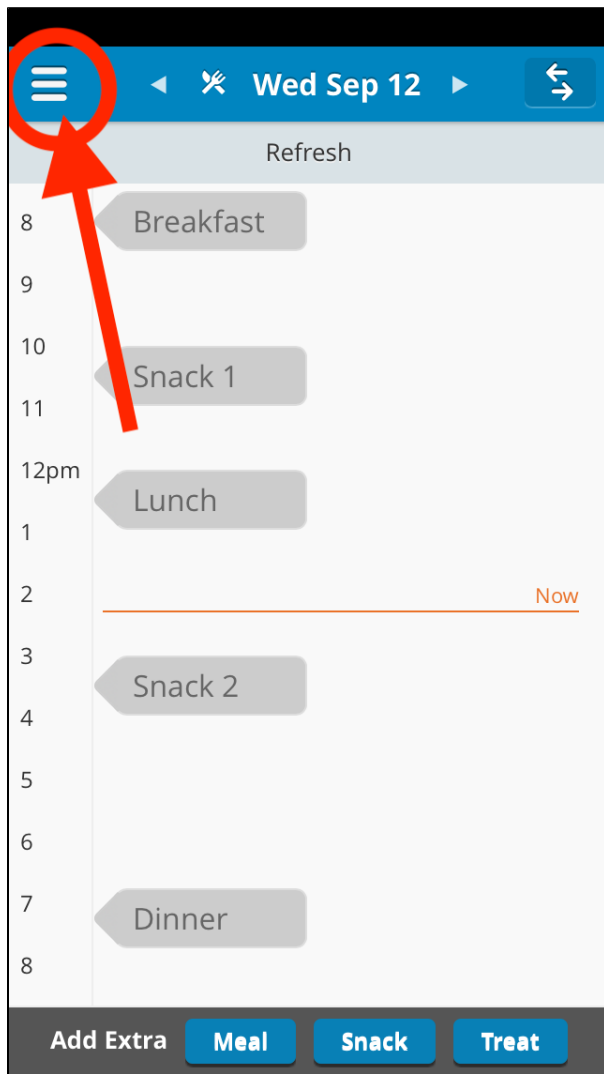
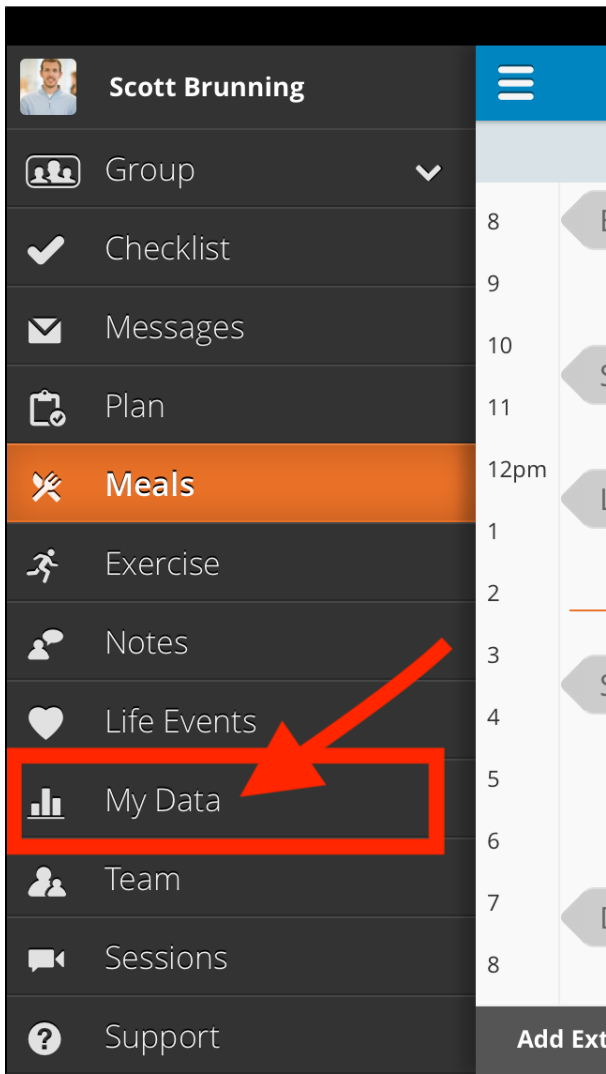


How to Manually Log Weight in RetrofitMe app

1) Open your RetrofitMe app, and hit the menu button in the top left corner.



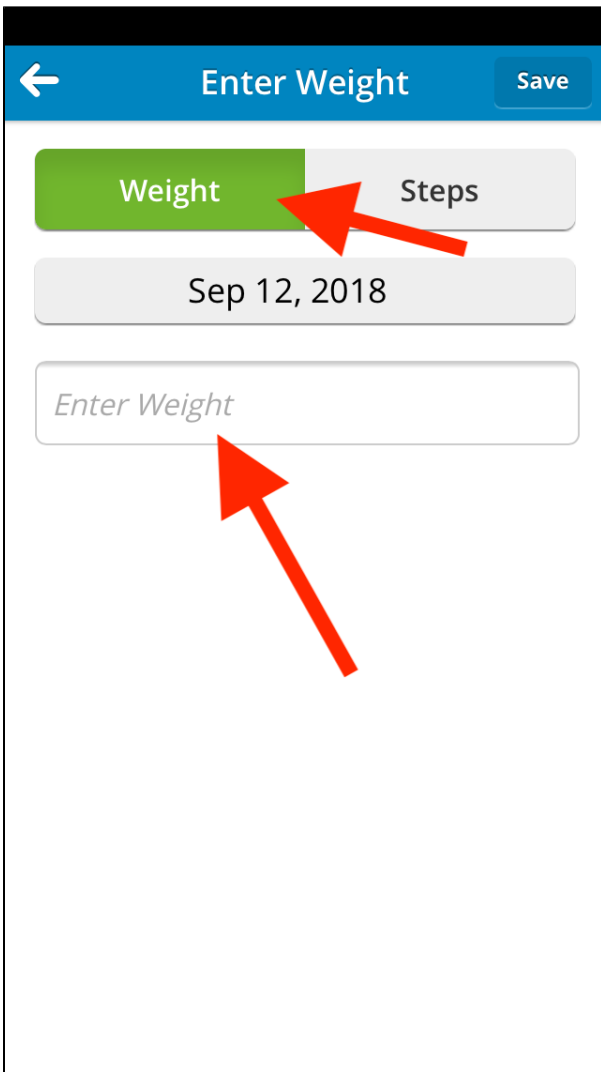
2) Select the "My Data" option on the menu.



3) Press the '+' button in the top right corner.

Date	Weight	Lean %	Steps	Keep
Aug 8	161.0	--	2222	--
Aug 7	173.0	--	5001	--
Aug 5	168.0	--	--	--
Aug 4	170.0	--	--	--
Aug 3	174.0	--	--	--
Aug 2	178.0	--	--	--
Aug 1	180.0	--	--	--
Jun 27	--	--	1000	--
Jun 26	160.0	--	--	--
Jun 21	159.0	--	--	--
Jun 16	158.0	--	--	--
Jun 10	158.8	--	--	--
Jun 8	162.0	--	--	--
Jun 3	159.0	--	--	--
Jun 2	158.0	--	--	--
Feb 12	160.0	--	--	--
Jan 5	160.0	--	--	--
Jan 4	145.0	--	--	--

4) Ensure 'weight' is selected, choose the date you want to enter a weight for, and then type your weight into the text box.



5) When you are done, hit the save button in the top right corner.

