



Welcome to the WarriorBabe Platform!

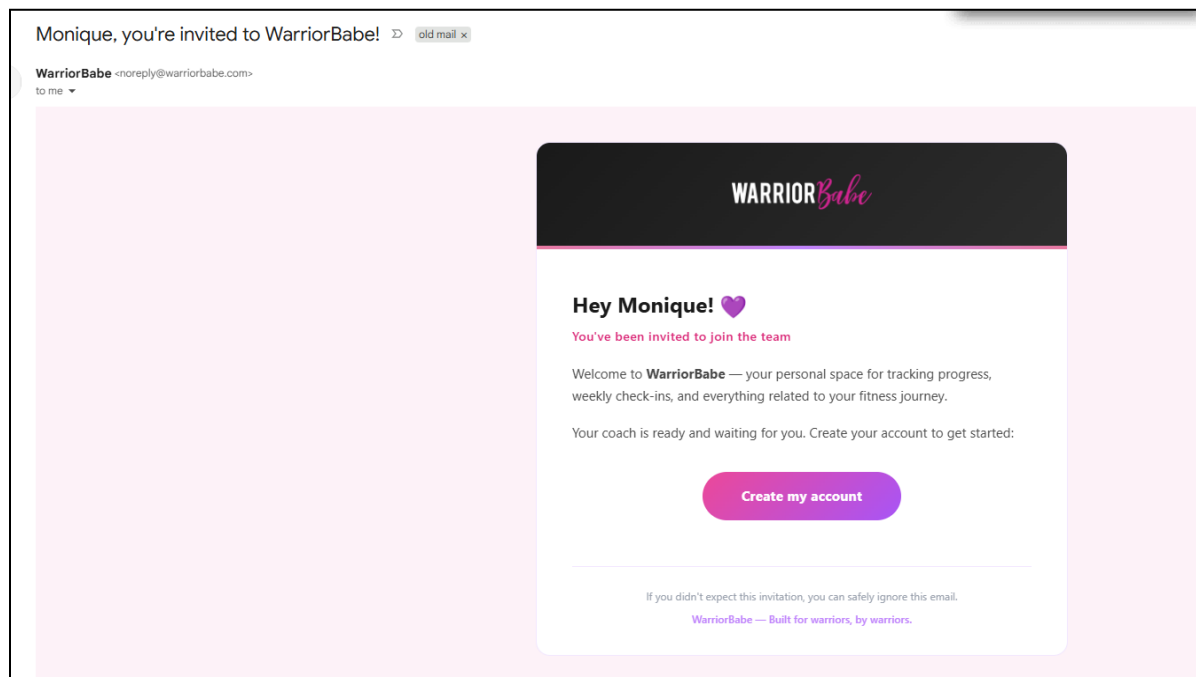
We're so excited to welcome you to the WarriorBabe platform! This is where you'll have everything you need in one place, from your workouts to messaging your coach, tracking your progress, and staying connected throughout your journey. We can't wait for you to get started and experience everything the platform has to offer!

Before You Begin:

- Watch for an invitation email from WarriorBabe prompting you to create your account.
- Use your mobile device for the best experience.
- [Click here for a walk through on your first login and a platform overview!](#)

Step 1: Create Your Account

You will receive an invitation email asking you to create your WarriorBabe account.



If your account opens normally:

1. Tap the invitation link.
2. Follow the prompts to create your account.

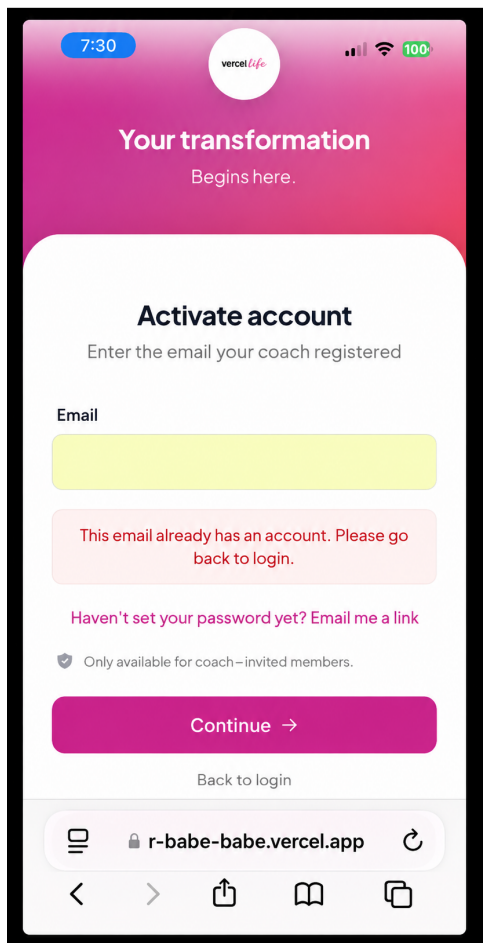
WARRIOR *Babe*

3. Log in.

If you're prompted to reset your password:

Note: Password resets are expected for some members during the migration process.

1. Select Reset Password.
2. Create a new password.
3. Log in using your updated credentials.



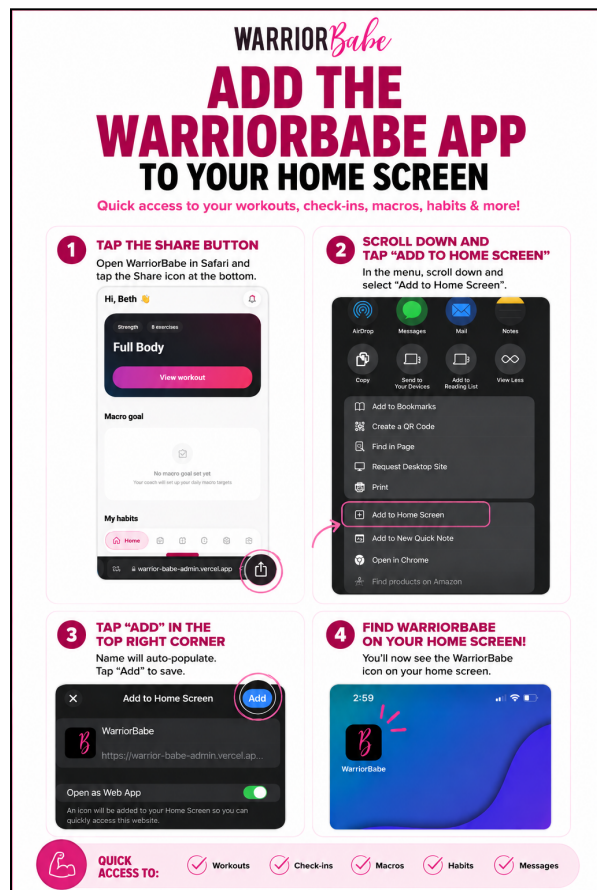
WARRIORBabe

Step 2: Add the WarriorBabe Platform to Your Home Screen

- WarriorBabe currently functions as a Progressive Web App (PWA), meaning you do not need to download it from the App Store or Google Play at this time.
- Adding the shortcut to your home screen allows it to look and behave like an app.

iPhone:

1. Open WarriorBabe in Safari.
2. Tap the Share button.
3. Select Add to Home Screen.
4. Tap Add.
5. [Video instructions!](#)

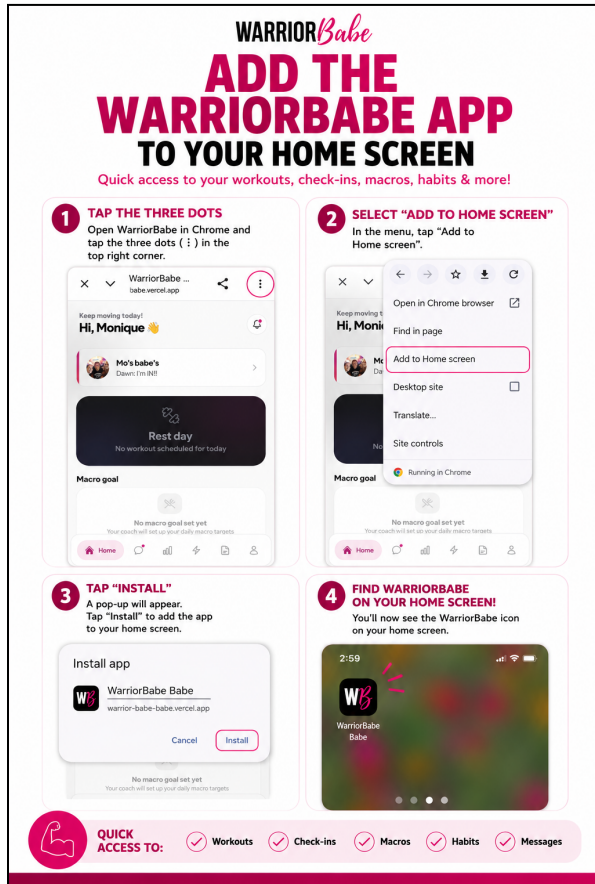


Android:

1. Open WarriorBabe in Chrome.
2. Tap the Menu (⋮) button.
3. Select Add to Home Screen (or Install App, depending on your device).

WARRIORBabe

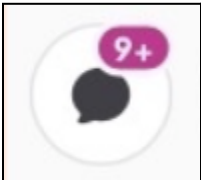
4. Confirm.
5. [Video instructions!](#)



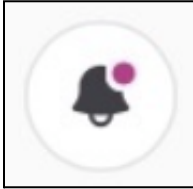
Step 3: Familiarize Yourself with the Platform

After logging in, you'll notice two important icons:

Take a moment to open each so you know where they're located.

Icon	Purpose
 Speech Bubble	Direct/private messages with your coach

WARRIOR *Babe*

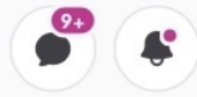


Bell

Notifications and platform updates

Keep moving today!

Hi, Babe 🙌



Rest day

No workout scheduled for today



Check-in day!

Your weekly check-in is due today

Submit my check-in >

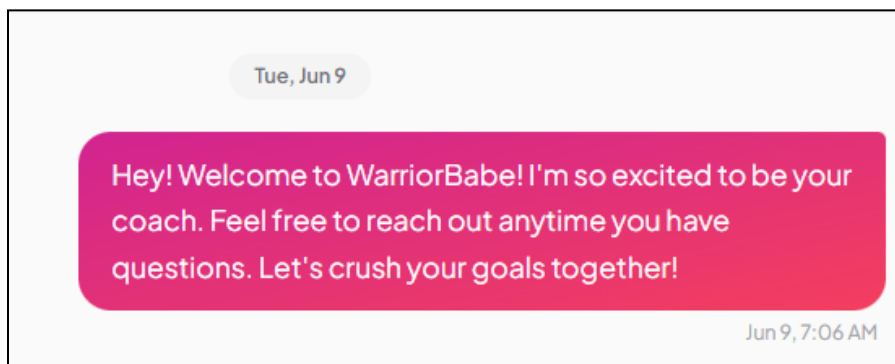


Step 4: Send Your First Message

Once you've successfully logged in:

1. Open Messages (see icon/image above).
2. Locate the direct/private messages with your coach with your coach.
3. Send a message letting them know you've successfully joined the platform.

Example: Hi! I made it into the platform!



Success Checklist:

Before finishing, confirm you've completed all of the following:

- ☐ Created your account
 - ☐ Logged into the platform
 - ☐ Reset your password (if needed)
 - ☐ Added the shortcut to your home screen
 - ☐ Located Messages and Notifications
 - ☐ Sent your coach a confirmation message
-



Troubleshooting:

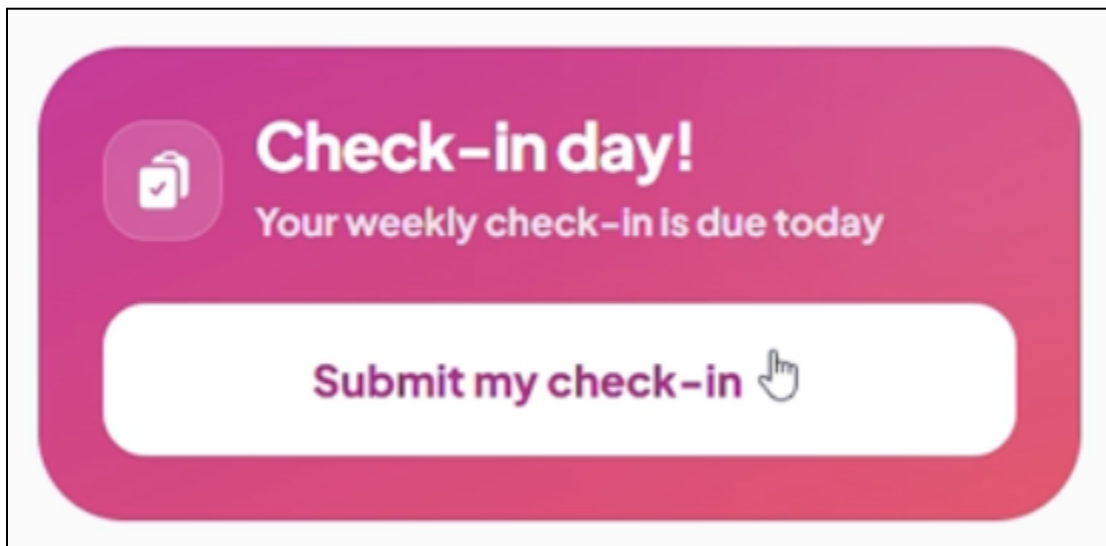
1. I never received the invitation email.
 - a. Check your spam or junk folder.
 - b. Search your inbox for "WarriorBabe."
 - c. Go here: <https://warrior-babe-babe.vercel.app/first-access>
 - i. If you still can't find it, contact your coach.
2. I'm stuck on the password screen.
 - a. Use the Reset Password option and try again.
3. The platform isn't opening correctly.
 - a. Ensure you're using your phone's supported browser (Safari - Or Chrome if that's what you use) for iPhone or Chrome for Android).
 - b. Try closing and reopening the browser.

WARRIORBabe

Full Overview:

👉 Click the link to view a video and audio full overview of the platform: [Full Overview](#)

How to Check-in (Babe):



👉 Click the link to view video and audio instructions here: [How to Check-in \(Babe\)](#)

1. On your scheduled check-in day, see and select: **Submit my check-in.**
2. Answer each question to complete your check-in.
 - a. If you need to leave the app, your progress will be saved automatically until you submit.
3. Don't have your progress photos yet? You can submit your check-in without them and add them later.
4. Select **Submit check-in** when you're finished.
5. To view past check-ins, coach feedback, or add photos, weights, or measurements later, select the **History** tab.
6. Complete your check-in on your scheduled day to stay on track.