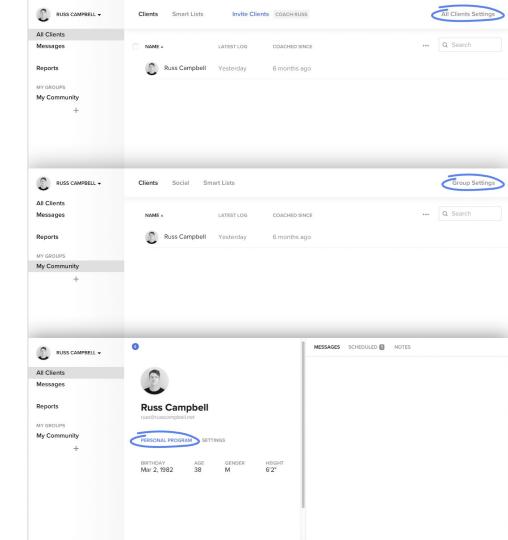
We've taken efforts to ensure your existing configuration automatically translates to the new Program Builder update.

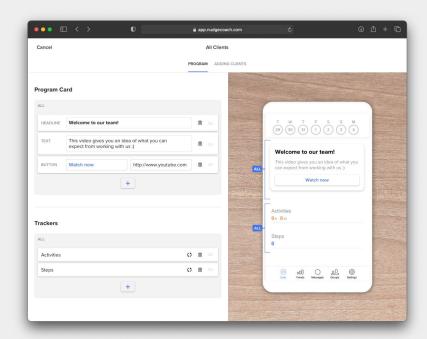
Read on to see how.



Currently you can set program details in 3 different places in Nudge Coach.

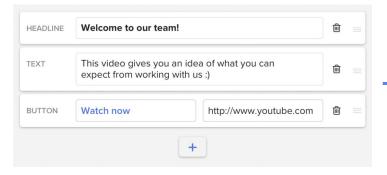


Each lets you set a program card and trackers for all clients, a group, or an individual respectively.

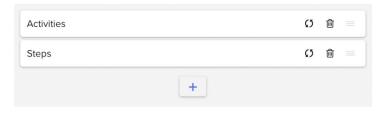


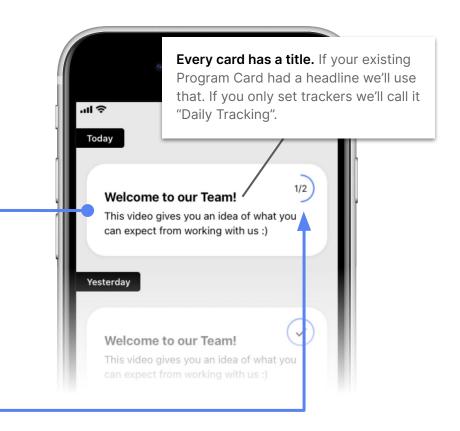
# In the update the choices you made for each will become a new program card.

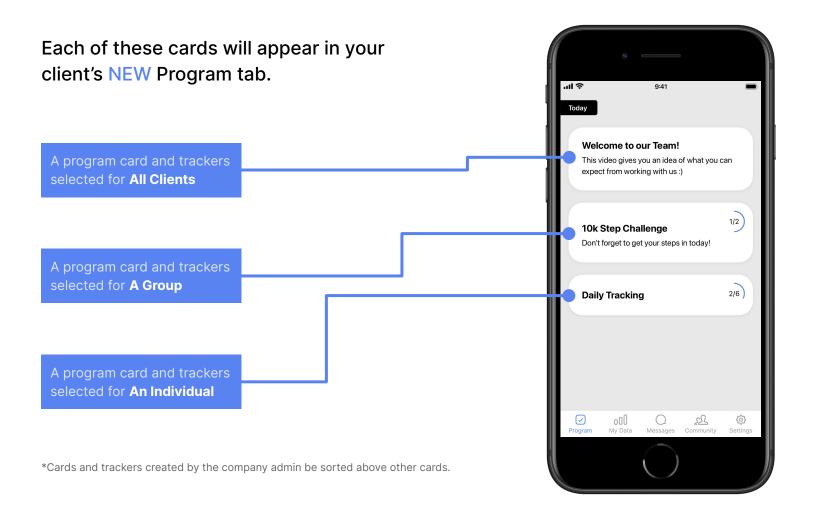
### **Program Card**



### **Trackers**



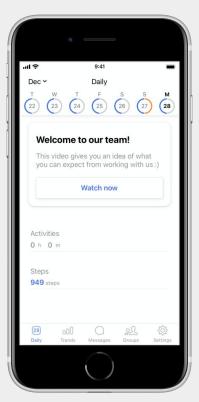




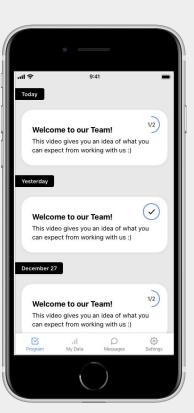
# Cards can now be scheduled to appear daily, weekly, or on a specific date.

Your existing setup is automatically translated into cards that repeat daily to be consistent with the old Daily Tab.

## **Before**



**After** 

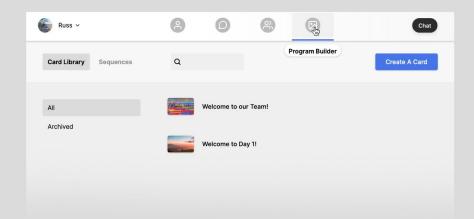


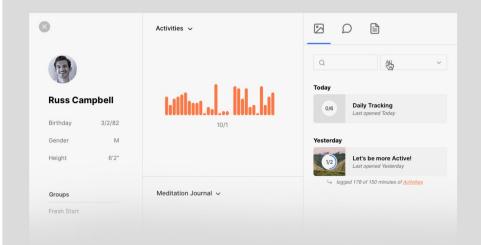
Old Daily Tab

**NEW** Program Tab

You'll find cards created for groups in the Program Builder tab. Personal cards will only be in your client's profile.

You're probably going to want to update your cards. Read on to see why.





Program Cards are the building blocks of programs. They unlock new ways to share content & track habits.

Now you can add Images and video create a more engaging in-app experience.



### My Daily Food Journal

Take a minute to record your meals & you'll become more mindful of your eating habits.



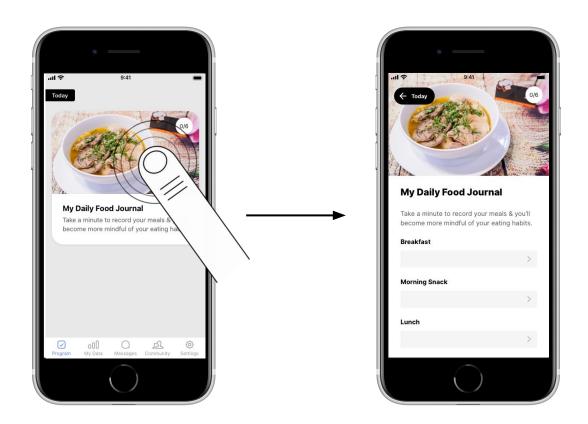
Bodyweight Workout Plan: Week 2



#### Useful Links

Check our program calendar or dive deeper into key topics with our how-to videos...

# When tapped program cards reveal their full contents.



# Consider how you can take advantage of the new card components.

Swap existing links to videos for the new video component creating a better in-app experience. Add feature images to make cards more interesting.



Questions? support@nudgecoach.com



### Headline

Write something bold.



#### Text

Provide program details or write something inspirational.



#### Button

Make a call to action. Link to content on your website.



### **Tracker**

Prompt your clients to track their behavior.



## (Þ) Video

Link to video content on YouTube or Vimeo.

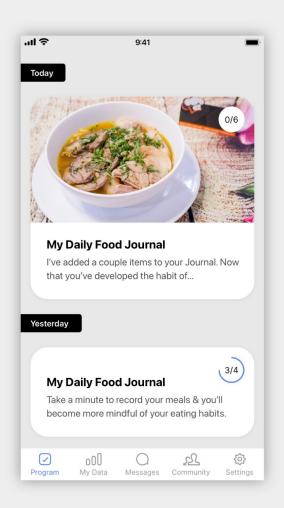


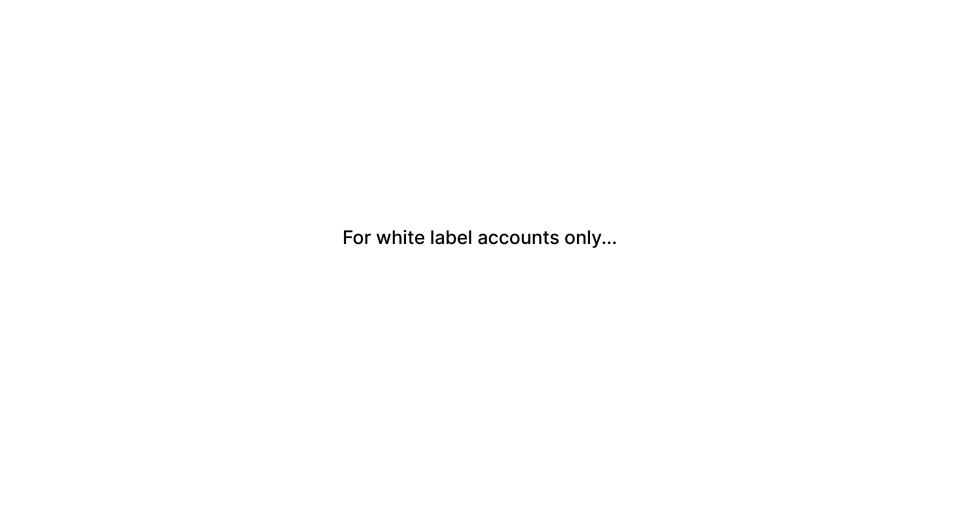
### **Image**

Search for an image to add to this card.

You can make changes to a client's cards at any time and the feed will retain their history.

Not everything needs to be tracked daily. Break up content and trackers into separate cards and set the appropriate frequency.





Help us prepare your app by supplying assets for 2 example cards to be used in your app store screenshots.

### We need:

- 2 horizontally oriented images
- 2 card titles
- 2 short sentences (Approximately 86 characters)

If you haven't provided these please email them to <a href="mailto:phil@nudgecoach.com">phil@nudgecoach.com</a>

