



## Read Your Body App: Setup Guide

**Download** the Read Your Body app via the app store on your phone. The icon looks like this:



1. Save the template file made by your instructor to your files on your phone in a place you can find it. *You should have received a text with a file attachment.*
2. Open the app, make an account, and navigate to:  
MENU >  
DATABASE >  
IMPORT  
(scroll to bottom and select “IMPORT SETTINGS (JSON)”)
3. Select the file you saved to your phone as the “settings.”
4. Once the template is uploaded to your app, [watch this video!](#) If you need further instructions, please reach out to your educator.