

Fizika*flex* Launch Guide

Enrolled Users

Step #1: Sign Up for Fizikaflex

An account on Fizikaflex is created when you complete the registration form here:

<https://enroll.fizikaflex.com/registration>

Community Name: *(your community name)*

Invitation Code: *(your invitation code)*

Step #2: Verify Email Address



Please verify your email address

Hi Testing Testing, you have applied to be enrolled in Pandemic Prevention. Please click "Verify Now" to verify your email address.

Verify Now →

After signing up, look for an email from fizikaflex@fizikagroup.com and click on "Verify Email Address."



Step #3: Check your email and click “Activate Now”



Activate your Account

Hi Test-001, you received this email because you've been invited by your Community Coordinator to participate in the Fizikaflex program as a Enrolled User. Please click "Activate Now" to activate and set up your account.

ACTIVATE NOW →

After verifying your email address, look for an an email from fizikaflex@fizikagroup.com and click on “Activate Now.”

This email might take 1-2 business days to come through.



Step #4: Complete the “Make it Yours” Section

Make it Yours

Custom Daily Steps Goal



Enter a number here. *Ex: 7,500*

If you set a custom step goal, it will change your weekly averages.

Dietary preference

☒ None☐ Vegan☐ Vegetarian☐ Pescatarian

Vegan: no animal products



Vegetarian: no meat products



Pescatarian: fish is the only animal product

Are you allergic to dairy?

☒ No☐ Yes

 Save & Continue

Step #5: Create your password and write it down

Create your Password

Username: **Test-001**

Please create the password for your new account.

- Please select your own password and write it down, along with your username.
- Only share your login credentials with people you trust.
- When you login again later, you will do so using the credentials on this page.

[Home](#) →

Step #6: Review your username and email

Welcome Michael



Daily Tip

Keep up your great sleep!
Try to get 8 hours each night.



265

Days Left



+10%

Improvement

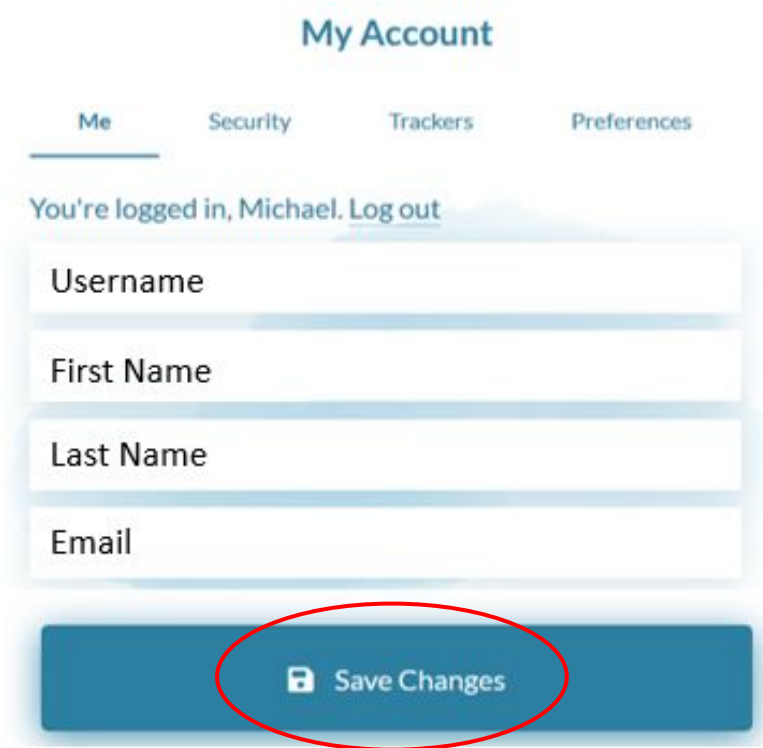


1st

Rank

- Go to your homepage on <https://app.fizikaflex.com/login> and click on your name.

Step #7: Double check your account info

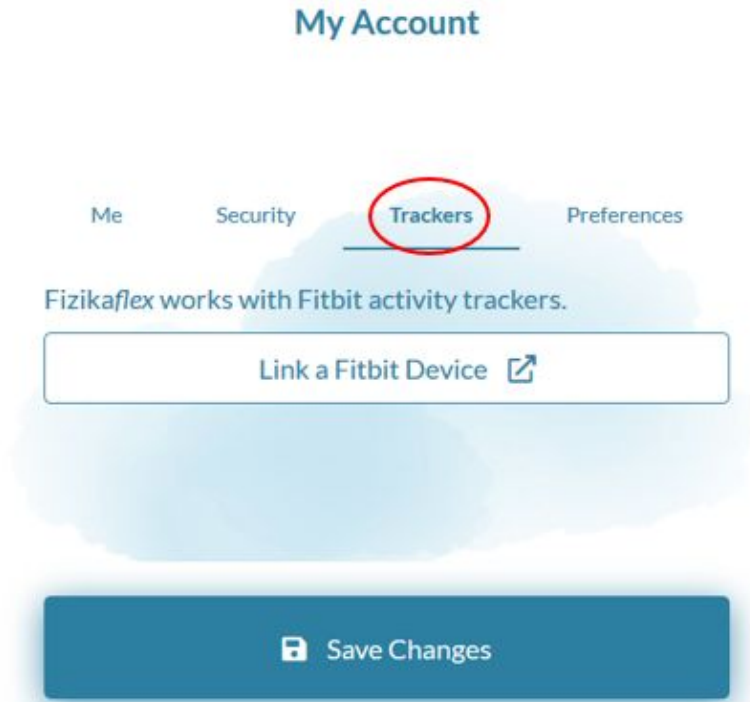


The screenshot shows a 'My Account' interface. At the top, there are tabs for 'Me', 'Security', 'Trackers', and 'Preferences'. Below the tabs, it says 'You're logged in, Michael. Log out'. There are four input fields: 'Username', 'First Name', 'Last Name', and 'Email'. At the bottom, there is a blue button with a save icon and the text 'Save Changes', which is circled in red.

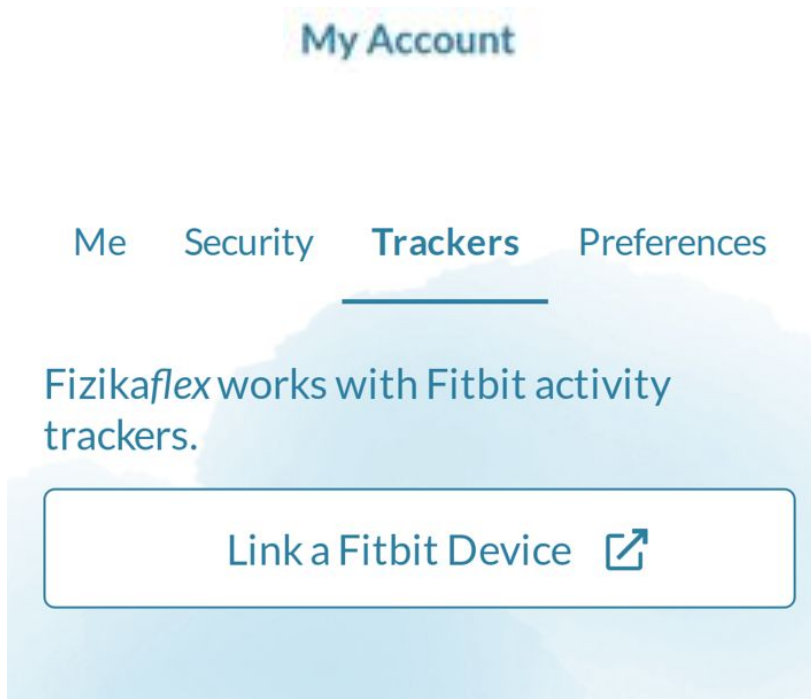
- Review that your username, first name, last name, and email are all correct.
- Don't forget to save your changes!

Step #8: Add wearable devices to your account

- Click on the “trackers” tab.



Step #9: Add wearable devices to your account (cont.)



- Click the button in the middle of the screen that says “Link a FitBit Device’

Step #10: Select data from FitBit



Fizikaflex by [Fizika Group](#) would like the ability to access the following data in your Fitbit account.

- ☒ Allow All
 - ☒ activity and exercise
 - ☒ food and water logs ⓘ
 - ☒ sleep
 - ☒ profile ⓘ

If you allow only some of this data, Fizikaflex may not function as intended. Learn more about these permissions [here](#).

Deny

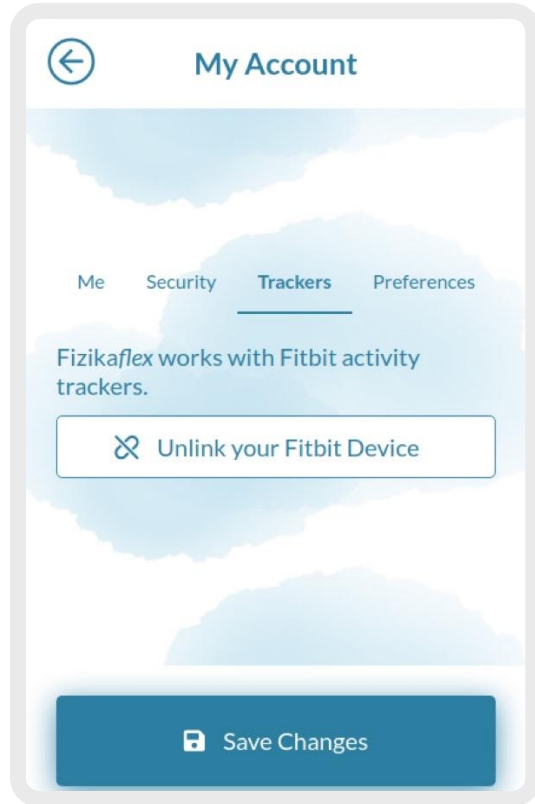
Allow

The data you share with Fizikaflex will be governed by Fizika Group's [Privacy Policy](#) and [Terms of Service](#). You can revoke this consent at any time in your Fitbit [account settings](#).

- Fizika*flex* can accept data from your FitBit device.
- Select which items from your FitBit tracker to synchronize with Fizika*flex*.
- Click Allow to connect your Fitbit to your Fizika*flex* account.



Step #11: FitBit Synchronization

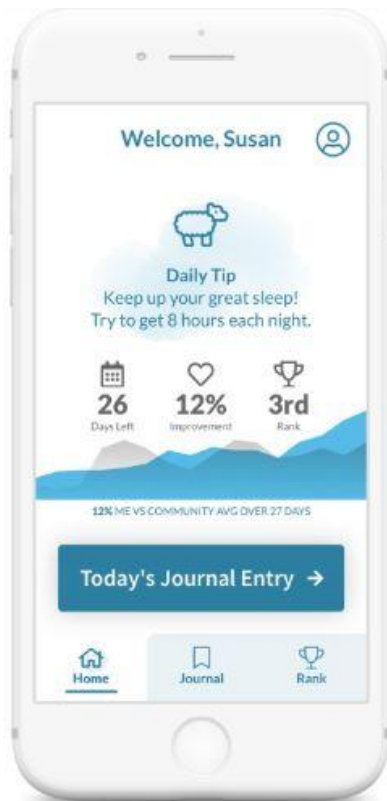


- Click **Save Changes** to connect your Fitbit to your Fizika*flex* account.
- Need to disconnect your FitBit? Click “Unlink your FitBit device” to unlink it from your Fizika*flex* account.

Good work! You're all set up.

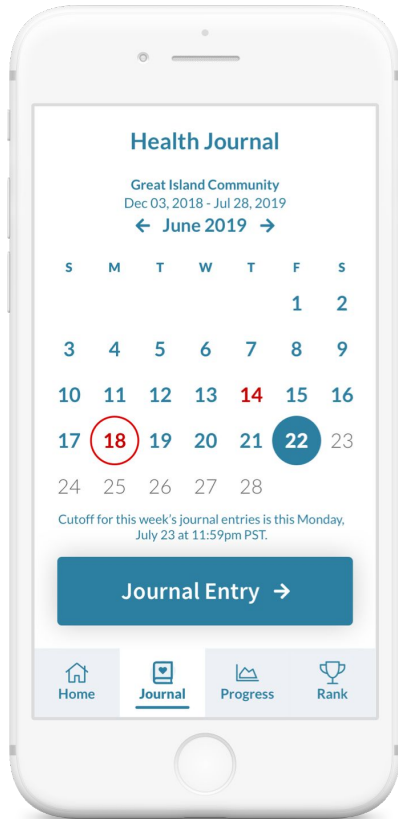
Keep reading to learn how you can make the most of your Fizika*flex* journal.

Daily Use Tips



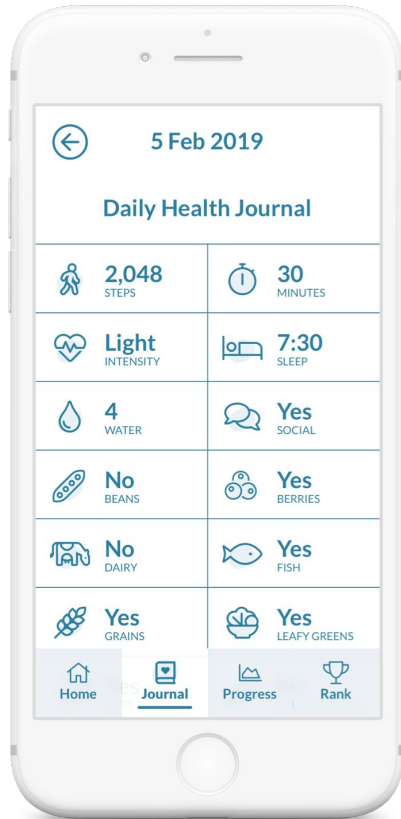
- Once you are logged in, your home screen will give you a quick recap of your progress, rank and a daily health tip.

Daily Health Journal: Calendar View



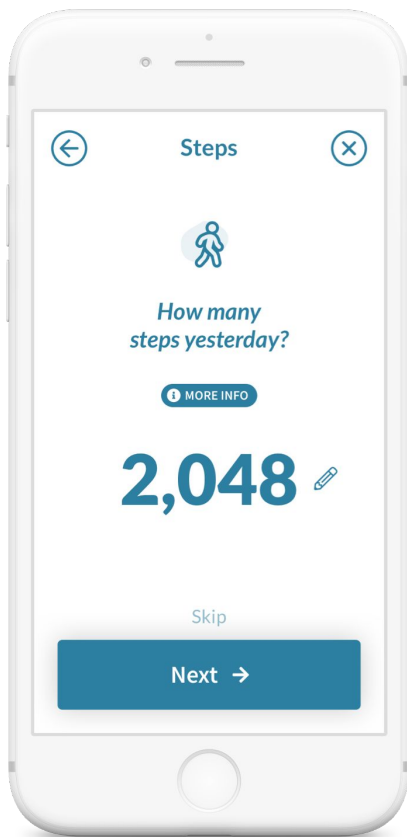
- Click the **Journal Entry** button. The red circles indicate days when data was not entered.
- Data can be entered throughout the 7 day week. Midnight Sunday, the data is locked down for the week. That allows for week by week comparisons.

Daily Health Journal Report



- A snapshot of the data you entered appears in your Daily Health Journal.
- If you selected categories you don't eat, the icons remain but you won't lose points for not entering data in these categories.

Daily Step Count



- Enter the number of steps you walked the day before by typing in the box under More Info.
- Click the More Info button for information on how many steps are recommended for you.
- If you're using a Fitbit, your step count will automatically appear here. If you are using another method to keep track of your steps, enter that information here.
- Click Next to save.

Exercise Minutes

Exercise Minutes



How long did you exercise today?

[MORE INFO](#)



0

Minutes




Skip

Next →

- Enter the number of minutes you exercised.

Exercise Variety


Exercise Types




What kind of exercise(s) did you do yesterday?

(Tap all that apply)


ⓘ MORE INFO




Cardio



Strength



Balance



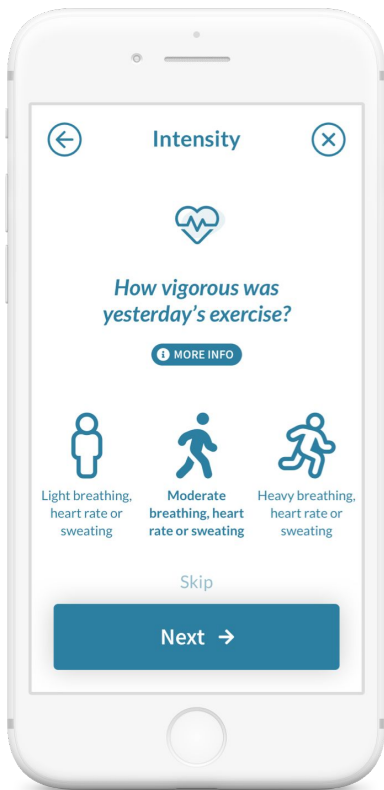
Flexibility

Skip

Next →

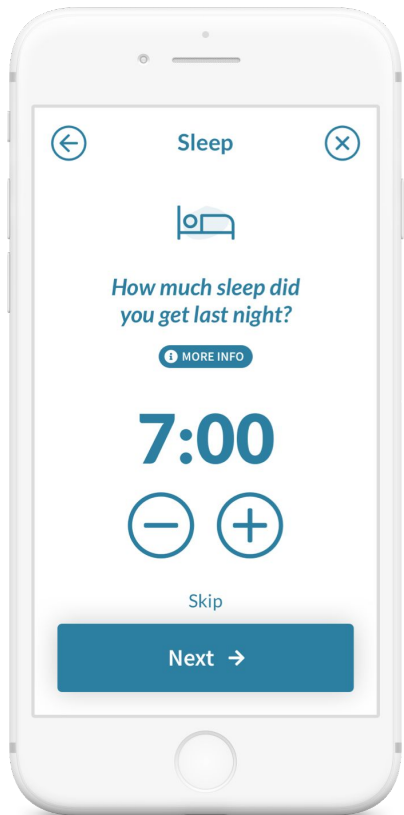
- A balanced workout includes these four types of exercises. Click all that apply:
 - Cardio
 - Strength
 - Balance
 - Flexibility

Exercise Intensity



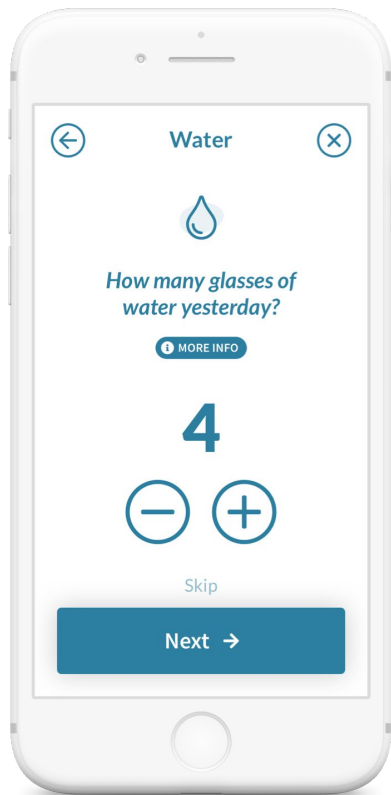
- It's important to track how vigorous your exercise was the day before.
- Select the icon that most closely resembles the type of exercise you did.
- Click Next to save.

Journal - Sleep



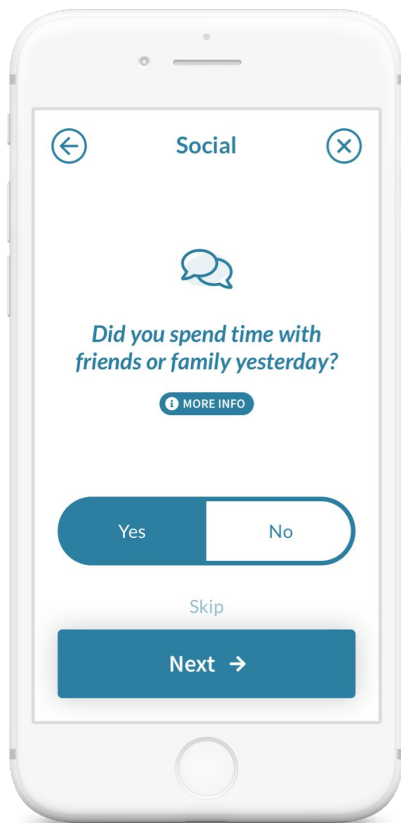
- Sleep is essential to brain health. Enter the time you slept the night before by clicking the plus and minus buttons.
- Sleep time is recorded in half hour intervals.
- Remember to click Next to Save.

Journal - Hydration



- Drinking water daily is essential to good brain health.
- Enter the number of glasses of water you drank the day before by clicking the plus or minus buttons.
- Remember to click Next to save your entry.

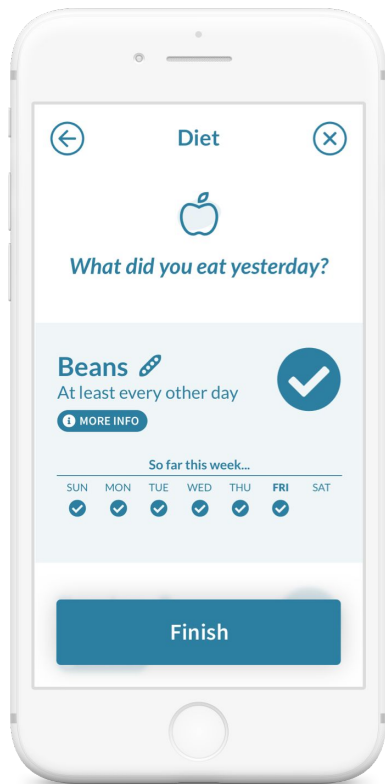
Journal - Social



- As a Fizikaflex user, we encourage you to stay connected socially with friends and family. It's important for mental health and enjoying life.
- Answer the question by clicking Yes or No.
- Click Next to save your answer.

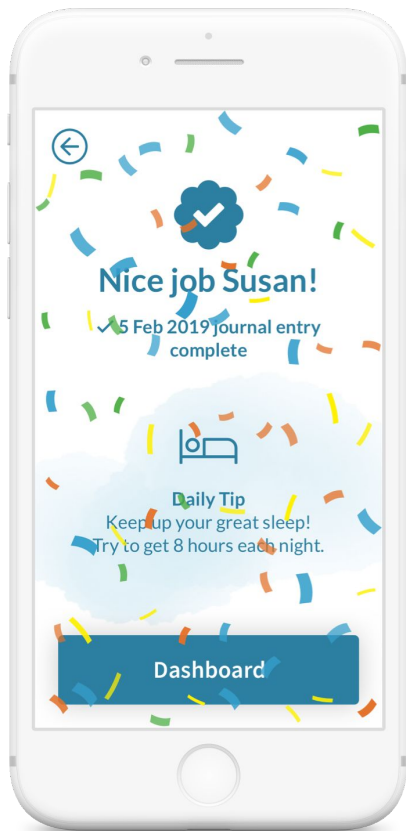
Journal - MIND Diet

Mediterranean Neurodegenerative Disease Delay Diet



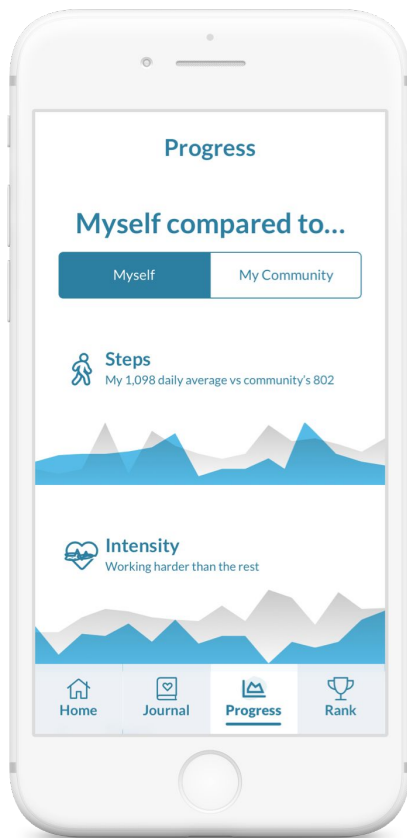
- The next few screens ask about your consumption of the foods that can help you maintain good brain health. Record the food you ate by selecting the category and hitting the check button.
- Click Finish to save your entry.
- Scroll down to click yes or no in each food category. Remember to save each entry.

Journal - Daily Entries Are Done



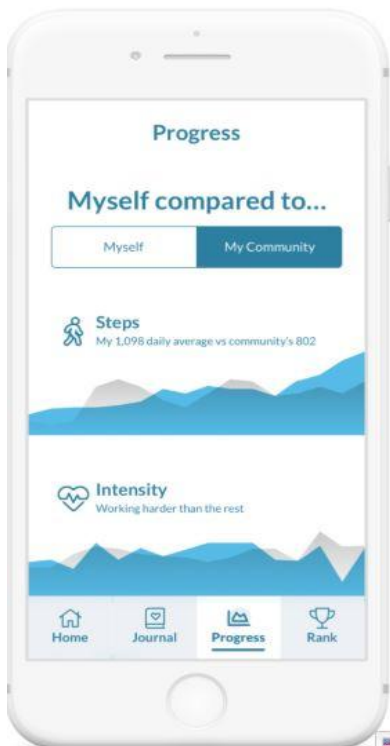
- When you have completed the Daily Health Journal for the day, you will see a screen appear.
- The Daily Tip will change based on the data you enter.

Progress - Myself



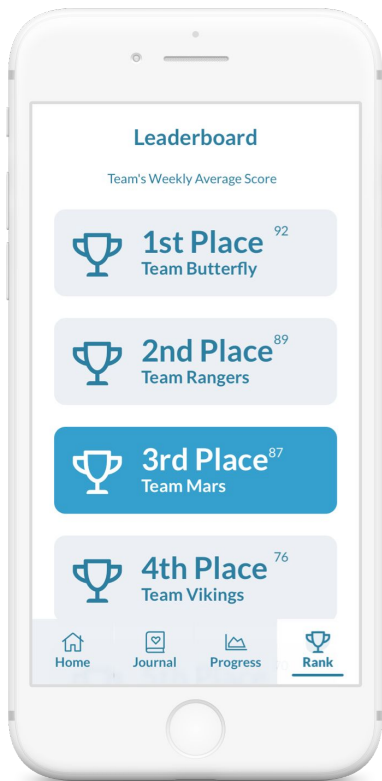
- See how your did compared to yourself in the previous period:
 - Steps
 - Intensity
 - Sleep
 - ...Scroll down to see all the indicators

Check Your Progress Compared to Your Peers



- Click the My Community button to see how your performance compares to your peers. Your results are in darker blue.
- The community's results are in grey.
- ...Scroll down to see how you are doing compared to other members of your community.

Select Rank to See Your Team's Results on the Leaderboard



- If your Administrator has you on a Team, you can see how your team is doing with use of Fizikaflex.
- Challenges can be created by the Community Administrator to make staying healthy fun.



For more information,
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