

# Complete your Week 1 Checklist

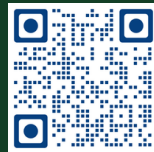
A few small actions in your first week set the foundation for everything that follows. Take them one at a time.

1

START HERE

## Download the Juniper App

Your home base throughout your program. Track your progress, access dietitian-approved recipes, watch educational videos, and connect with the Juniper team. Using the app is essential to ensure our teams can support you.



2

## Connect your scales

IN-APP | PROGRESS TAB

- Go to **Connect health data** and select **Digital scales**, or connect another device
- Log your starting weight

3

## Log your first injection

IN-APP | CARE TAB

- **Watch the video** on how to do your first injection in app or read our guide below
- Tap **Log injection** after your first dose

4

## Set your goal weight

IN-APP | PROGRESS TAB

- Open **Weight** and edit the **Goal weight** section

5

## Track your nutrition

IN-APP | PROGRESS TAB

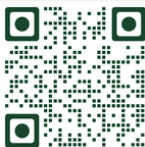
- Tap **Log a meal** and add details
- View **Nutrition targets** in the Today tab

6

## Join the community

IN-APP | TODAY TAB

- Find the **Facebook community** link in the Today tab



7

## Connect with a dietitian

IN-APP | SHOP TAB

(optional paid add-on)

- Registered dietitians who help you navigate hunger cues and nutrition
- Recommended in months 1-3 - add as an additional paid service at any time

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## Check in with your Juniper care team

Questions about progress, expectations or side effects? Reach our Medical Support team via the **Care** tab.