

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 <u>www.intekaiacademy.org</u> or <u>www.itkwave.com</u> 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

@ 9	n ⊪ # 8 © \$ 9 € 1 A © 0	6:28	3 PM			
	■ :ps://intekaiacademy.org	3	0 0			
f						
Keal App						
	Hey, A	ndrea •	•			

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

- 📼 👂 🧐 🛇 🖸 🖬 🖉 🚟 * 🗭 🕻 👯 📶 📶 🛢 4:54 PM Email Text Gallery Calculator Messages Plus Camera Drivemode Traffic Maps 123 6 4 7 8 9 6 23 S Planner **Play Music** Sudoku Shazam Shake-it Home -News ITK Trello 0 Chrome MEAL AP Phone WhatsApp Apps
- 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.

œ <mark>999</mark>		, In 👯 🖸 🏵 🛠	📶 📕 6:31 PM		
🖒 🔒 m	eal.intekaia	academy.org	4		
WAVE PROGI	RESS REPOR	т			
View Next Week's Assignment P Actual Meals Eaten (July 09 - 15, 2018)					
₽ Ac (July (tual Me)9 - 15,	eals Eater 2018)			
P Ac (July (DAYS	tual Me)9 - 15, Actions	eals Eater 2018) MEAL1			
PAC (July (DAYS 1 - Mon	tual Me 09 - 15, Actions	eals Eater 2018) MEAL1 1 PROTEIN SH	IAKE		

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