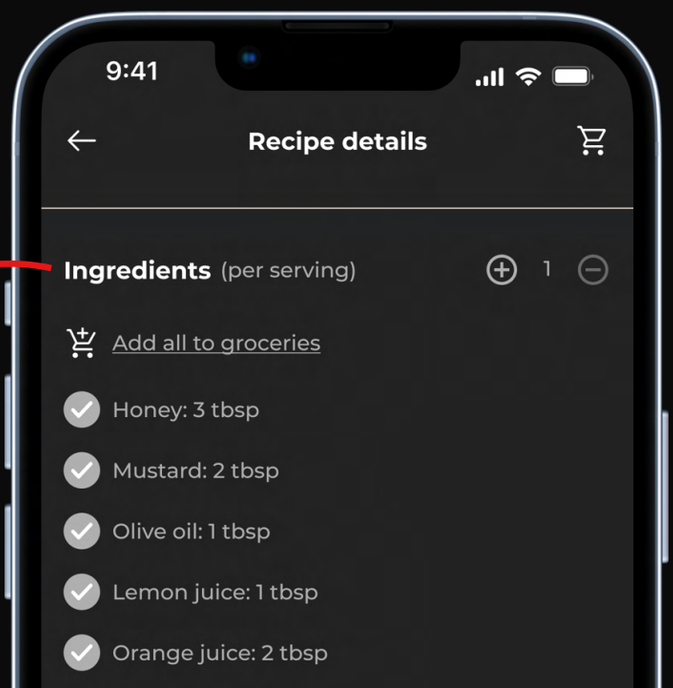


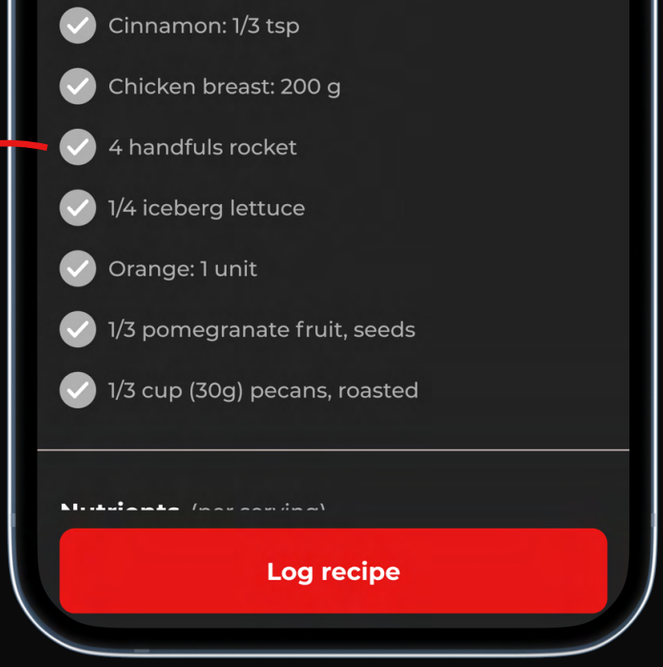
Scroll down the 'Home' page and tap the 'See all' button within the 'Recipes' section.



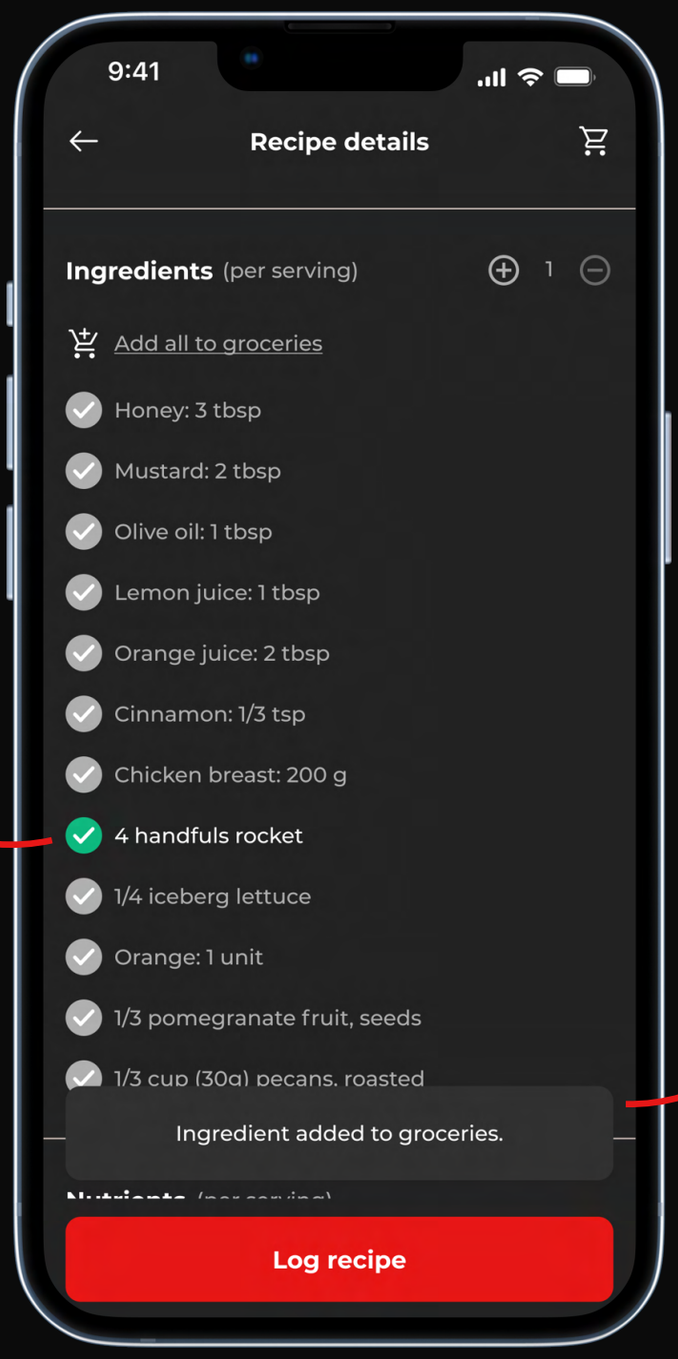
Find the desired recipe and tap the card to open its details.



Scroll down the 'Recipe details' page until you see the 'Ingredients' section.

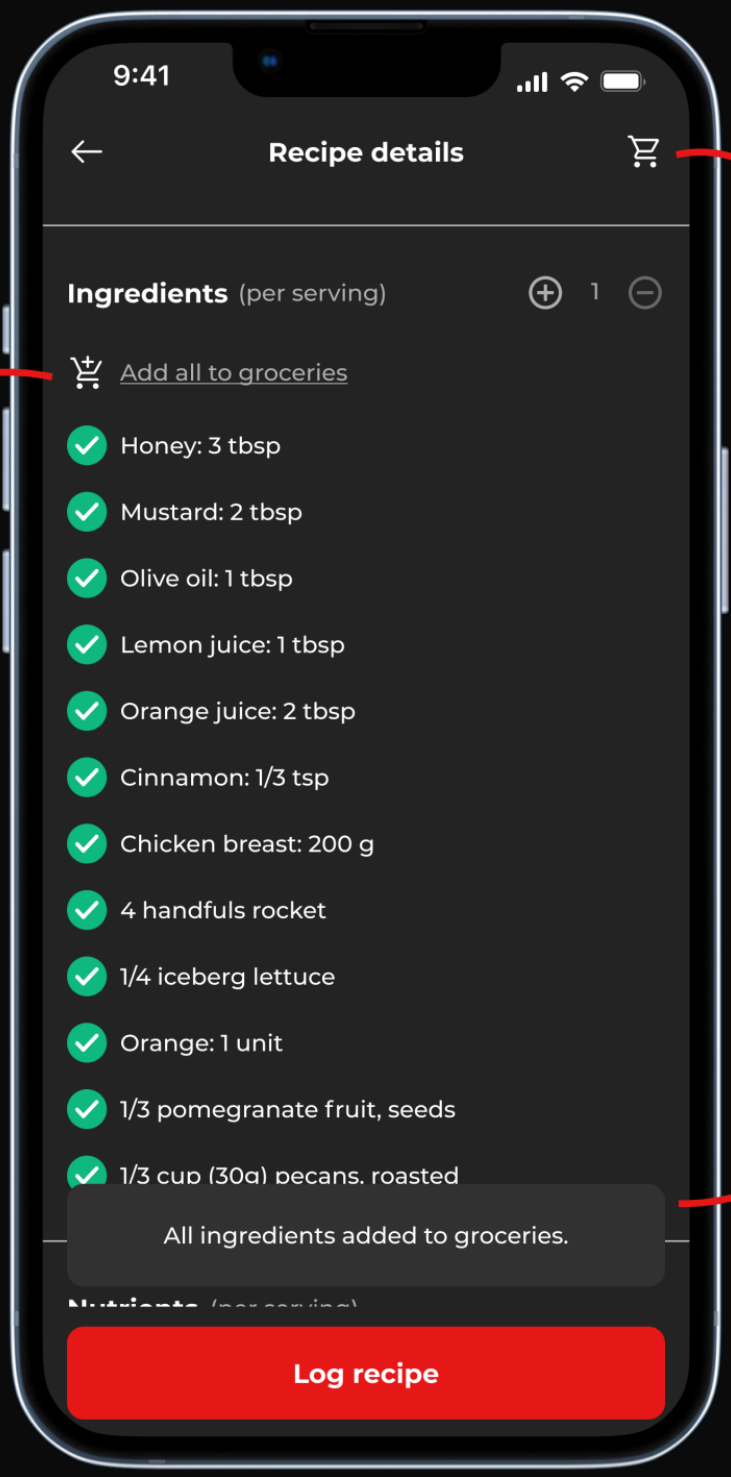


Tap the circle with check icon to add a specific ingredient to your groceries.



Once you add an ingredient to your groceries, circle will become green.

The app will notify you that you successfully added one ingredient to your groceries.

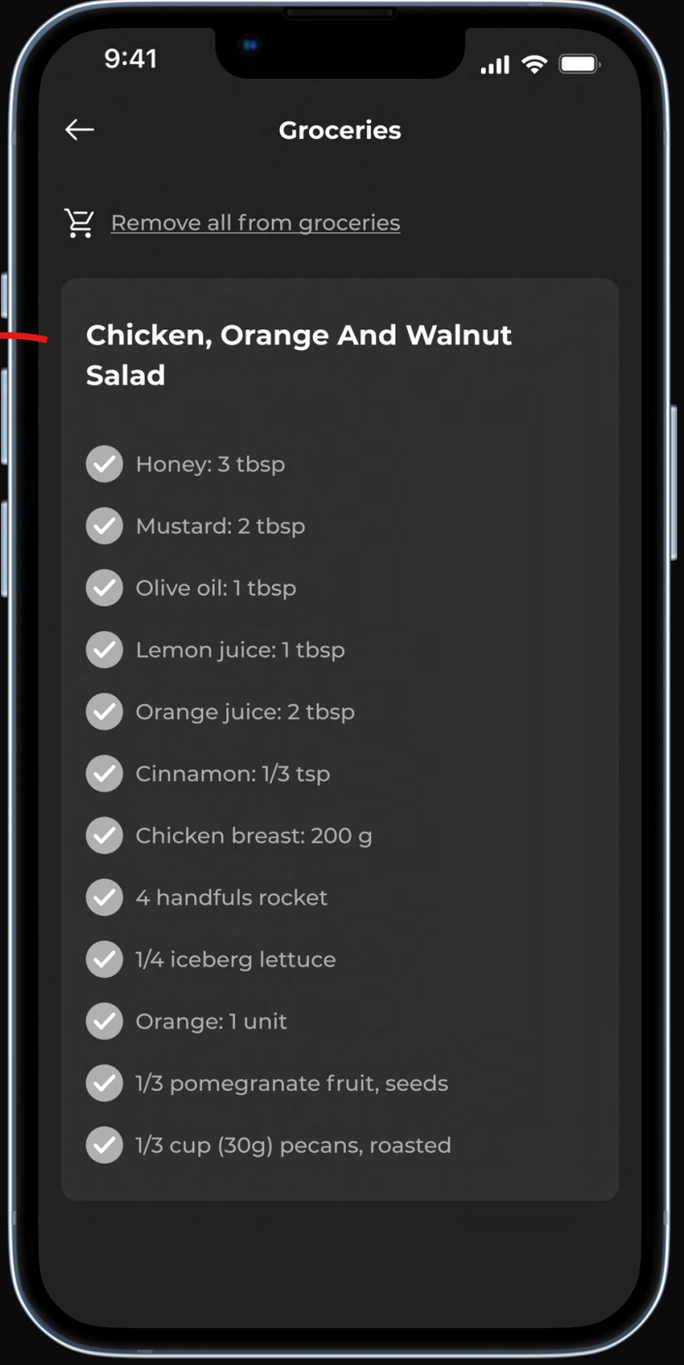


Tap the grocery icon to open the 'Groceries' page.

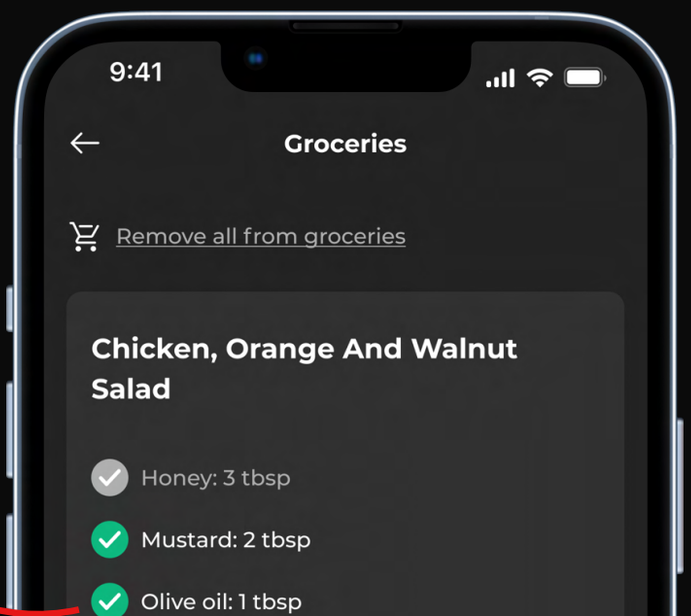
You can add all ingredients to your groceries by tapping the 'Add all to groceries' button.

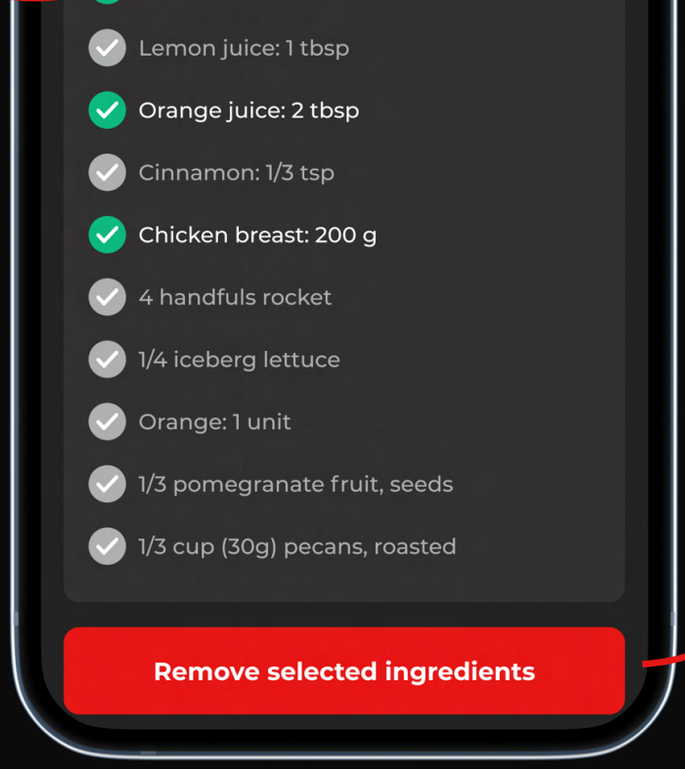
The app will notify you that you successfully added all ingredients to your groceries.

Added ingredients will be shown within the recipes they belong to.



If you want to remove a certain ingredient from the groceries, tap the circle with check icon next to ingredient name.





Once you selected the ingredients you want to remove, tap the 'Remove selected ingredients' button.

How to update your macro goals on the 'Profile' page

You have the flexibility to update your macro goals at any time to ensure you stay on track and achieve your goals more efficiently. Simply go to the 'Update my macro goals' section on the 'Profile' page and tap the 'Open questionnaire' button.

By completing the nutrition questionnaire, the app will adjust your macro goals based on your responses. We recommend redoing the questionnaire every 3-4 weeks to ensure your macro goals align with your current progress and needs.

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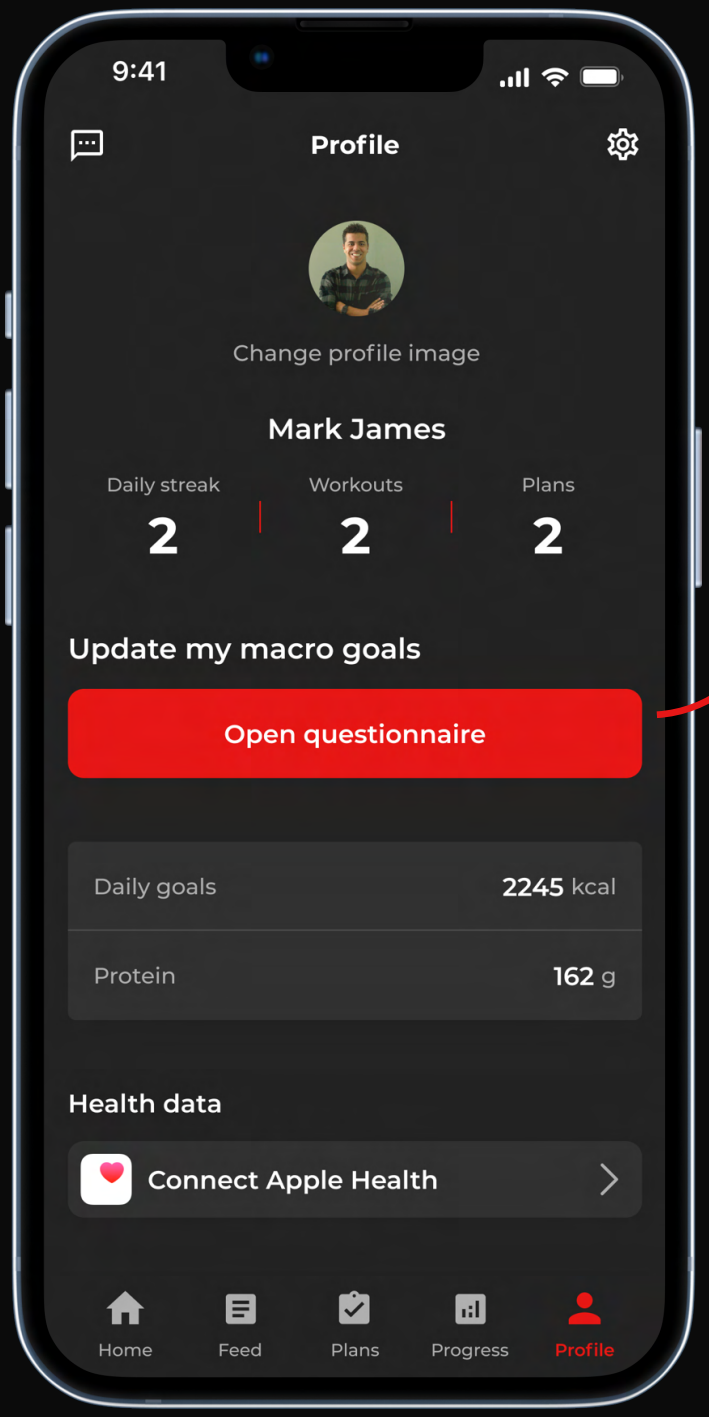
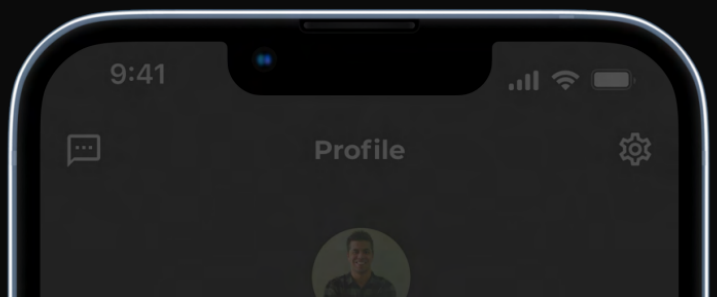
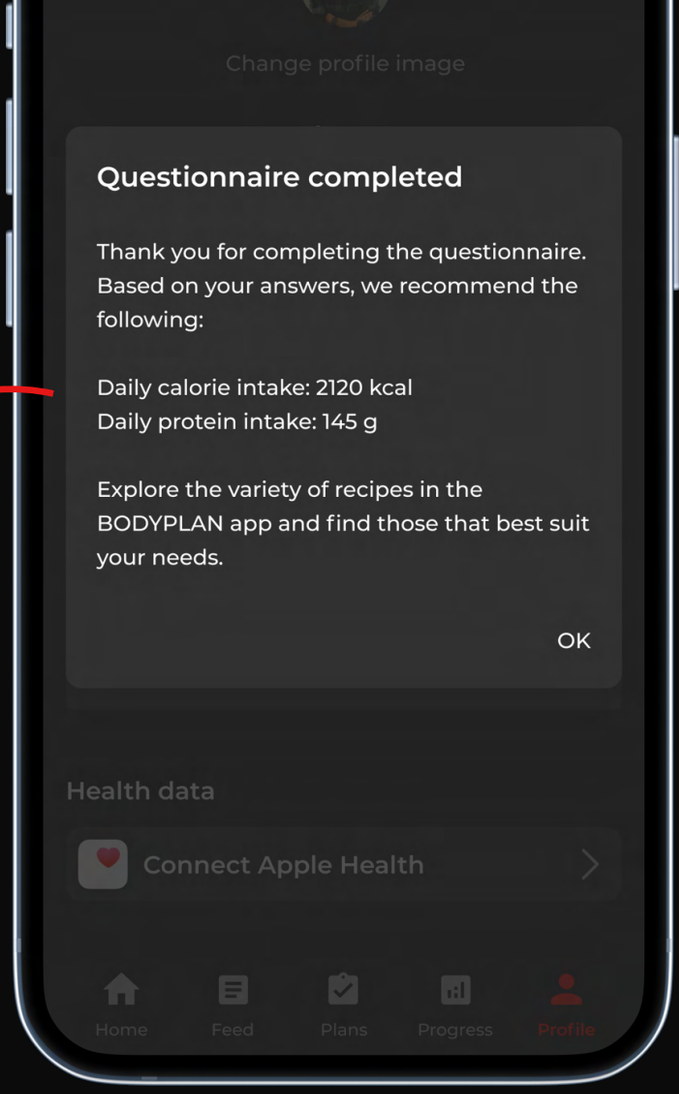


Navigate to the 'Profile' page and tap the 'Open questionnaire' button.

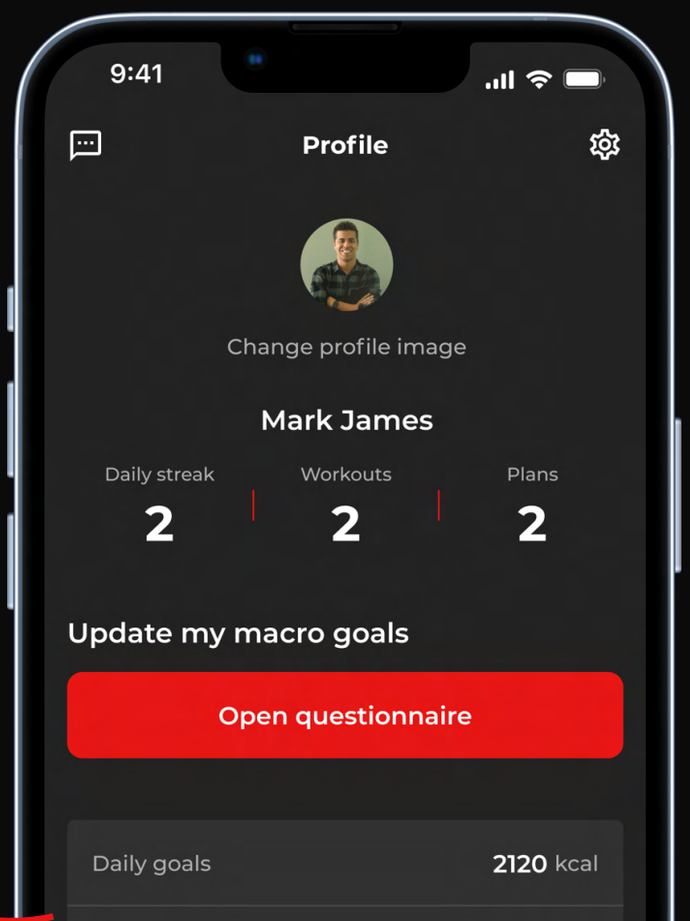
Redo the nutrition questionnaire to update your macro goals.

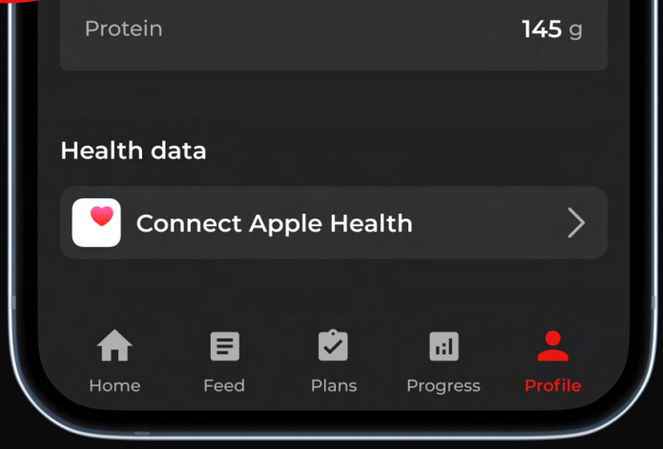


Once you redo the questionnaire, app will show you the updated macro goals based on your answers.



Updated macro goals will be visible on the 'Profile' page.





How to connect your Apple Health or Google Fit account

The BODYPLAN app offers seamless integration with Apple Health and Google Fit to enhance your fitness tracking experience. Here's how you can connect your health account:

1. On the 'Home' page, go to the 'Daily macronutrient intake' section and tap the 'Connect Apple Health' or 'Connect Google Fit' button.
2. Alternatively, on the 'Profile' page, open the 'Settings' page and tap the 'Fitness account' button.

Once your app is connected to Apple Health or Google Fit, you'll have access to valuable data such as weight, height, respiratory rate, steps, and heart rate variability.

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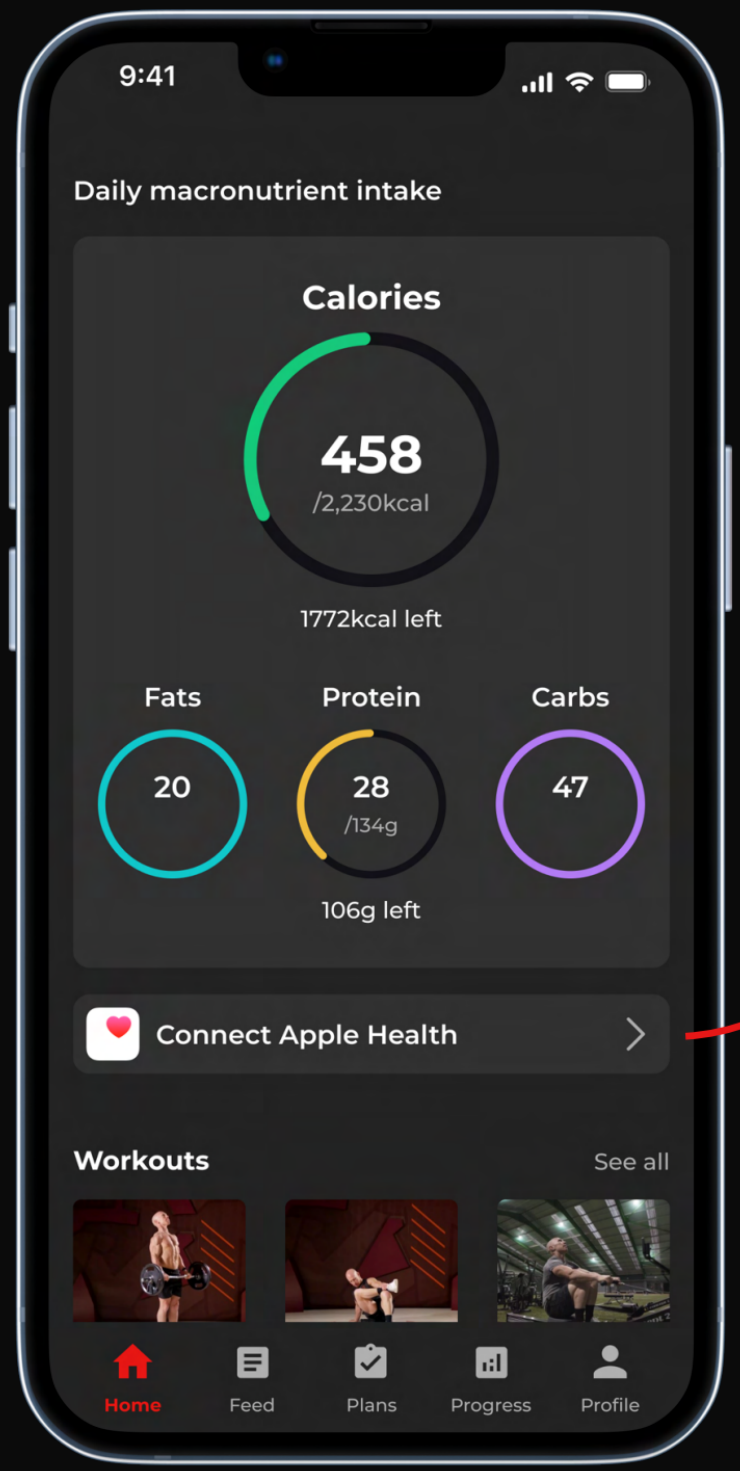
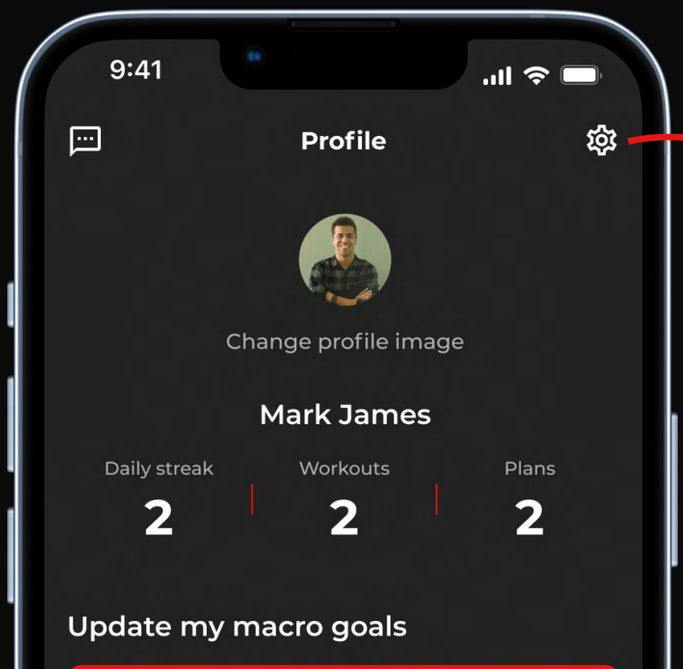
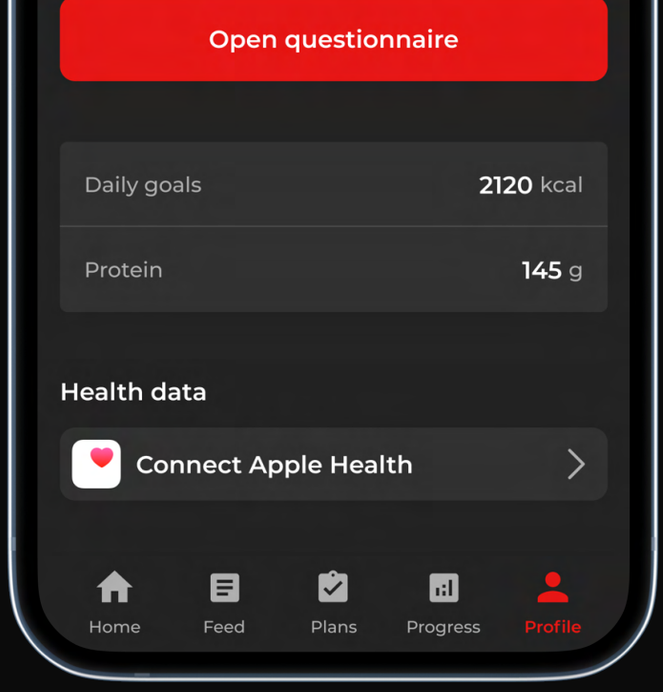


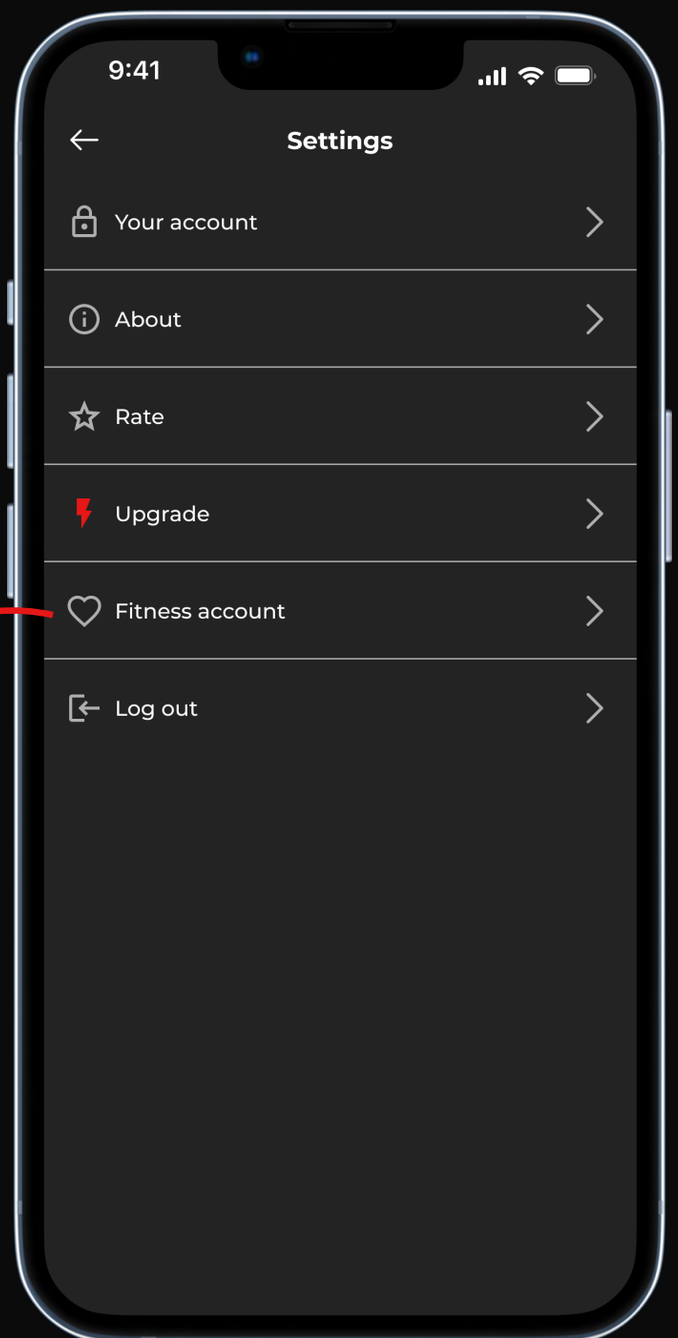
If you use iOS device, tap the ‘Connect Apple Health’ button to open the page for connecting your Apple Health account to the BODYPLAN app.

If you use Android device, tap the 'Connect Google Fit' button to open the page for connecting your Google Fit account to the BODYPLAN app.



Alternatively, you can open the 'Settings' page by tapping the gear icon at the upper right corner of the 'Profile' page.





Then, tap the 'Fitness account' button and connect your Apple Health or Google Fit account.

How to replace an exercise during the workout session

The 'Swap' feature in the BODYPLAN app gives you the flexibility to customize your workouts based on your preferences and workout environment. Here's how it works:

1. During your workout, if a certain exercise doesn't suit you or your current situation, tap the 'Swap' button located beneath the exercise name.
2. Tapping the 'Swap' button will open a page displaying a list of alternative exercises curated by your trainer.
3. From this list, you can choose an exercise that better fits your needs and replace the original exercise with the selected alternative.

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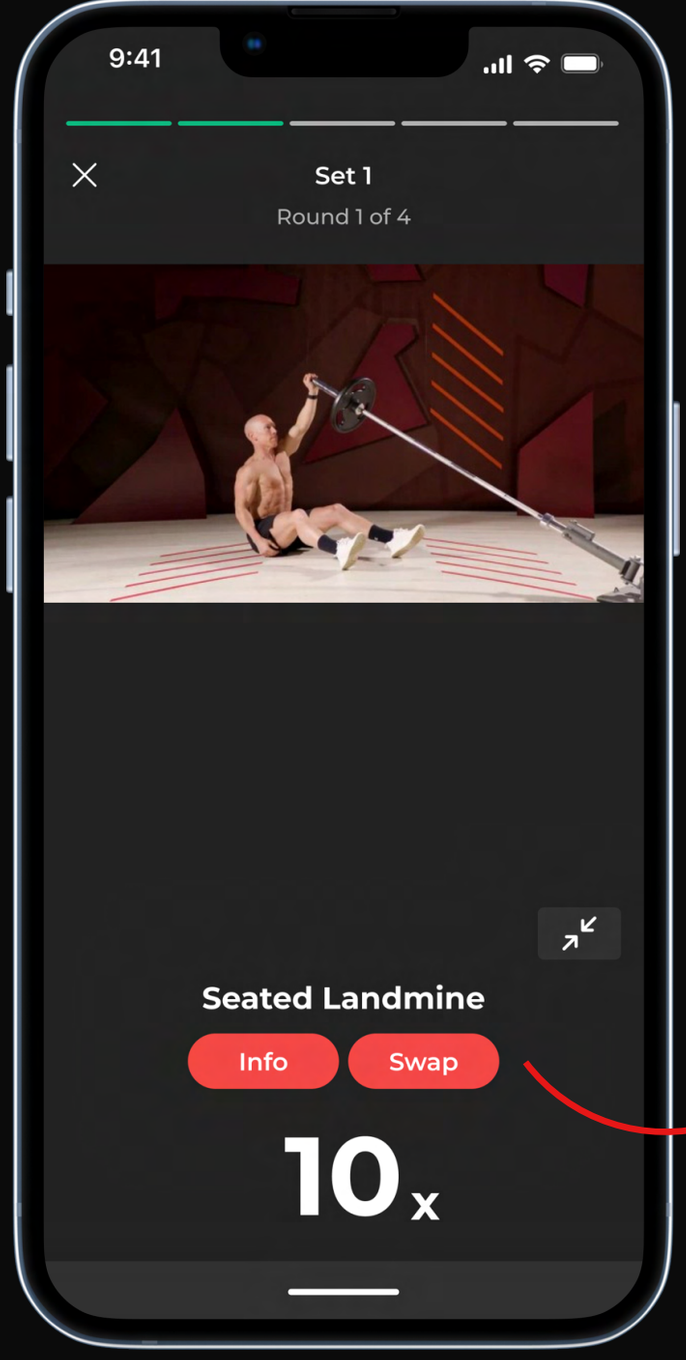
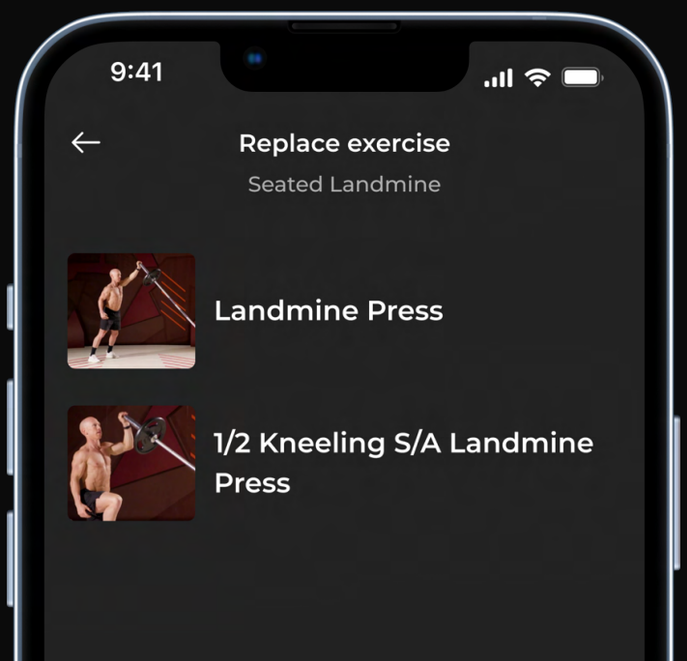


Tap the 'Swap' button to open the list of alternatives for this specific exercise.



Tapping the 'Swap' button will open the 'Replace exercise' screen. Tap the exercise you want to use instead of the original one.

Once you select an alternative exercise, it will replace the original exercise throughout the entire workout.

How to view an exercise video

To ensure you perform exercises correctly and effectively, BODYPLAN offers explainer videos for each exercise. Accessing these videos is easy. Simply navigate to the 'Exercises' page in the app, choose the exercise you want to learn about, and tap the play button to start the video.

For a more immersive experience, you can also open the video in full screen mode. Just tap the full screen icon located in the top left corner of the video.

By utilizing these videos, you'll have visual guidance to help you understand the proper form and technique for each exercise.

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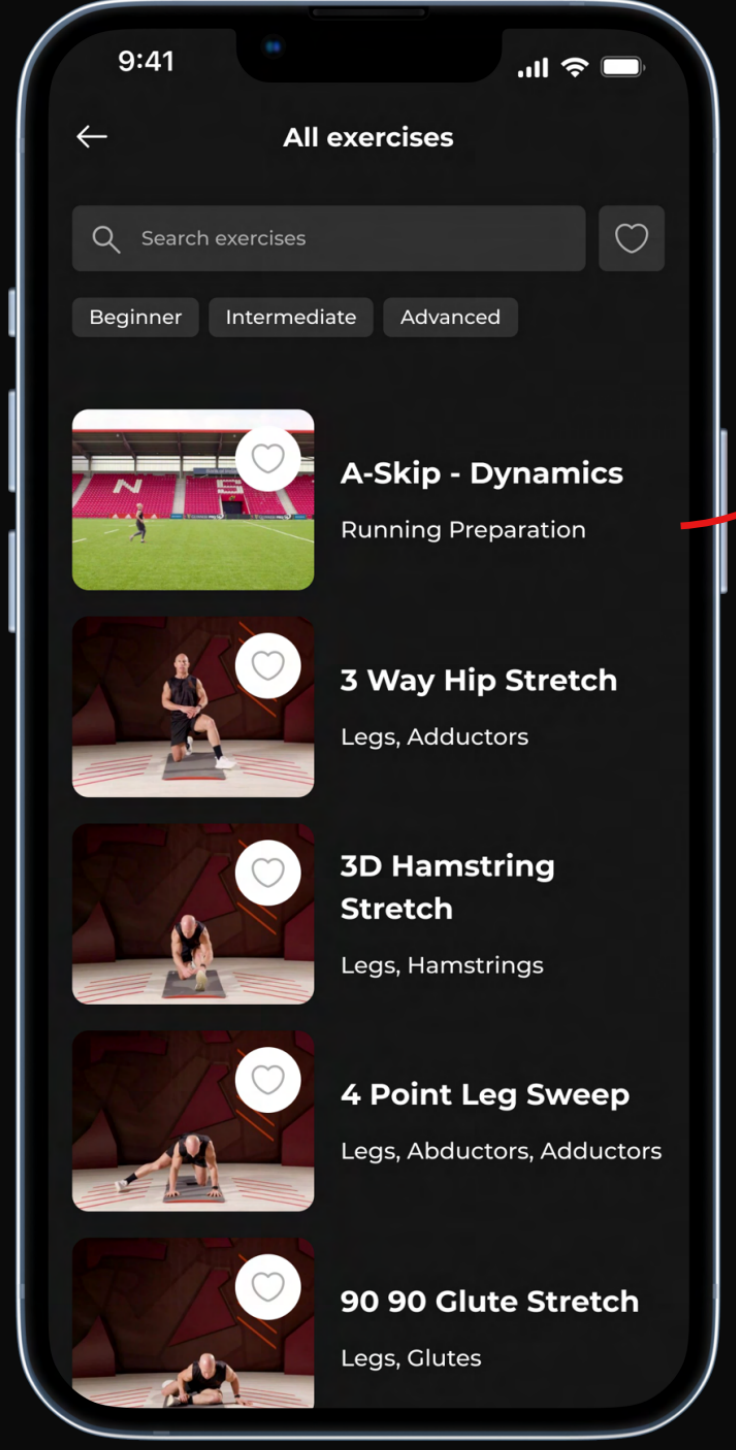
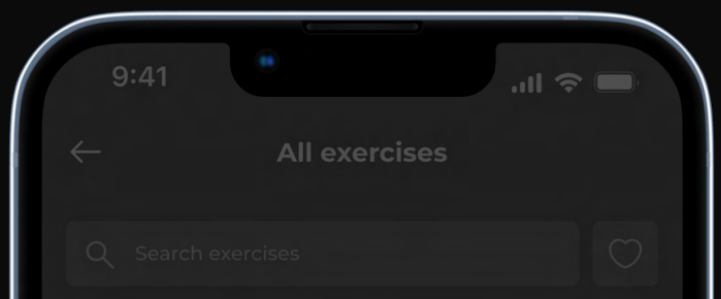
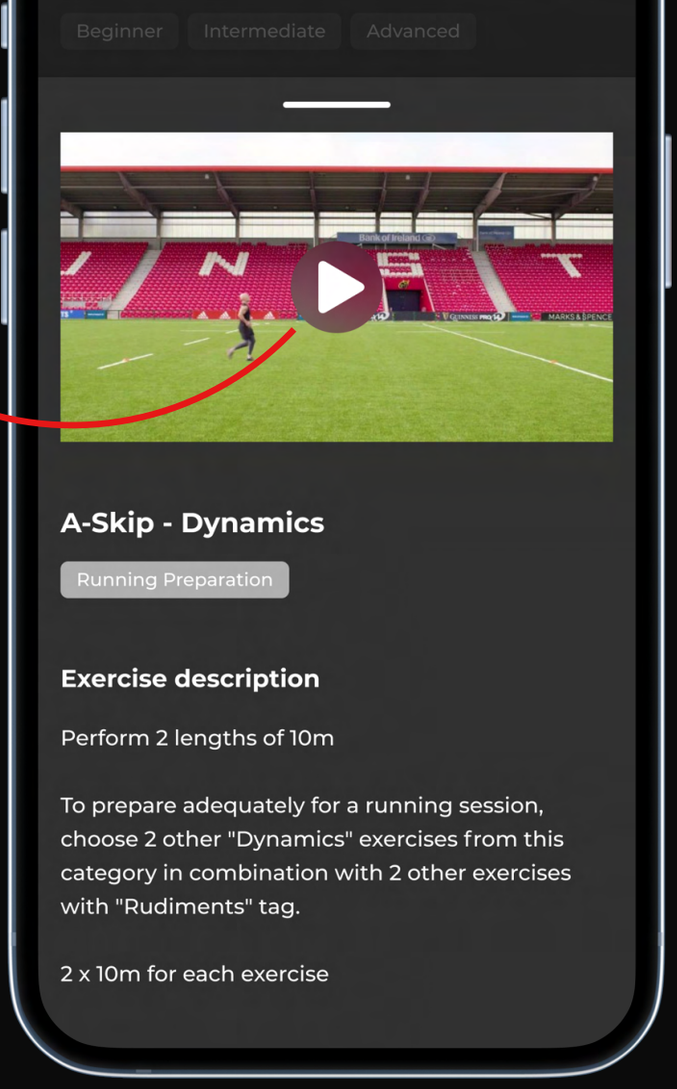


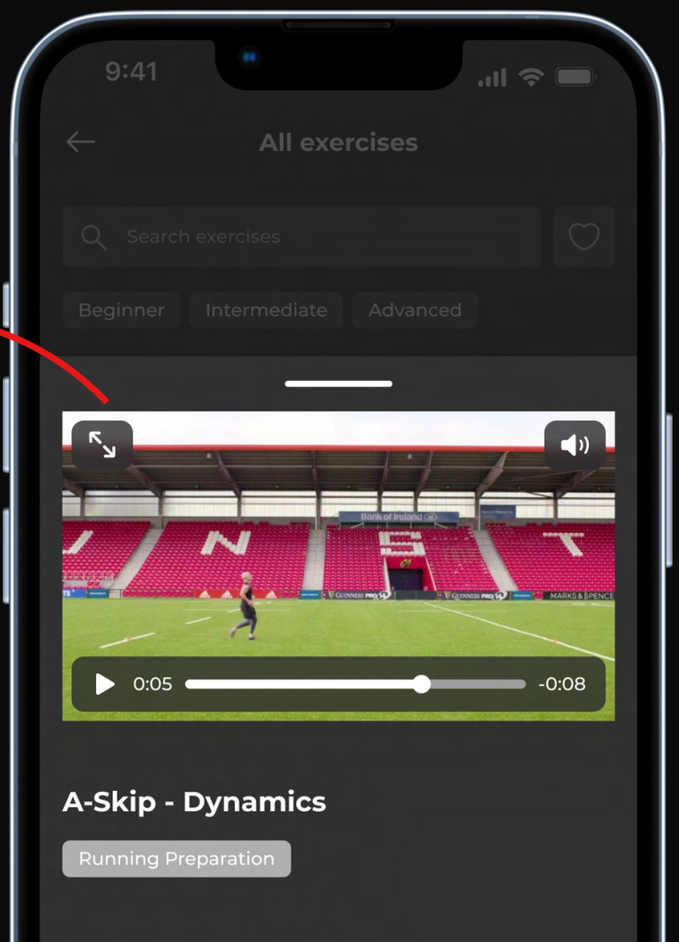
Tap the exercise you want to learn more about.

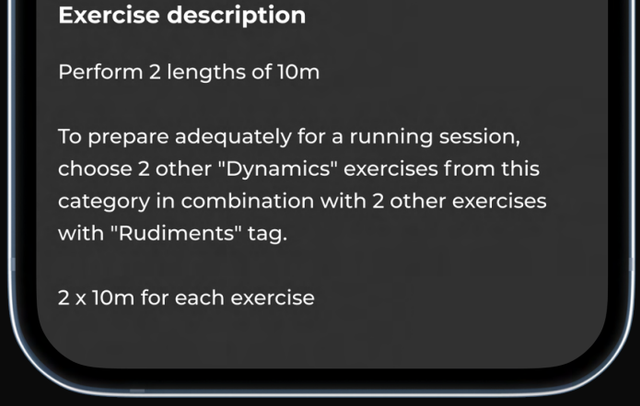
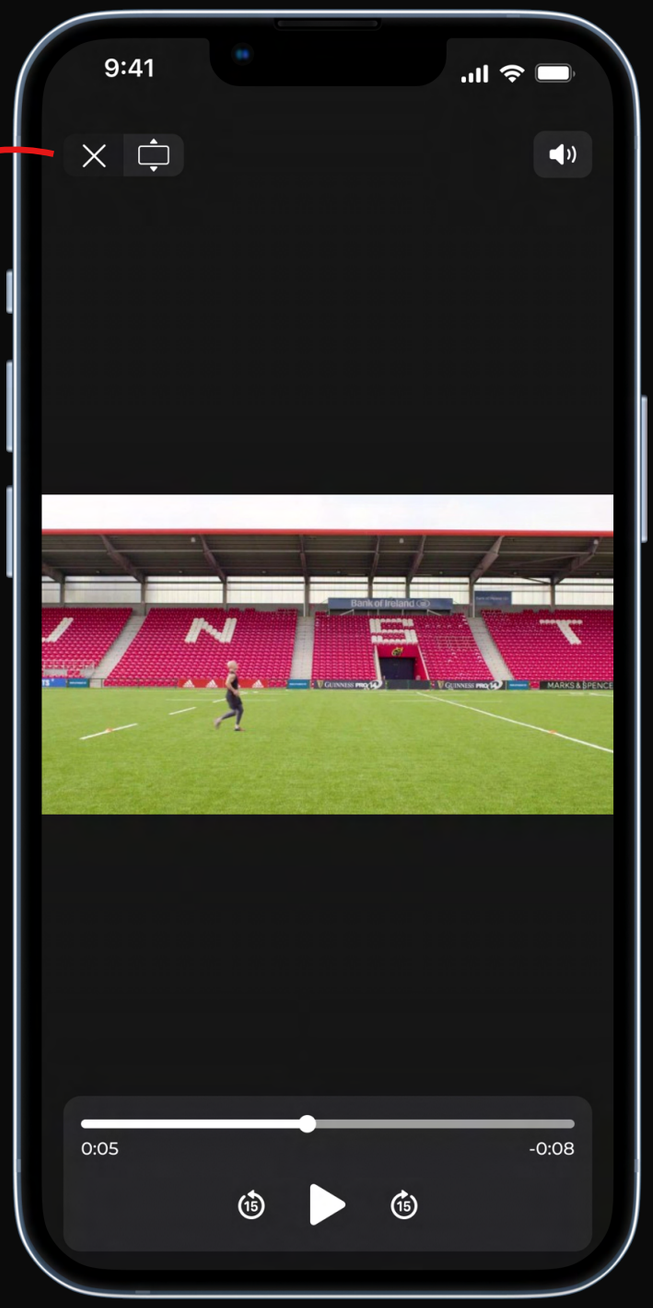


Tap the play icon to play the exercise video.



If you want to view the video in full screen, tap the expand icon.





If you want to exit the full-screen mode, tap the x icon.