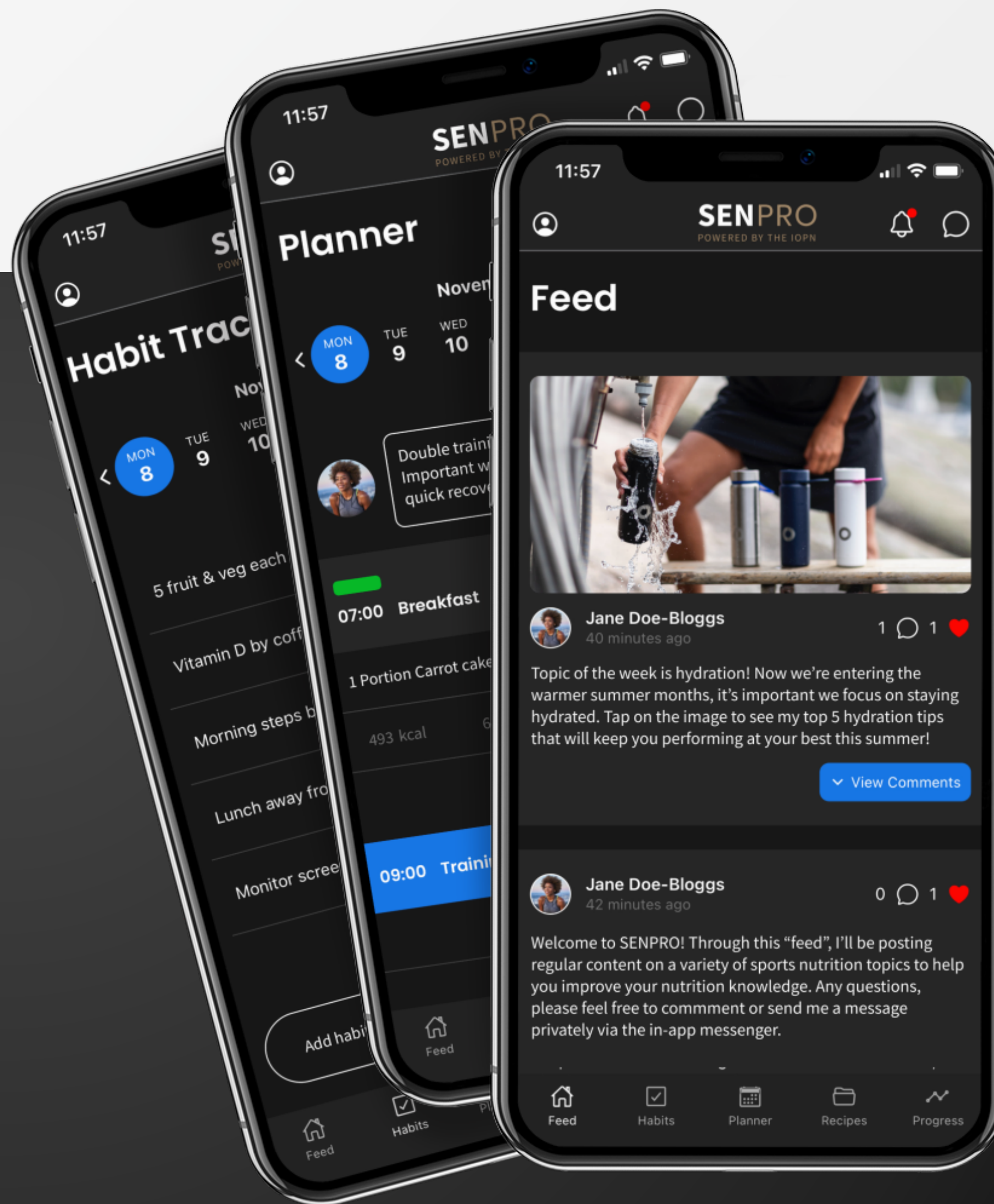


*YOUR LOGO HERE*

*Welcome to SENPRO!*

# Your Sports Nutrition Hub



# Activate your account

First, you'll need to activate your SENPRO account.

You will receive an activation email (check your junk / spam). Click "activate account"

Or you'll be sent your activation link manually.

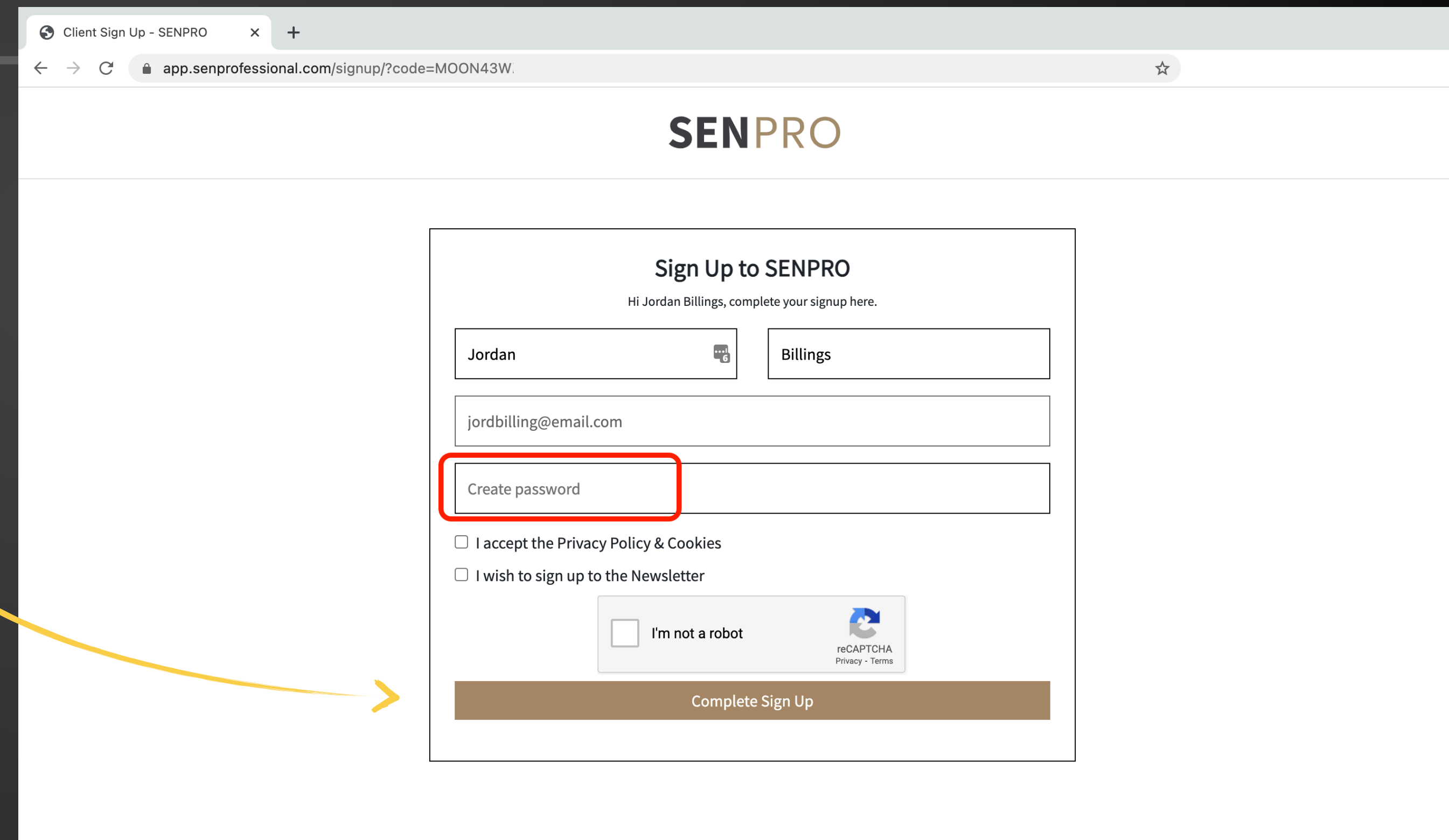




# Create a password

Create a password and then click the gold “complete sign up” button.

You will use this email address & password for accessing the web-platform & mobile app.



Client Sign Up - SENPRO

app.senprofessional.com/signup/?code=MOON43W.

## SENPRO

### Sign Up to SENPRO

Hi Jordan Billings, complete your signup here.

Jordan Billings

jordbilling@email.com

Create password

☐ I accept the Privacy Policy & Cookies

☐ I wish to sign up to the Newsletter

☐ I'm not a robot

reCAPTCHA Privacy - Terms

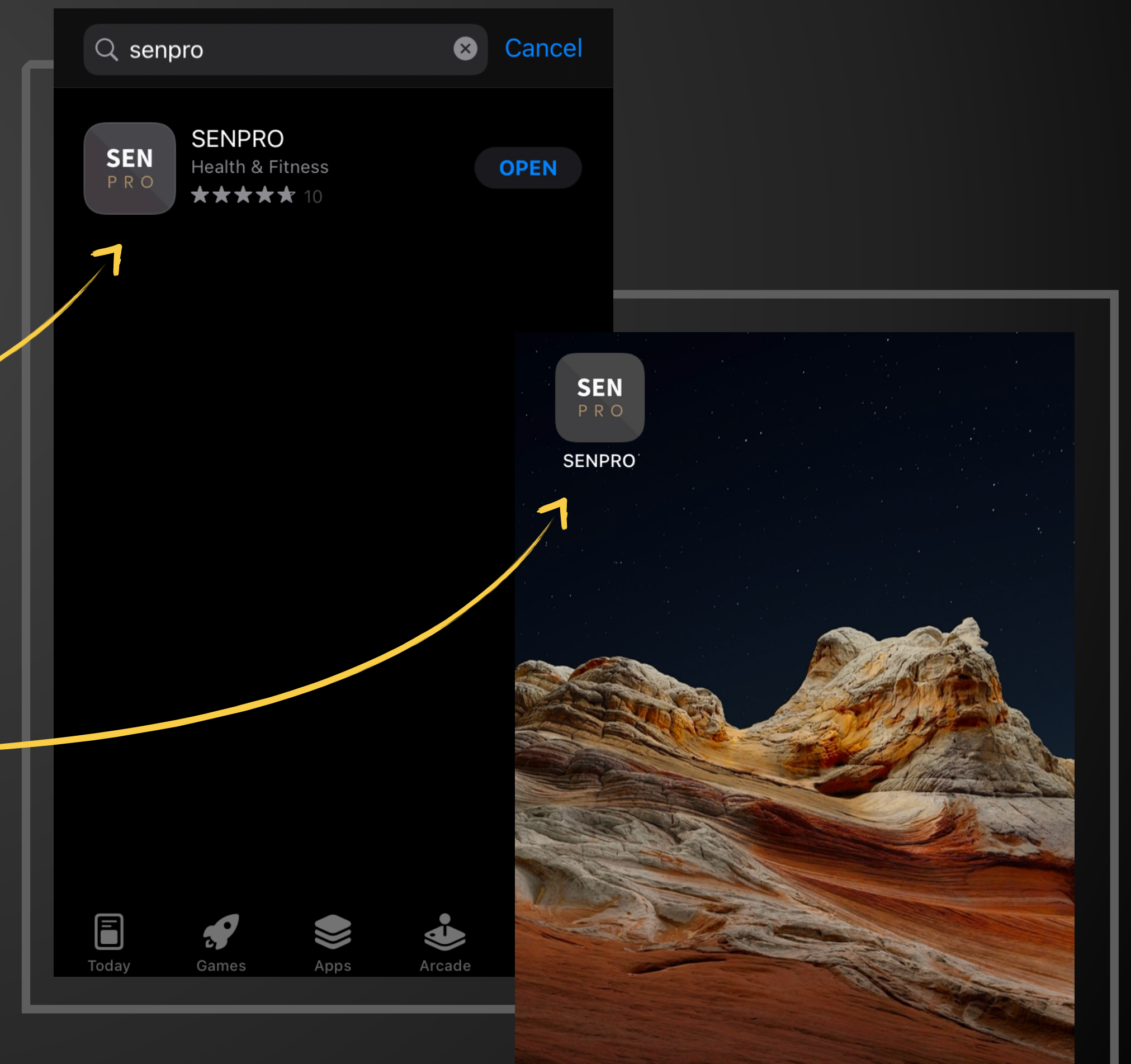
Complete Sign Up

# Download & log in to SENPRO

Search & download SENPRO on the App Store or Google Play!



Log in to the mobile app or via the web ([app.senprofessional.com/login](https://app.senprofessional.com/login)) using your email address & password.

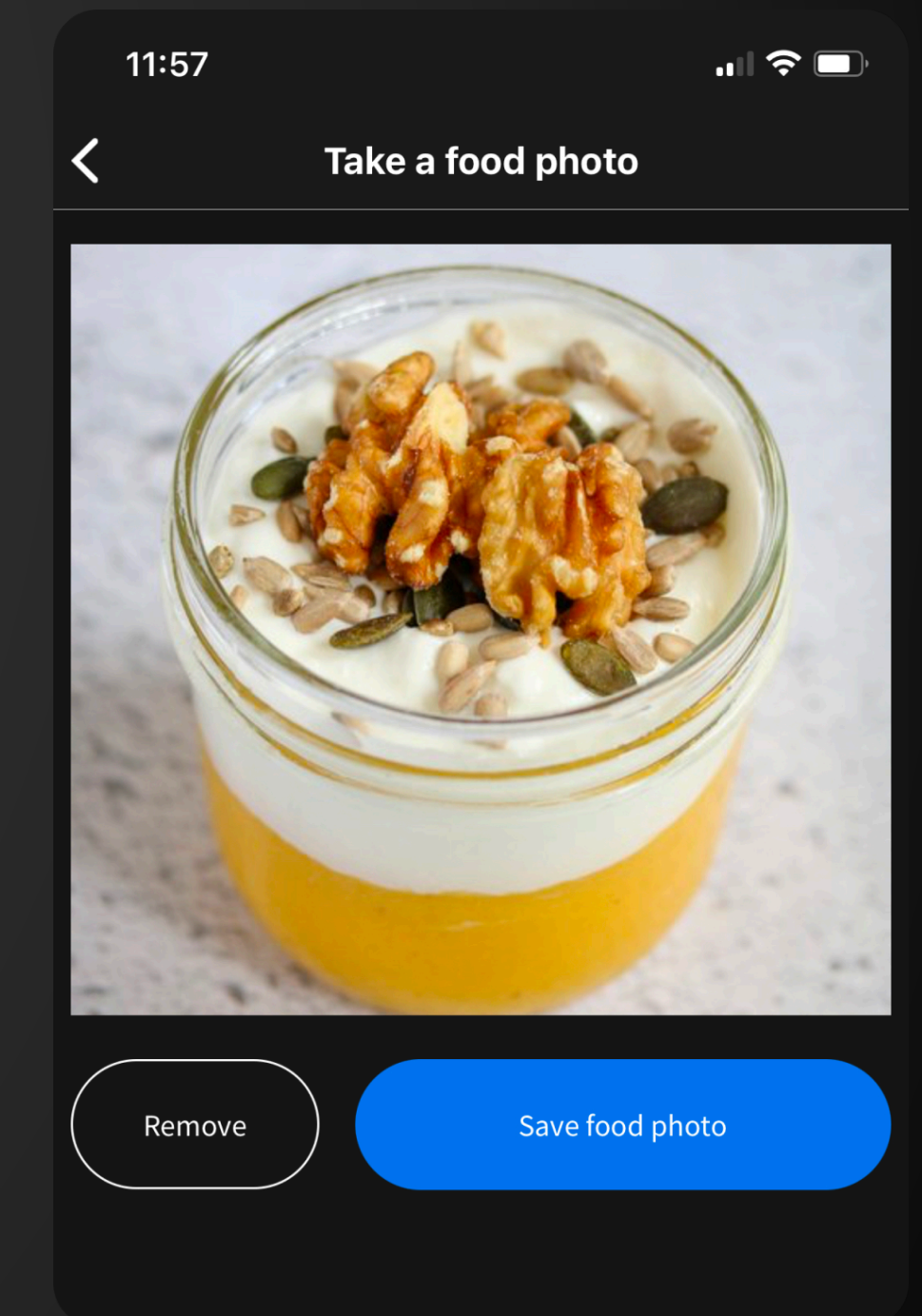
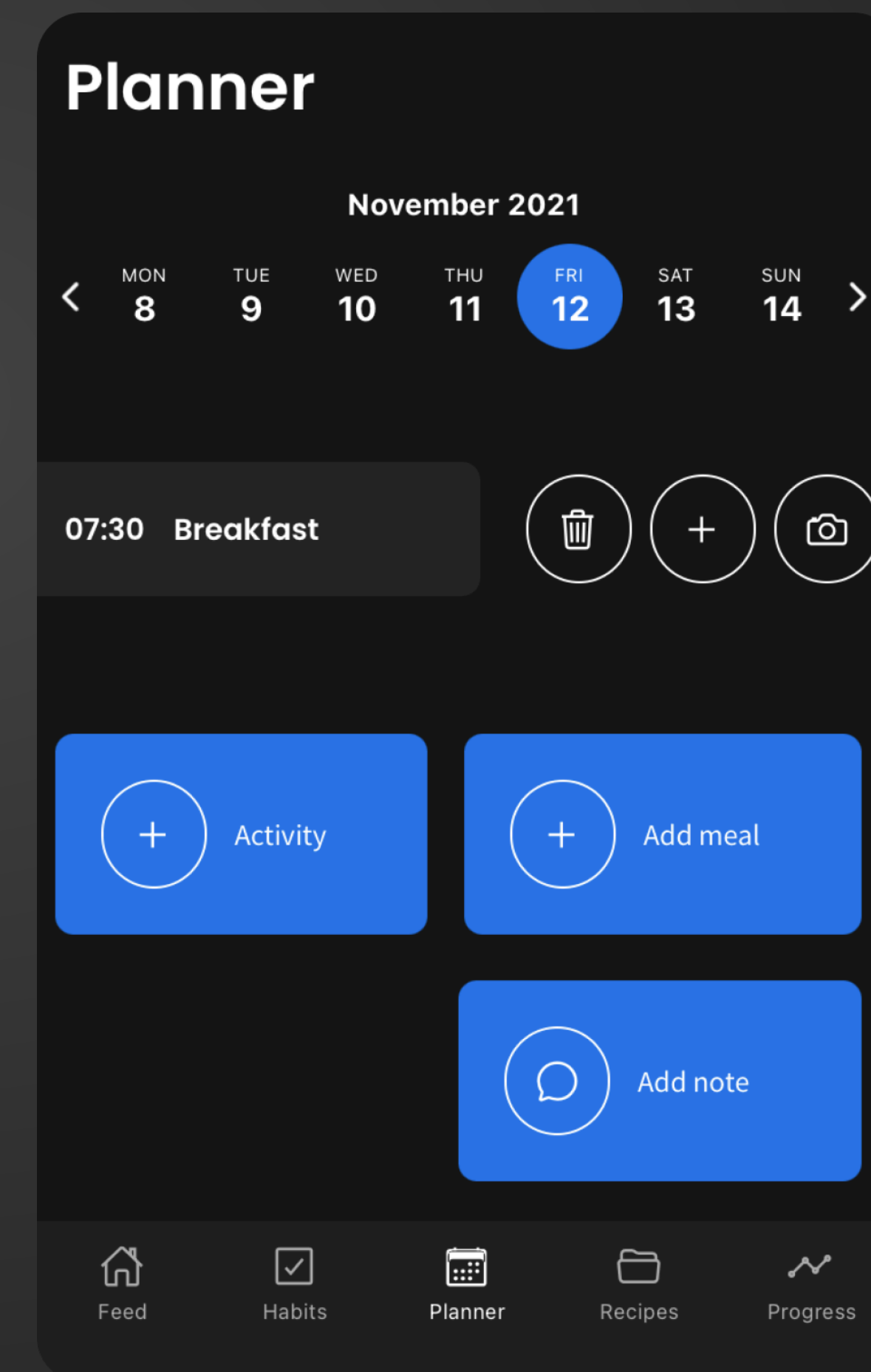





# Take quick & easy food photos


In the planner, Tap the blue button and give your meal a name, e.g *Breakfast* at 7:30am.

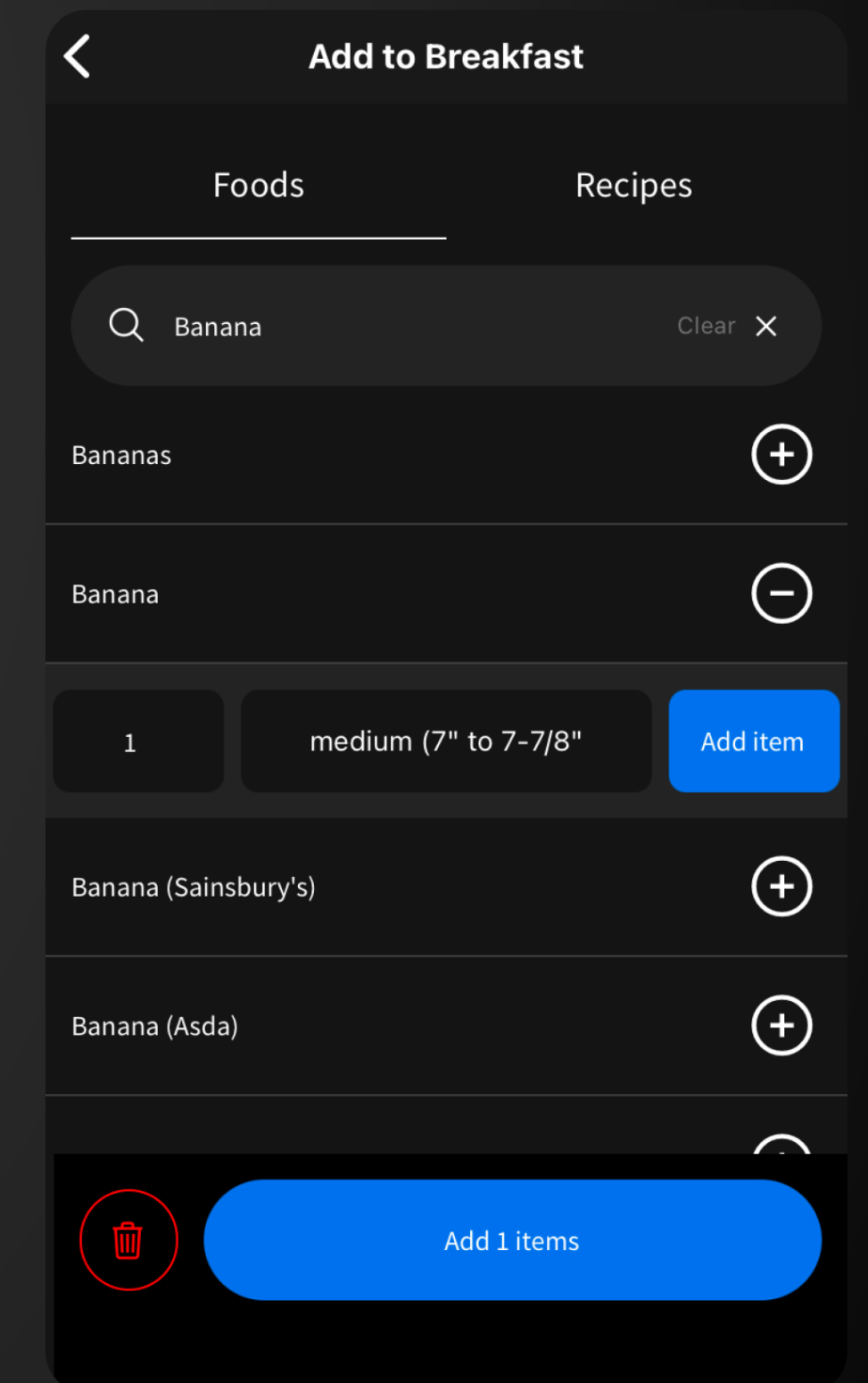
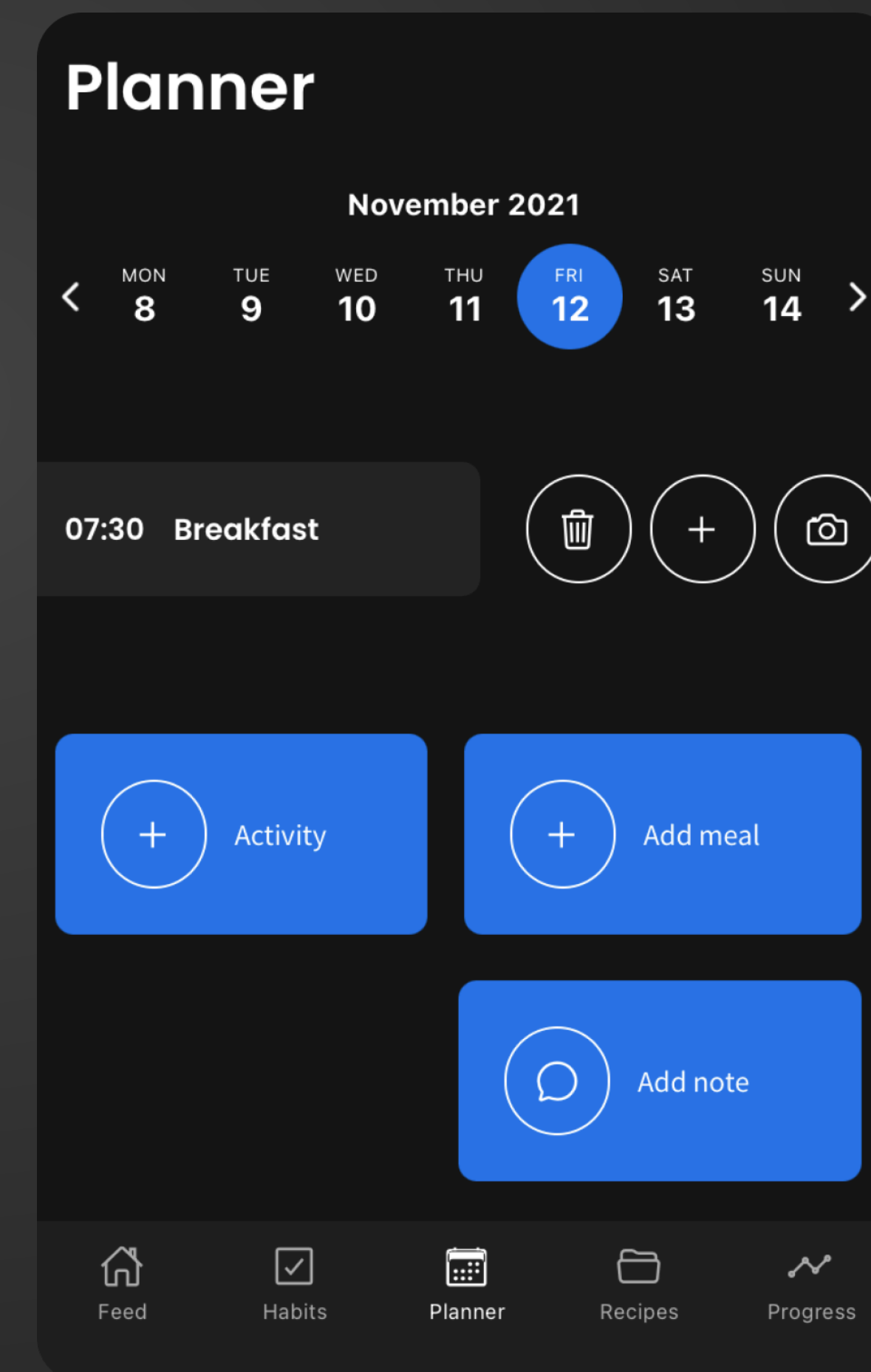
Tap the camera icon to take a food photo or to choose from your photo library.



# Log your meals

Tap the blue  button and give your meal a name, e.g. *Breakfast at 7:30am*.

Tap the  icon to search & add foods & recipes from our database of branded & generic food items.

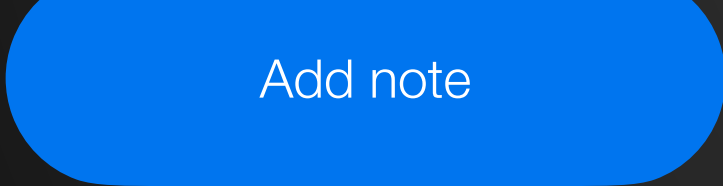


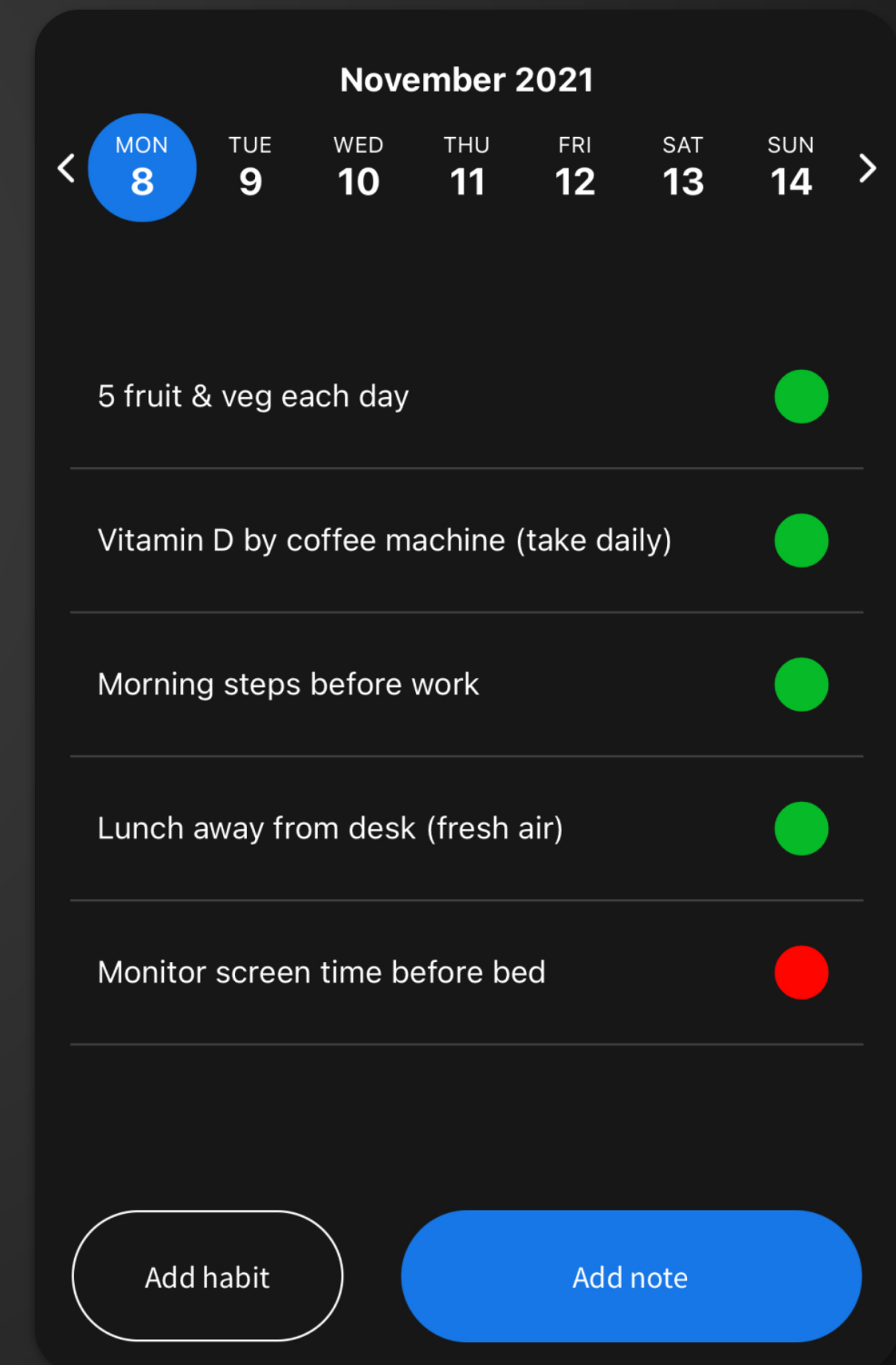


# Build habits that drive results!

Create a new habit by tapping 

Use the traffic light system to mark the habit as complete.

Tap  to record any other information about your day.



# Like & comment on posts

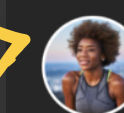
You'll find recipes, infographics & other posts on this social media style feed.

Tap the ❤️ icon to like the post.

Tap the 💬 icon to comment on the post.

Tap the image thumbnail to view the recipe or infographic in more detail.

## Feed

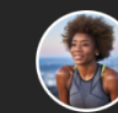


**Jane Doe-Bloggs**  
40 minutes ago

1 💬 1 ❤️

Topic of the week is hydration! Now we're entering the warmer summer months, it's important we focus on staying hydrated. Tap on the image to see my top 5 hydration tips that will keep you performing at your best this summer!

View Comments



**Jane Doe-Bloggs**  
42 minutes ago


0 💬 1 ❤️

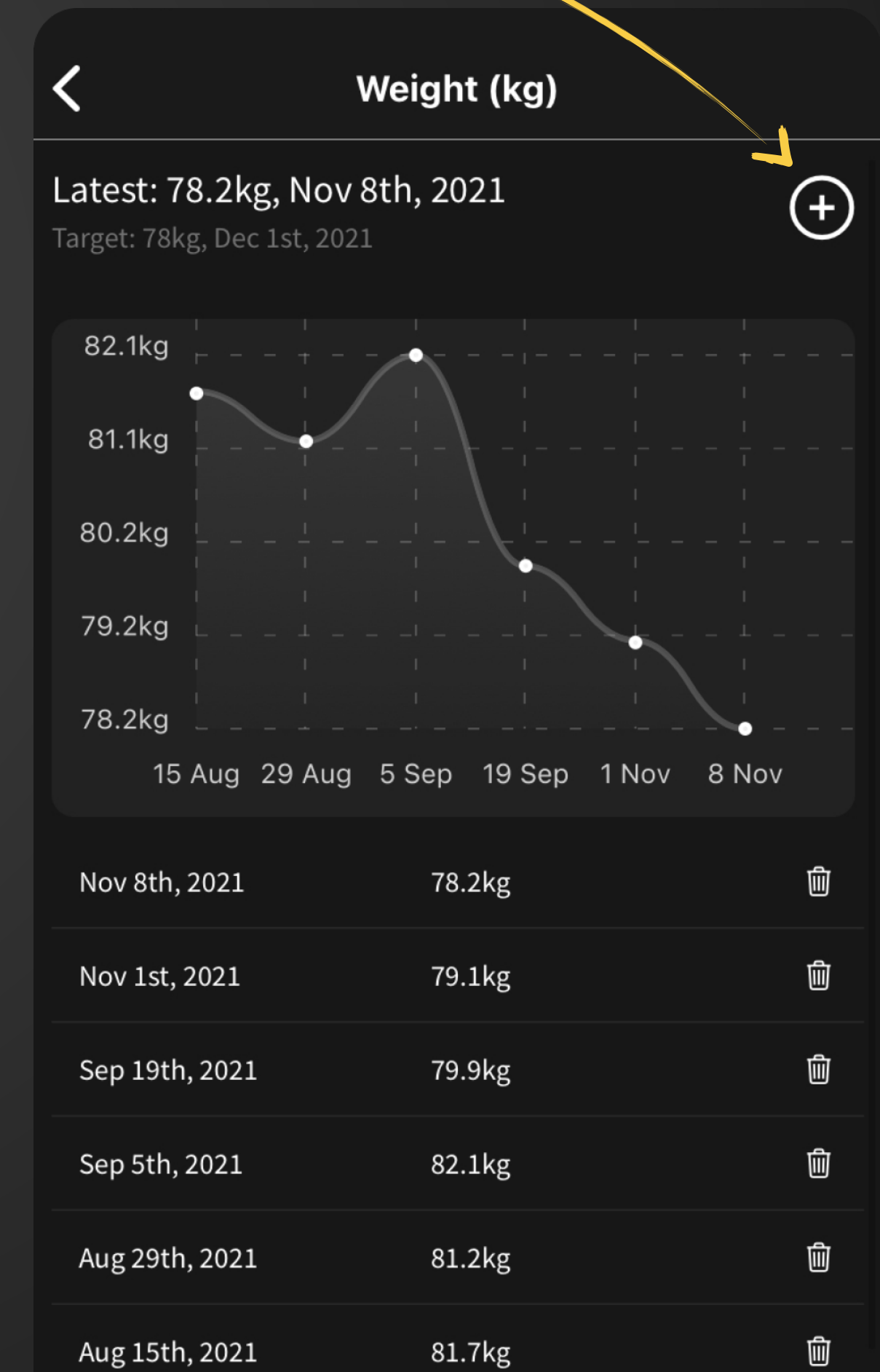
Welcome to SENPRO! Through this "feed", I'll be posting regular content on a variety of sports nutrition topics to help you improve your nutrition knowledge. Any questions, please feel free to comment or send me a message privately via the in-app messenger.



# Update your weight


In the Progress page, you can track your weight.

Tap the  icon to update your weight in kg, pounds or stone.

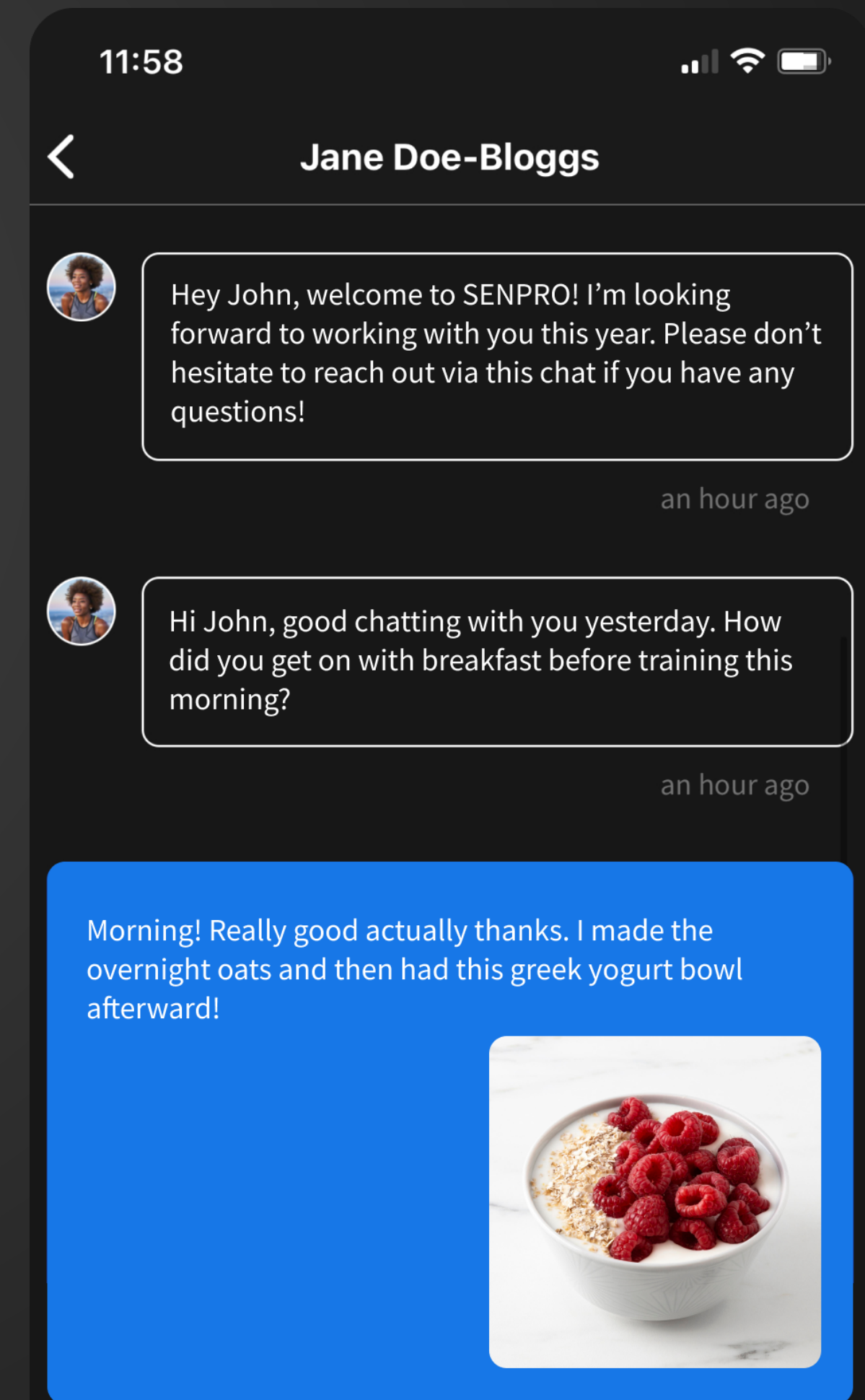


# Message your nutritionist

Send messages to your nutritionist in SENPRO.

Tap the  icon in the top right hand corner of the home page to open the messenger.

Tap the  icon to take a photo.





# Discover new recipes

Find recipes created by performance nutritionists and professionally trained chefs.

Filter using tags and tap the  icon to mark a recipe as a favourite.

## Recipes

Search

Breakfast

Lunch

Dinner

Snack

Favourites

High



Apple, sultana and hazelnut bircher



Apple, vanilla and fig bircher



# Support

Articles: [support.senprofessional.com](https://support.senprofessional.com)

Technical support: [senpro@theiopen.com](mailto:senpro@theiopen.com)

