

**Downloading the *Eating Smart • Being Active***

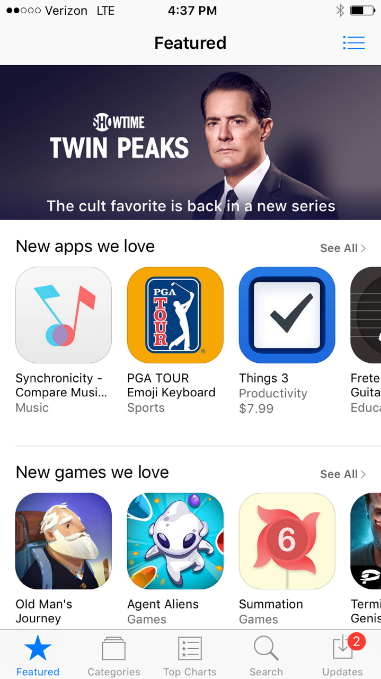
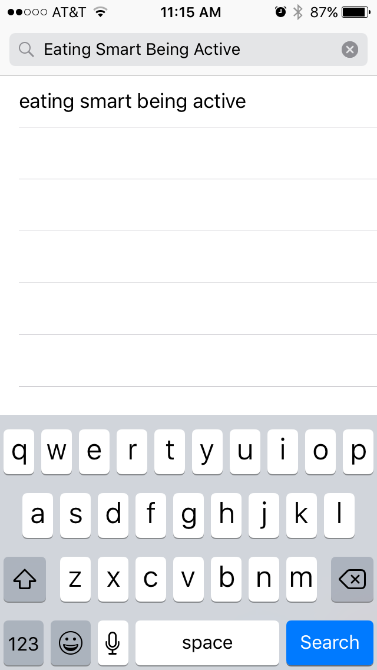
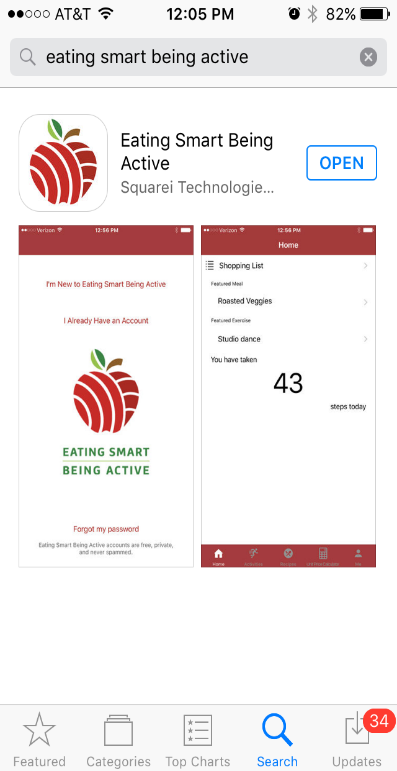
**Mobile App for iPhone**

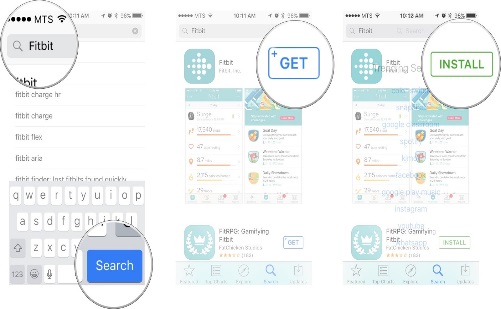
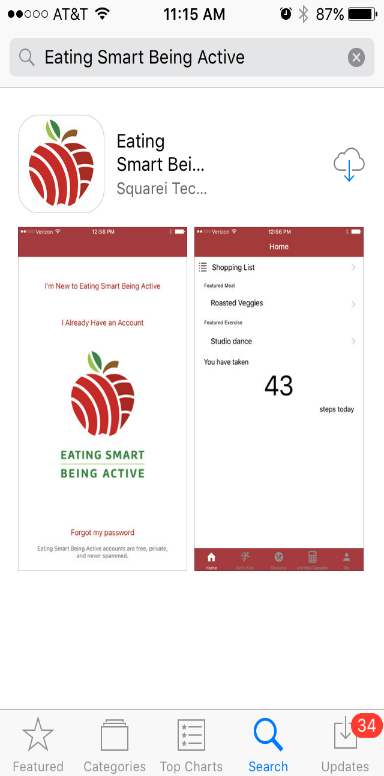
1. Go to the **APP STORE**
   1. Tap the **SEARCH** icon
   2. Type in **EATING SMART BEING ACTIVE**
   3. Tap **GET,** and theapp will download
   4. Tap **OPEN**

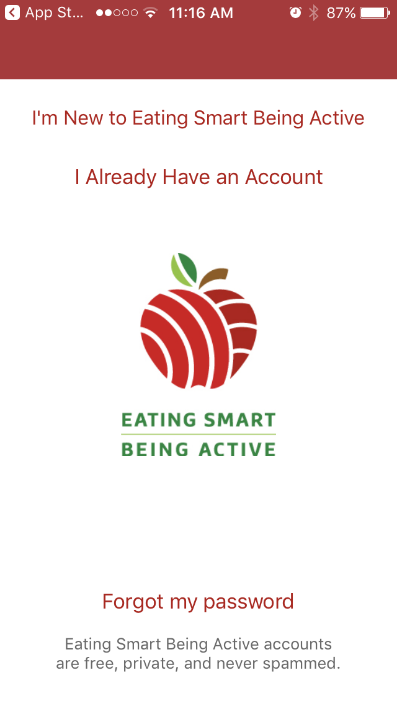
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c.

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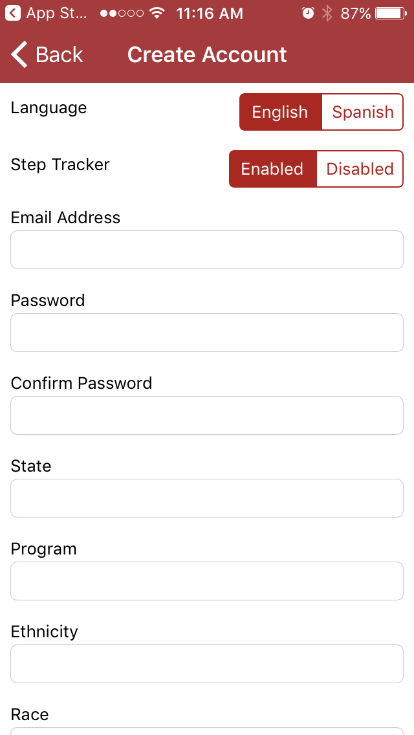


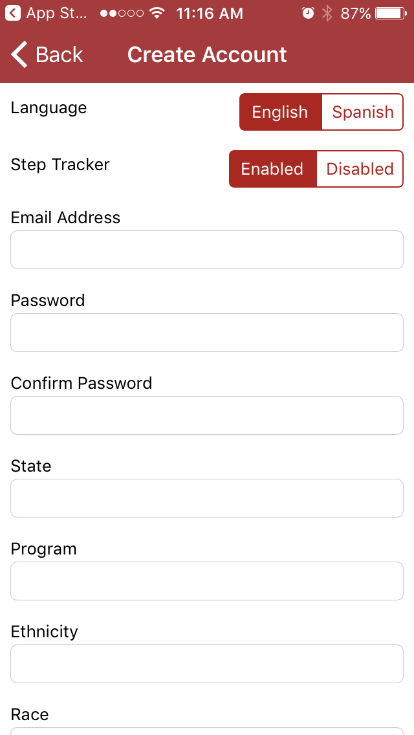
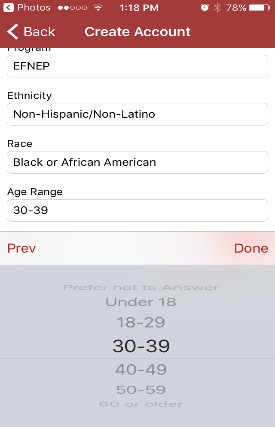




1. **CREATE AN ACCOUNT** once the App is downloaded.

Tap **I’M NEW TO EATING SMART BEING ACTIVE**



1. Choose a language **ENGLISH** or **SPANISH**
2. Either enable or disable the **STEP TRACKER**
   1. Some phones won’t be able to track your steps. With newer smartphones, you can track your steps just by carrying the phone in your pocket. This feature is built into the Apple Health app on iPhones.
   2. If you enable the Step Tracker, the app will use the steps recorded by your phone’s Step Tracker and display them each time you open the app.
3. Fill in the next set of boxes for **EMAIL ADDRESS**, **PASSWORD**, and **CONFIRM PASSWORD**.
4. Use the drop down menus to select your **STATE (a)**, the **PROGRAM (b),** your **ETHNICITY (c), RACE (d),** and **AGE RANGE (e).**

e.

e.

d.

d.

c.

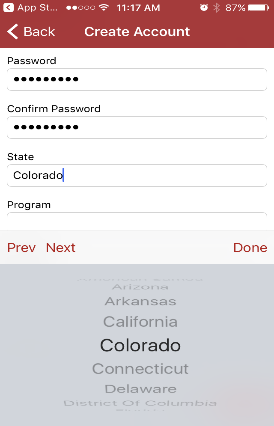
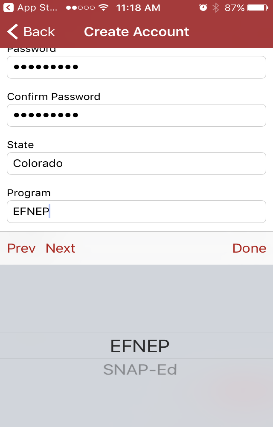
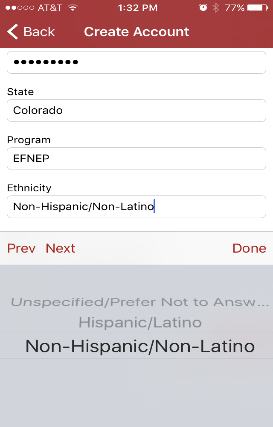
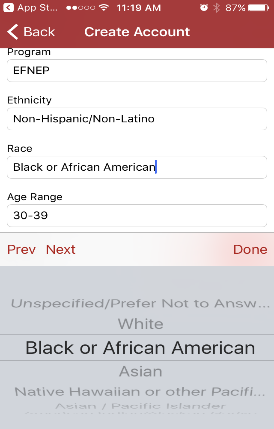
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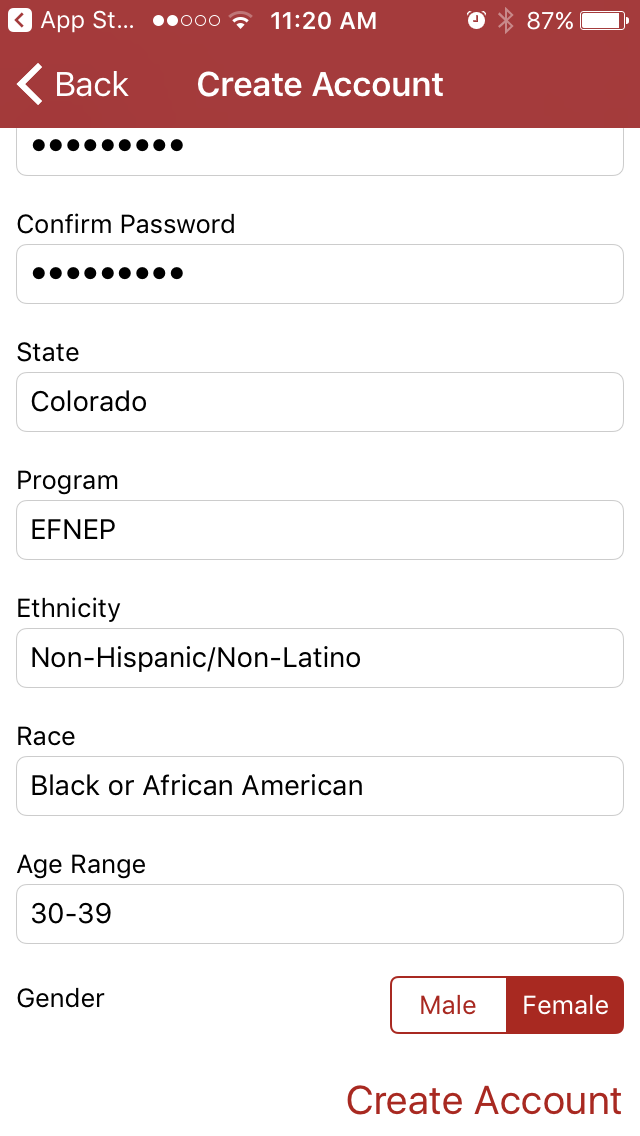
b.

b.

a.

a.

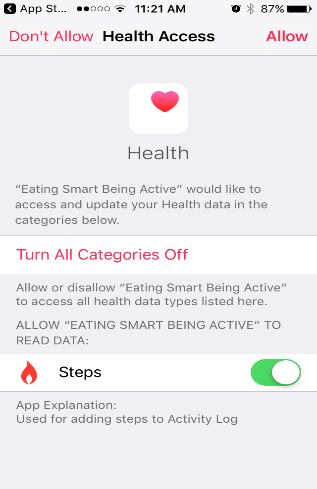
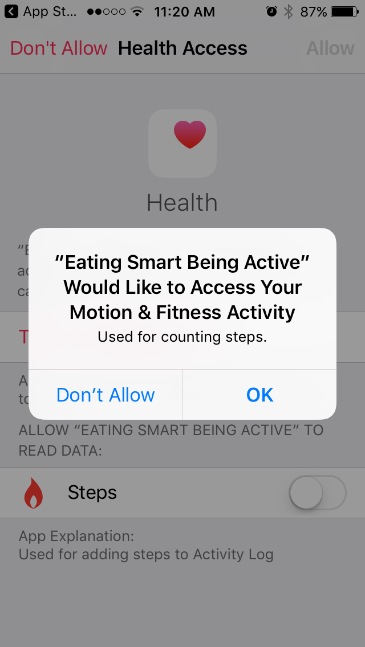




1. Choose your **GENDER (f)** – **male** or **female**
2. Tap **CREATE ACCOUNT (g)**

f.

g.

**Note:** If you are using an iPhone with a built in step tracker, a message will pop up asking you to allow the app to access this information. Tap **OK,** then tap the **STEPS** toggle button so it turns green, then tap **ALLOW** in the upper right hand corner of the screen.

You did it! The *Eating Smart • Being Active* mobile app should now be downloaded to your phone.