



QUICKSTART GUIDE

Welcome to Fitv! We believe accountability and group support are an integral part of the fitness journey. We are happy to be a part of your journey and we can do it together. Fitness is not rocket science, just needs consistency and commitment on your part. Let's make it fun and celebrate this inspiring community.






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GAME PLAN

- ▶ These monthly challenges are theme-based and change every month except constant habits
- ▶ Challenge runs from the 1st of every month and ends on 30th of the month
- ▶ There are 3 parts to this challenge:
 1. Constant habits + Theme-based habits
 2. Weekly wellness habits
 3. Reflection tasks

Constant habits

1 Nutrition



2 Workout



3 Sleep





4 Water



5 Stretching



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- ▶ Each task is assigned points (claps) and your position in the challenge is decided on the basis of these points.
 - ▶ For every task you perform, your score is recorded in the Fitv app
 - ▶ You will climb up the leaderboard as you make progress
 - ▶ The winner will be decided on the basis of total scores and their consistency in check-ins in the facebook group.
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HOW TO JOIN THE CHALLENGE?

- ▶ Step 1 - Join our official facebook group - <https://www.facebook.com/groups/fitvren>
- ▶ Step 2: Payment can be made through our website or through our Fitv app (Android Users Only)
- ▶ Step 3: Note down the transaction ID of the payment and send a request to join the Challenge group. Link will be shared in the announcement.

Please enter it in this format : **Transaction ID - Mode of Payment**

USING FITV APP


IOS USERS

<https://apps.apple.com/us/app/fitv/id1561005771>

- ▶ Step 1 - Sign up in the website - <https://www.fitv.in/>
- ▶ Step 2: Install the app and sign in
- ▶ Step 3: Go to the monthly challenge and check your tasks under "Tasksheet"

ANDROID USERS

<https://play.google.com/store/apps/details?id=com.ydl.fitv>

- ▶ Step 1 - Sign up in the app and sign in
 - ▶ Step 2: Go to the monthly challenge and check your tasks under "Tasksheet"
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PAYMENT

Theme-based challenges are priced at an introductory price of Rs. 450 per month


PAYMENT OPTIONS

1. Razorpay through website/app
2. Google pay to +91-9620564222 and send the screenshot to info@fitv.in

PAYMENT THROUGH THE WEBSITE (For all the users)

1. First sign up on the login page - https://www.fitv.in/ready_dashboard/user_verify.php
2. Click on "buy now" for monthly challenges and make the payment

PAYMENT THROUGH THE APP (For android users only)

1. Install Fitv app - <https://play.google.com/store/apps/details?id=com.ydl.fitv>
 2. Sign up and login to the app
 3. Click on challenge and buy the plan
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CONNECT WITH US



<https://www.facebook.com/groups/fitvren>

Facebook group



<https://www.facebook.com/Fitvrenu>

Facebook page



<https://www.instagram.com/fitvrenu/>

Instagram

Phone Number +91-9620564222

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