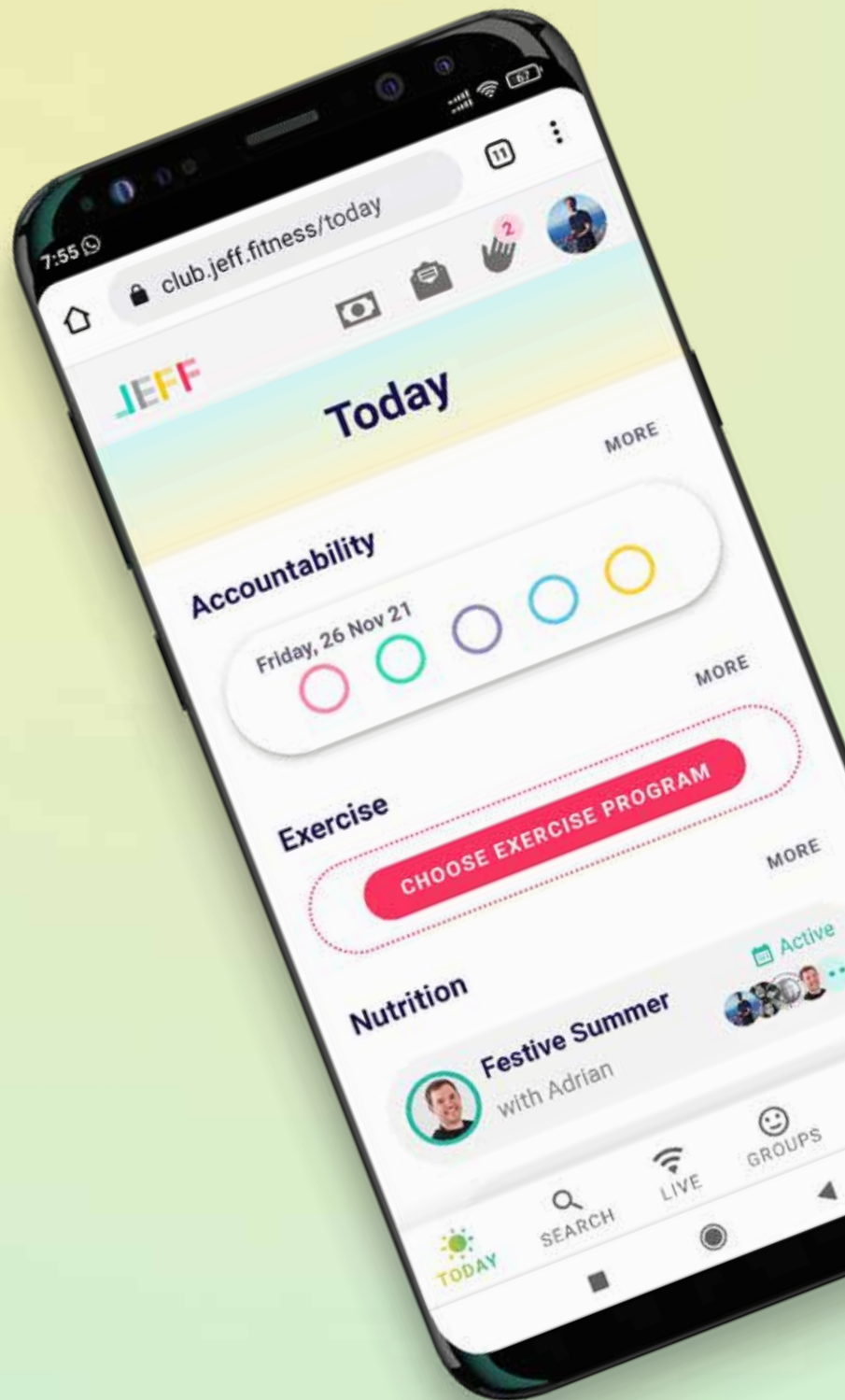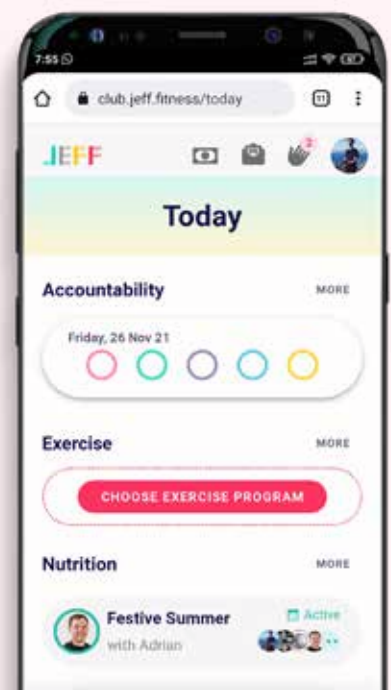# JEFF WEB APP
USER GUIDE

Getting started

Log into the JEFF Web App

- Go to club.jeff.fitness/login and log in using your email address and password.
- Tap 'Reset my password' if you need to reset your password.
- If you have any questions or experience trouble logging in, please contact our support team.
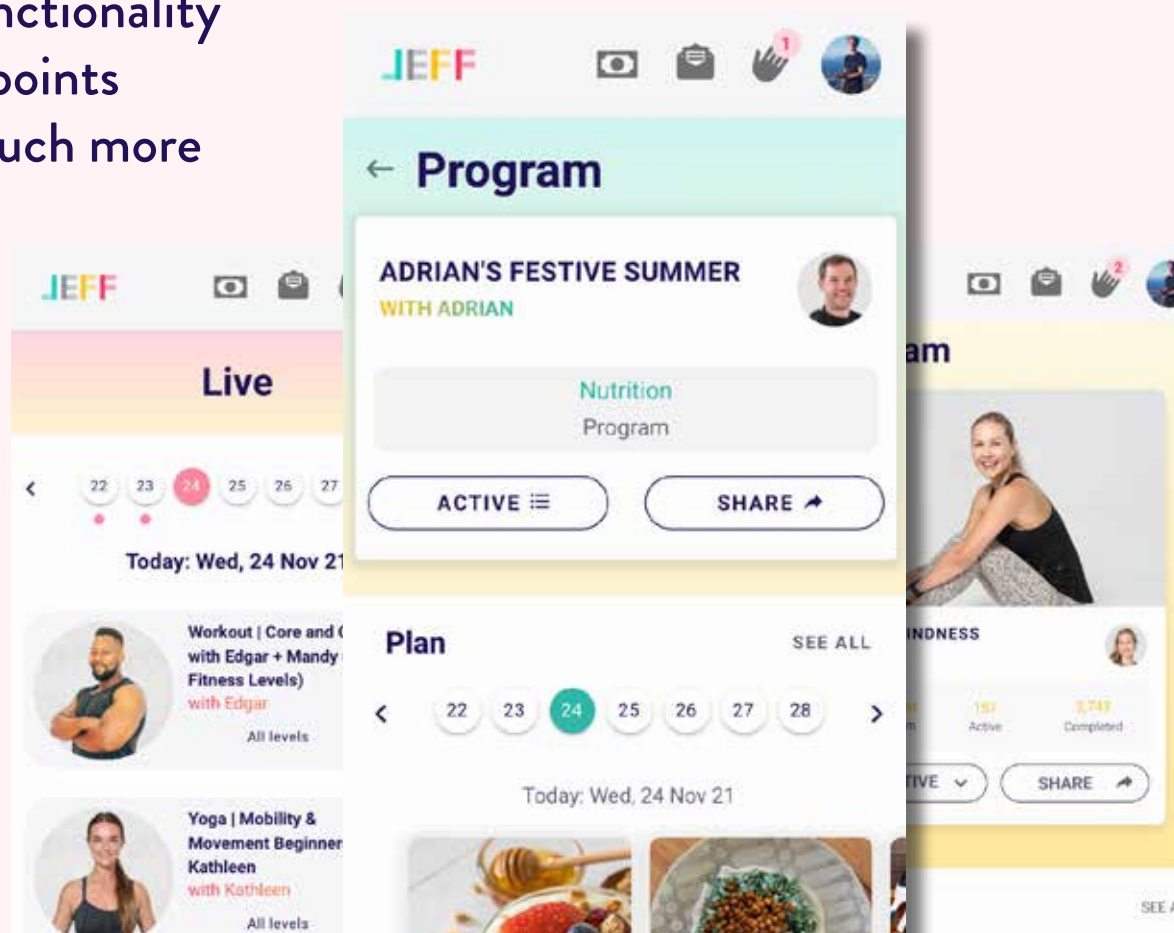
What can you access on the JEFF Web App?

- Live sessions across JEFF Workout, JEFF Cook, JEFF Yoga and JEFF Ed.
- A library of guided runs and walks.
- Log your workout or session completion and track your activity.
- Badges, bookmarks, community events and stats.

If you're on **JEFF Club** you get access to:

- All our past challenges (and more each month!)
- New monthly challenges at discounted prices
- Expertly designed exercise programs previously only available to 1-on-1 customers
- New menus each month that are themed, seasonal and goal orientated.
- Recipes tailored to your personal preferences and portion needs
- Daily food pic logging for added accountability
- Empowering courses from inspiring instructors and knowledgeable coaches
- Group functionality
- Rewards points
- And so much more

Creating a home screen shortcut for the **JEFF Web App** on your phone

Creating a home screen shortcut will allow you to quickly and easily access the JEFF Web App from your device's home screen.

Which mobile device are you using?
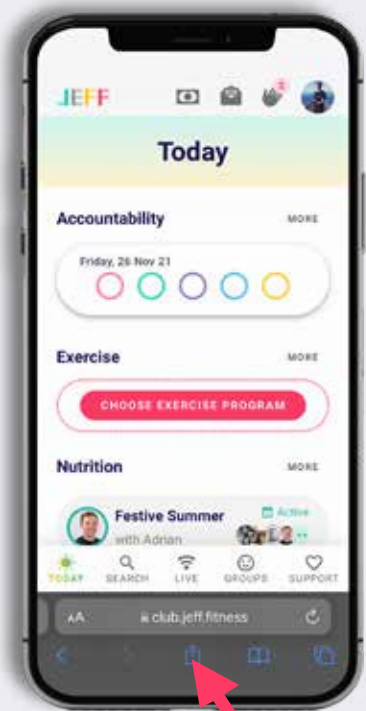
IPHONE

ANDROID

iPhone guide

Please follow the steps below in order to create a home screen shortcut for the JEFF Web App on your phone.
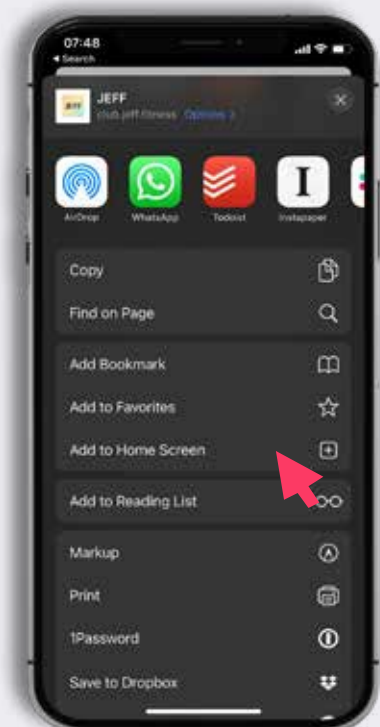
1

Tap the share button in the bottom center of your screen.

2

Tap **Add to Home Screen**.

3

Tap **Add** to complete the action. Note that the icon shown here will change to use the icon for our website.

4

The shortcut will now be available on your home screen. **If you have any questions or experience trouble with the above steps, please contact our support team.**

Android guide

Please follow the steps below in order to create a home screen shortcut for the JEFF Web App on your phone.

1

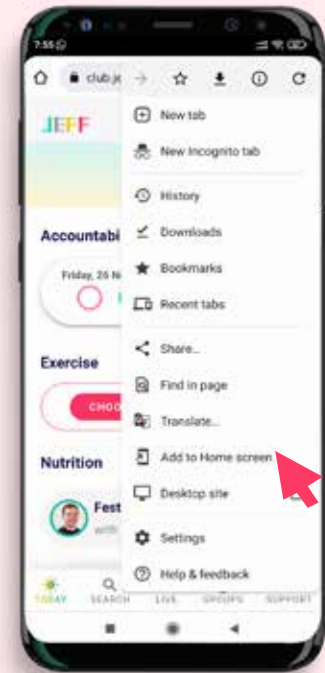Use Chrome to navigate to club.jeff.fitness/login.

2

Tap the three-dot menu. It is at the top-right corner of Chrome.
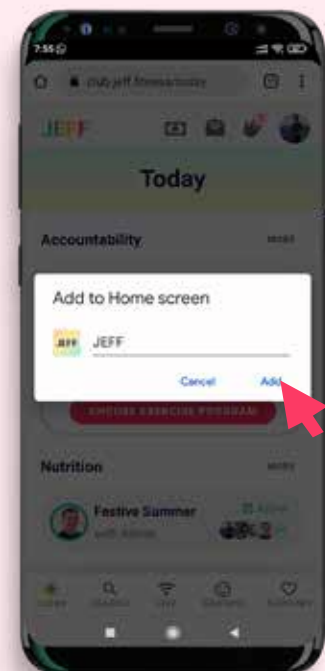
3

Tap **Add to Home screen**. It is toward the bottom of the menu. A pop-up window will appear.

4

Tap **Add.**

5

The shortcut will now be available on your home screen. **If you have any questions or experience trouble with the above steps,** please contact our support team

JEFF