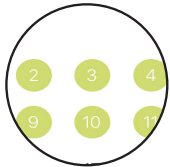


Instructions for Wellify

HOME

Our exercises calls wellis.

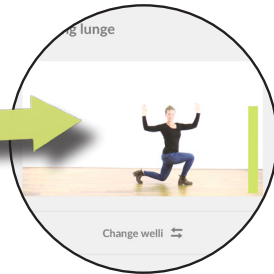
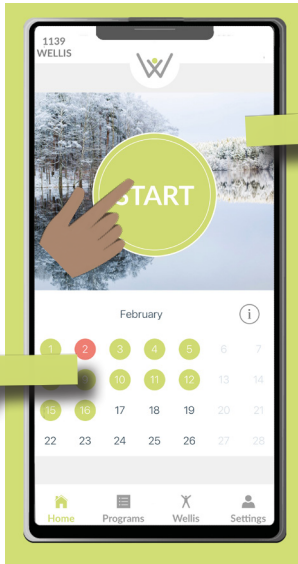


In the calendar you can follow your progress. Three marked wellis gives you a green day.

The push notifications comes only Monday-Friday. But you can have a green day also on weekends.



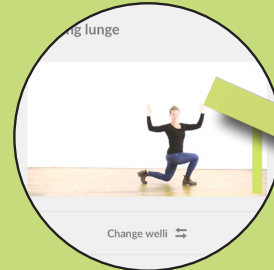
To have a welli registered you have to push the button "Mark welli as completed."



When you push the start button, a video starts randomly based on how you have chosen.

If you don't have chosen some specifically settings a video will start anyway.

PROGRAM

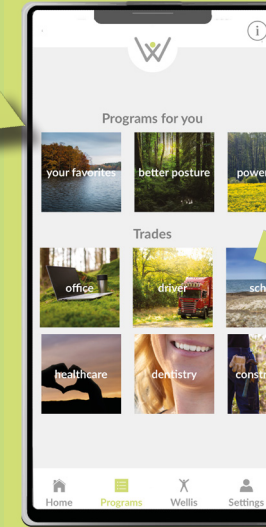


"Your favorites" is the program you can create for your favorite wellis.

At every video there is a button to push "Add to favorite".

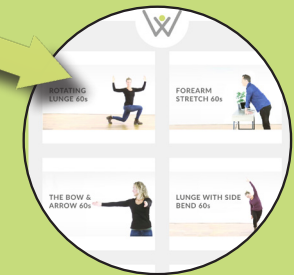
When you push that button the welli end up in the program "Your favorites".

There can you run the whole program or just choose individual wellis.



In "program for you" can you choose a specific program for different purposes or for trades.

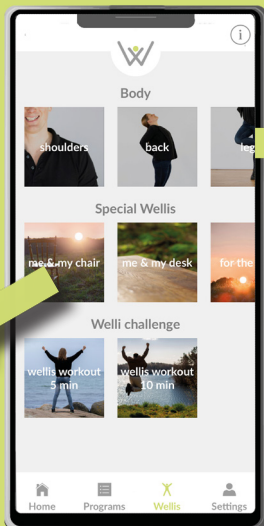
When you push the button "run this program" there will be only wellis from this program which show up on videos.



WELLIS

In "Special Wellis" can you choose individual wellis that you can use a chair or a table for and to calm your mind.

In the "Wellis challenge" you can choose a session longer than 1 minute.



At the Body you can choose different part of the body when you need to choose individual wellis or when you create your own favorite program.

SETTINGS

08:00

16:00

Set the time for your wellis schedual.

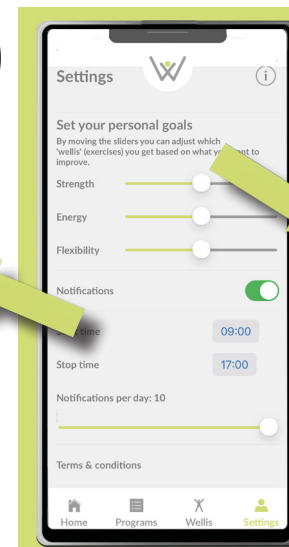
Choose how many Wellis you want to have during the day.

Stop time

Notifications per day: 10

Settings & conditions

Push notification is only Monday-Friday and they only show up if you choosed that when you download the app.



Set your personal goals by changing the positions of the levers.

Then you get the wellis randomly from your settings.

