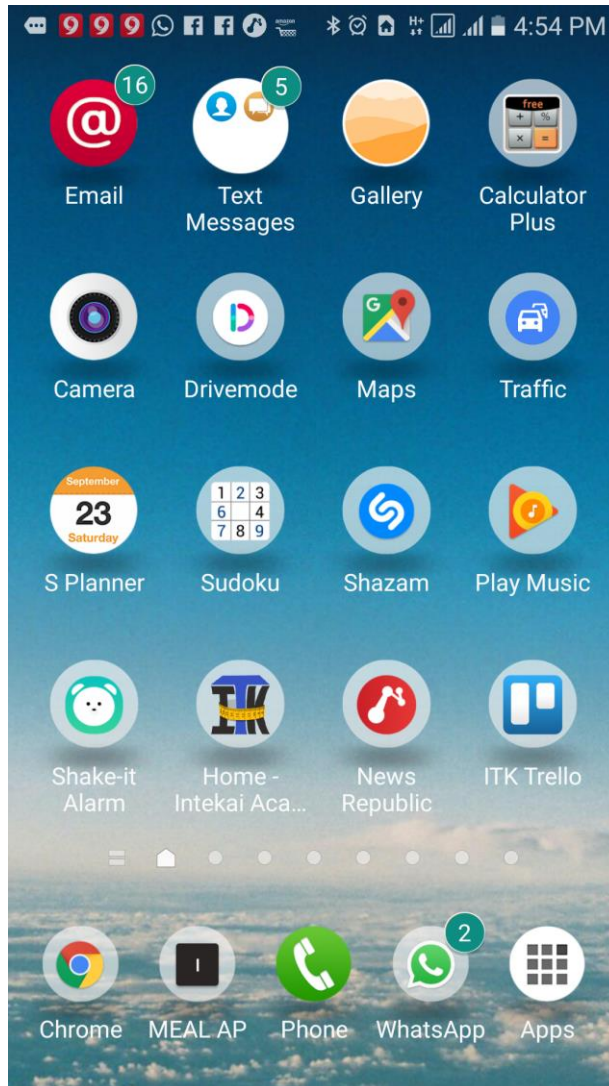




How to add the ITK meal Ap Icon on your phone



July 2018

Saving the ITK Meal Ap on your Phone Home Screen

Log onto the Intekai website at www.intekaiacademy.org or www.itkwave.com and login with your username and password. The screen in Figure 1 below will appear, showing the **Meal Ap icon and your name just below**. When you see this you know you are logged in correctly.

To **save this page** and avoid logging in every time you are going to enter your weights and meals:

- Click on the three dots as shown in the Figure 2



Figure 1. Meal Ap Icon

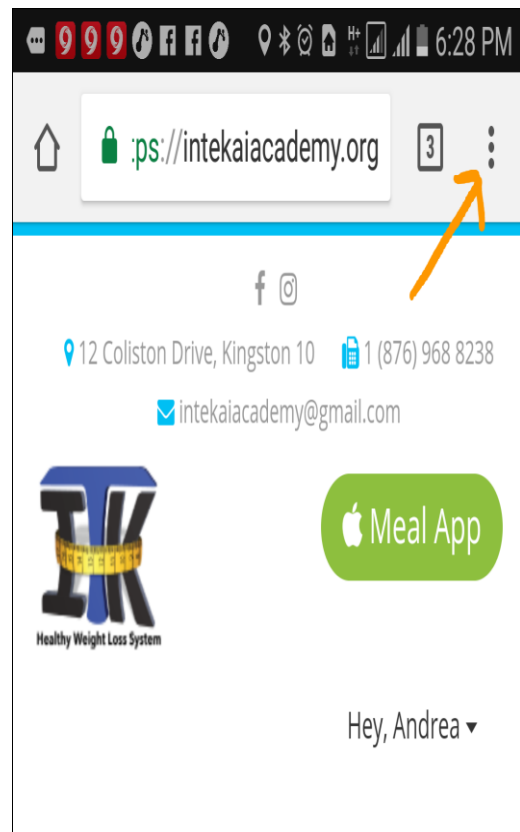


Figure 2. Menu

Adding the ITK Meal Ap icon to your Phone Home Screen

- The following dialogue box shown in Figure 3, will appear when you click on **the menu (three dots) above**
- Select **add to Home screen** as shown in Figure 3
- The menu showing the **Add Home screen** link in Figure 4 will appear.
- You can rename the icon in this screen or leave the default name (Home Intekai-Academy) as shown in Figure 4

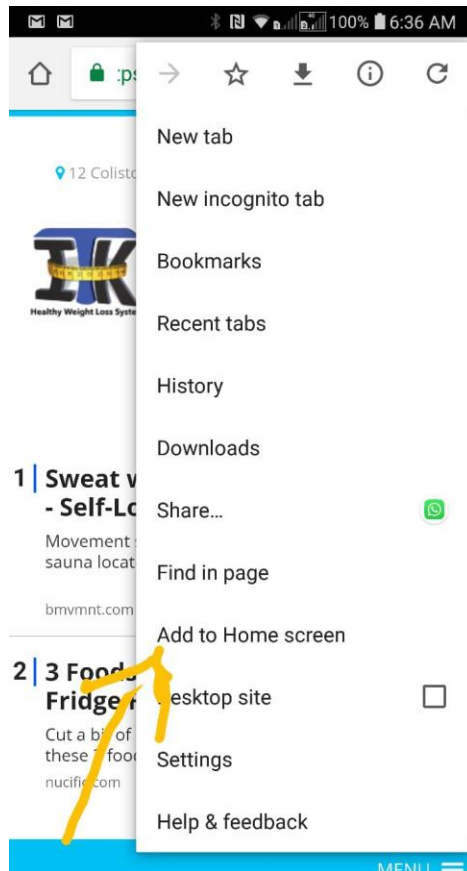


Figure 3: Add to home

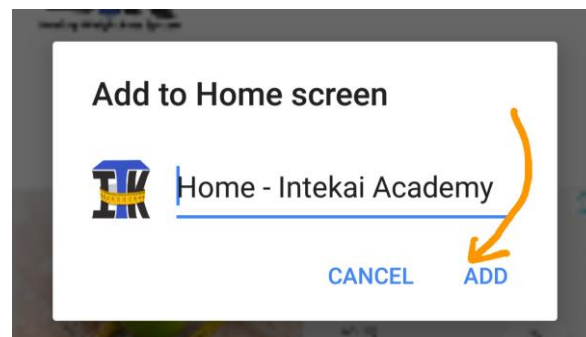


Figure 4: Name your Home screen

- The **Home – Intekai Academy** icon will appear on your (phone home screen similar to Figure 5 below.

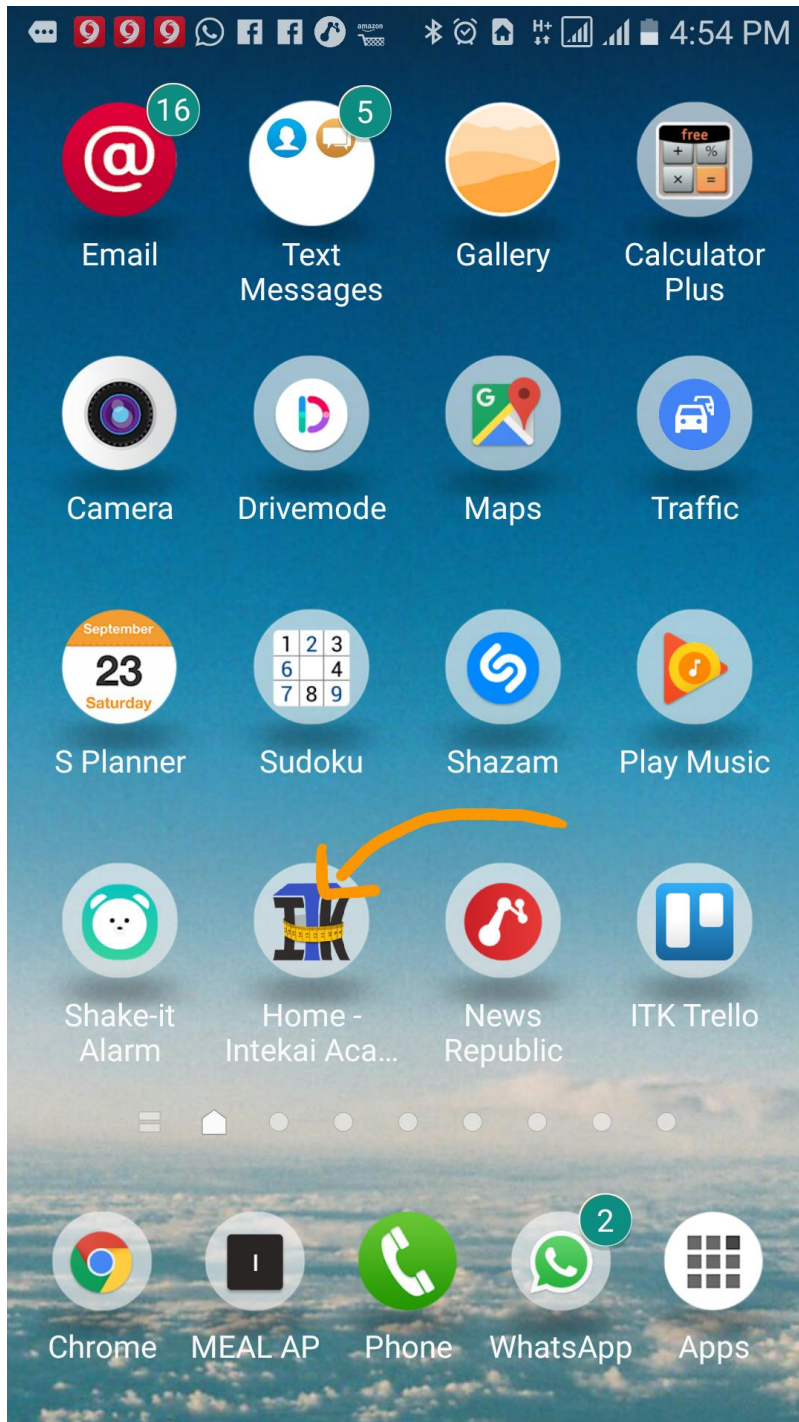


Figure 5. Phone Home screen showing ITK Home icon

The next time you need to log into your ITK Meal Ap, you can use the **Home – Intekai Academy** icon on your home screen as shown above.

Personal Dashboard / Progress Report Entry Screen

- Your individual dashboard will appear as show below, once you click on your Meal Ap from your Phone Home screen.

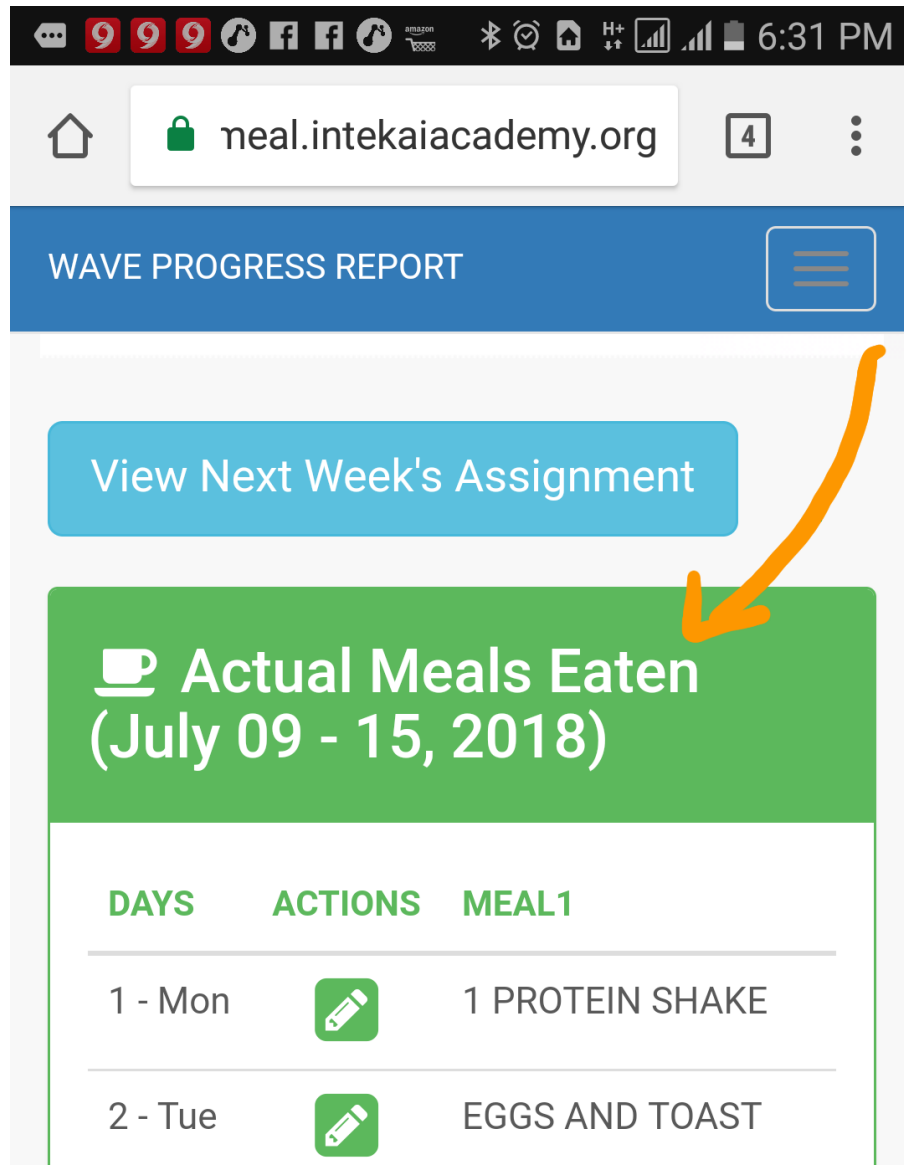


Figure 5. Progress Report Screen

- You can continue to enter your weights and meals as you would on your desktop.
- Always remember to save your reports on your dashboard to ensure that entries are updated , despite the platform you choose to use