

Newtopia App User Guide

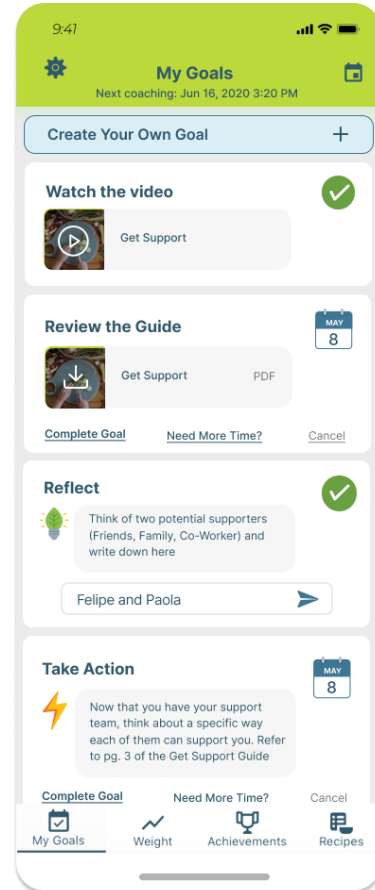
Version 1.10.3

September 2020 Release



Newtopia App: New Features

Version 1.10.3 - September 2020 Release



Updates at a Glance

1. New “My Goals” Home Page

New feature enhancements have been added to the home page to help you track your progress, show you when goals are due, and remind you when your next coaching session is.

2. Customized Goals

Now you can create your own personalized nutrition, exercise, and well-being goals to keep you motivated.

3. App Notification

We’ve enabled app messaging to remind you of upcoming coaching sessions.

4. New Recipes

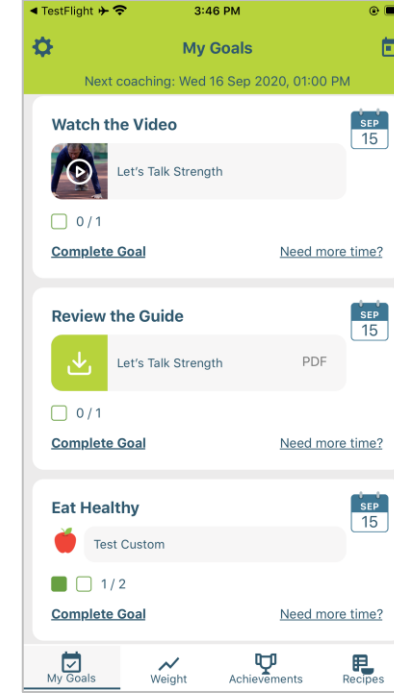
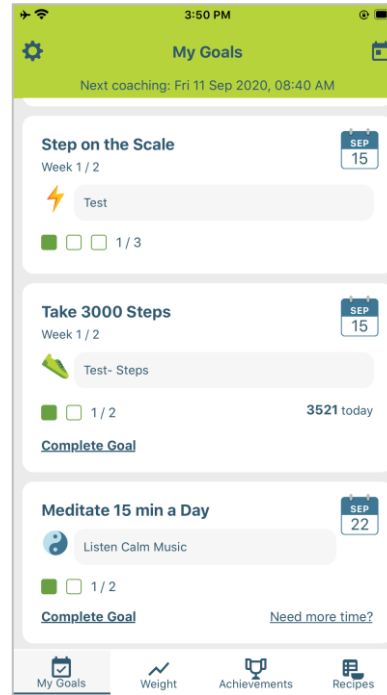
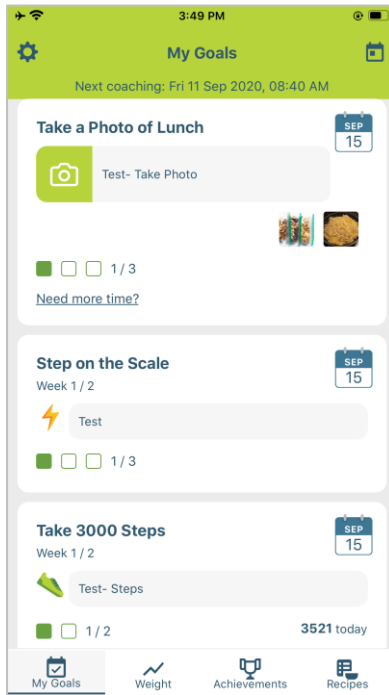
Try our delicious new recipes that are healthy for you too!

5. Name Change

We’ve renamed our app to Newtopia App so it’s easy to find in the app stores, and easy to remember.

1. New “My Goals” Home Page

Better tracking, management, and information display



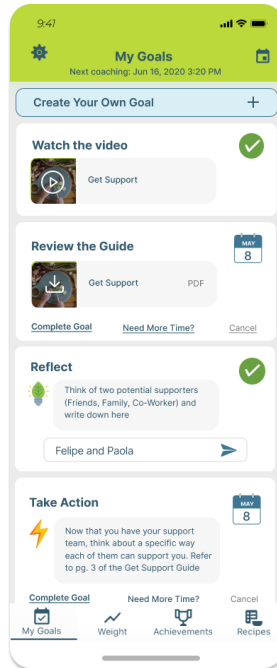
New Displays and Goals Management

1. Keep track of your progress for all active goals from the home page.
2. Launch videos or download guides with a tap of the screen.
3. Take photos of your meals and save them directly into the goal.
4. See when your goals are due, the number of successful or missed occurrences, or give yourself an extra week to complete your tasks if required.

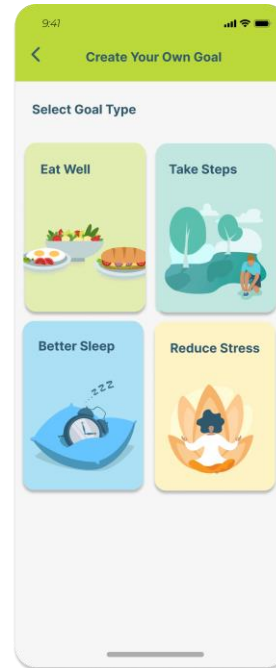
2. Custom Self-Created Goals

Choose from a selection of nutrition, exercise, and well-being goals

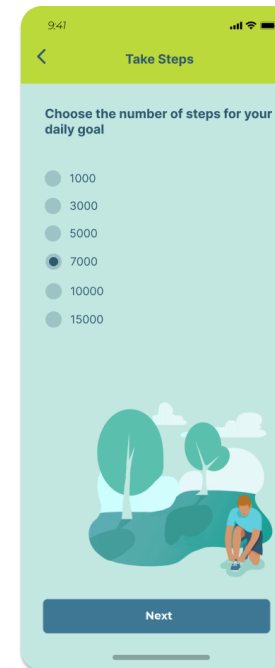
Tap the + Symbol to Add a Goal



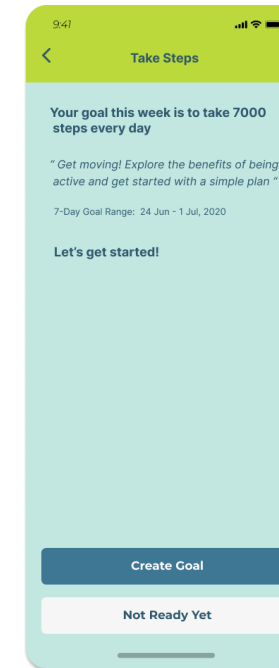
Select Goal Type



Select a Target or Objective



Create Goals

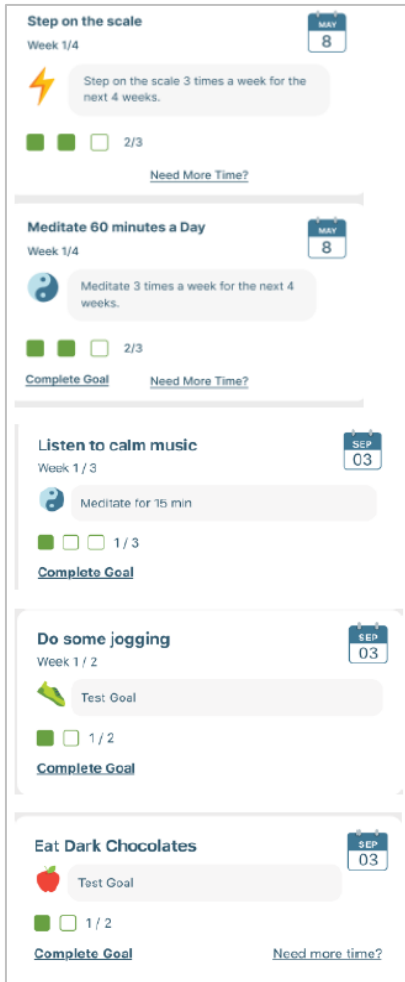


Create and Customize Your Goals

1. Tap the “+” symbol to create your own goal.
2. Select a type of goal to work on.
3. Select a target or an objective for your goal.
4. Confirm that you want to create the goal. Once confirmed, the selected goal will be added to your My Goals home page.

2. Custom Inspirator-Created Goals

Work with your Inspirator to create goals that are uniquely personalized to you



Customized Goals



- Inspirators can create robust custom goals from existing categories or design one-of-a-kind goal to meet your personal needs. Try a ‘Laugh-out-loud’ goal to reduce your stress for 5 days a week, 2 weeks in total.

Frequency and Occurrences

- Goals can be set to daily or a fixed number of days, up to a maximum of 4 weeks.
- Goals that last longer than a week can be shown as week 1/2, which means you are in week 1 of a 2 week long goal.

Tracking and Completing Your Goals

- When a square box turns green, it means you’ve accomplished an objective or a task.
- Some goals are automatically tracked, like stepping on a scale. Others require manual entry by tapping on the “Complete Goal” button.
- If the goal is not completed on the last day, you can use the “need more time?” option to extend the due date by a week.

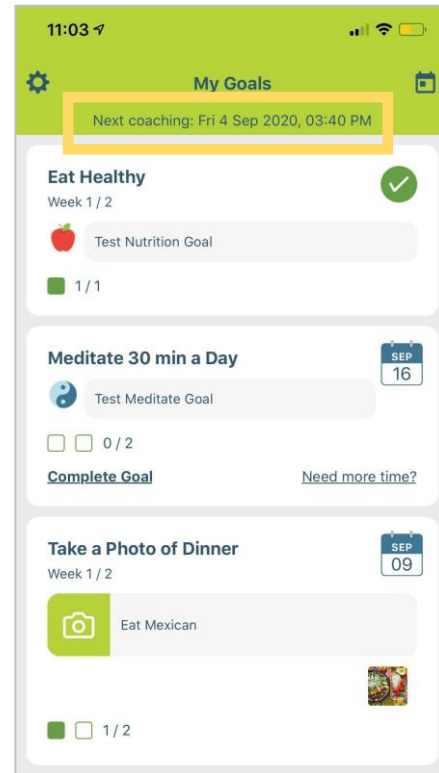
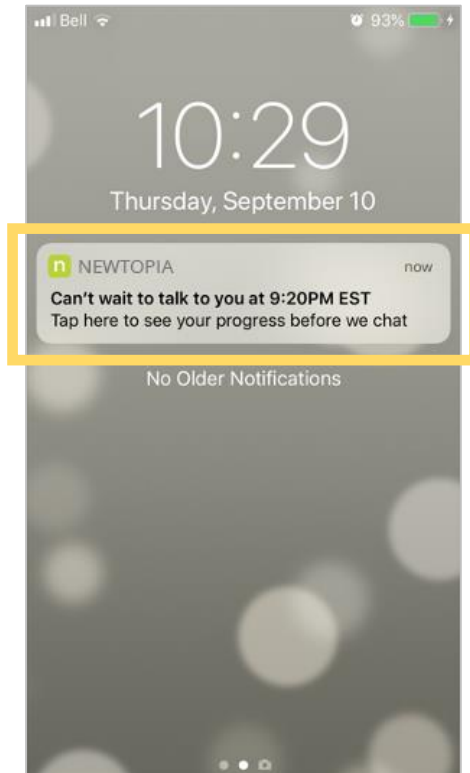
Calendar Icon

- The date shown in the calendar icon is the due date. It turns to a checkmark once the goal is completed.

3. App Notification

Timely reminders so you don't miss your coaching session

Coaching Reminders

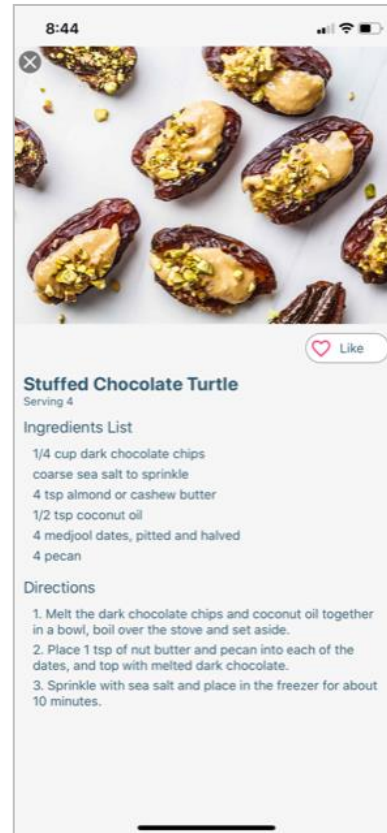
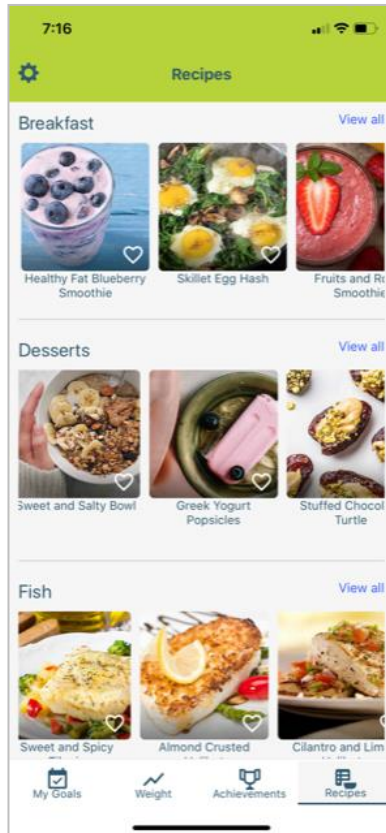


Never Miss a Coaching Session Again

1. We've enabled app notification messaging to remind you of an upcoming coaching session and appointment time.
2. Just tap on the notification tile to open the app so you can review or update your progress for your upcoming session.

4. New Recipes

Delicious and healthy for you too



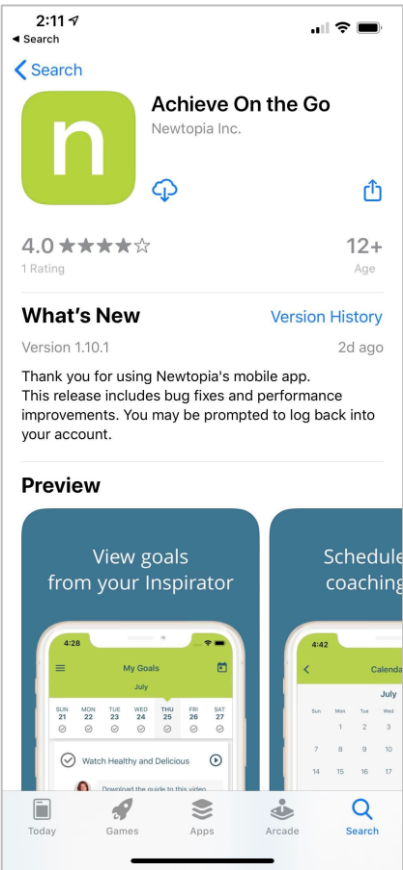
Breakfast, Main Dishes, Snacks, and Desserts

1. Tap the Recipes icon in the footer menu located at the bottom right corner of your screen.
2. Swipe up or down to see different meal categories, and right or left to browse delicious recipes within each category.
3. Tap on an image to see the ingredients list and cooking instructions.

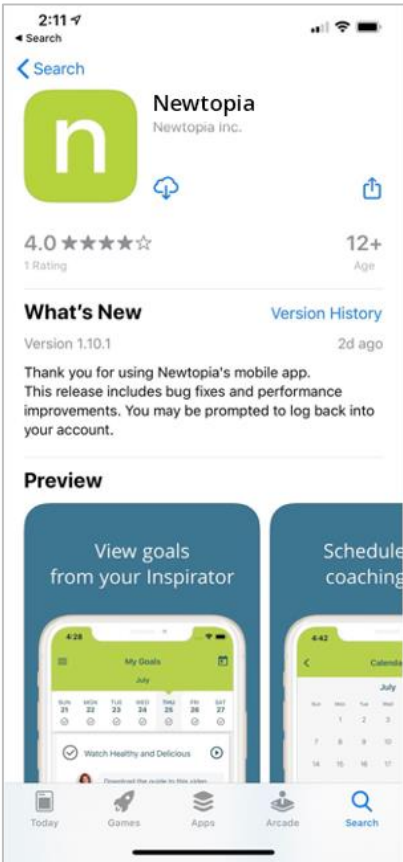
5. Name Change

Easy to find in the app stores, easy to remember. *Achieve on the Go* is now the *Newtopia* app.

Before



After





newtopia

Newtopia App