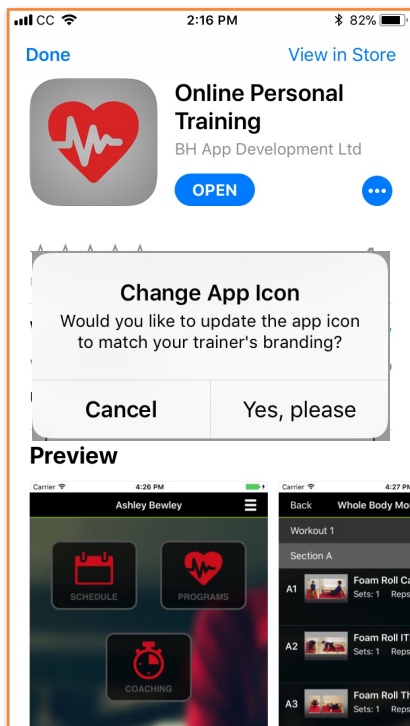
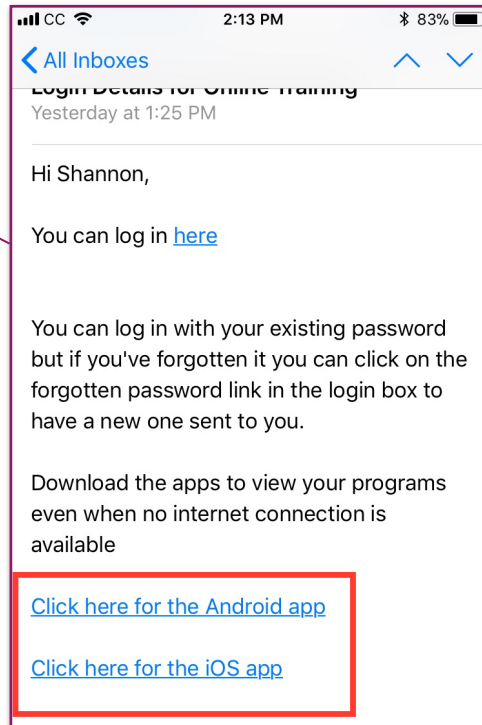


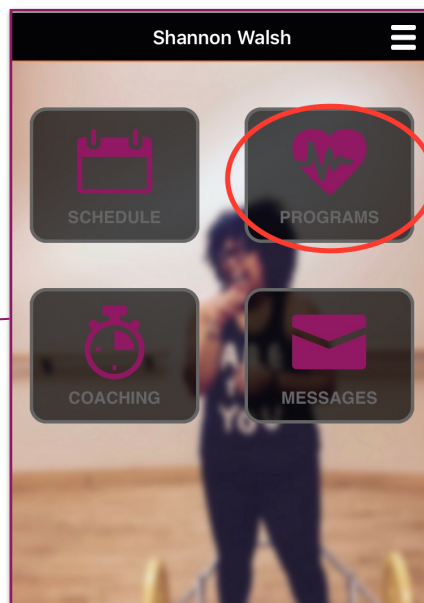
Step 2: Complete Your Movement Screening!

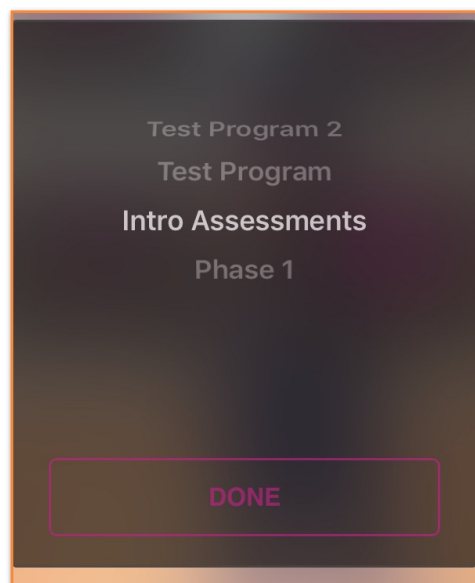
The movement screening will need to be completed on the Fitness for Feminists Online Training app. Use your smartphone to open the login email. Then click the Android or IOS link to open the page in your app store.



Download the app for free. Click "Yes" if it asks if you want change the app icon. That will allow you to use the Fitness for Feminists Design.

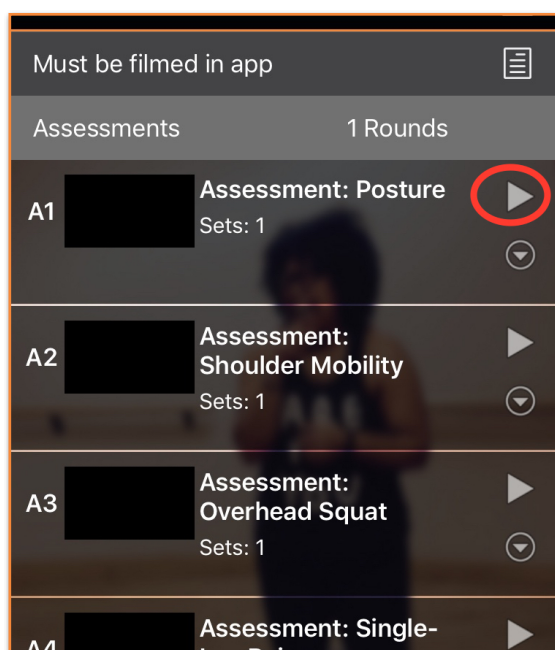
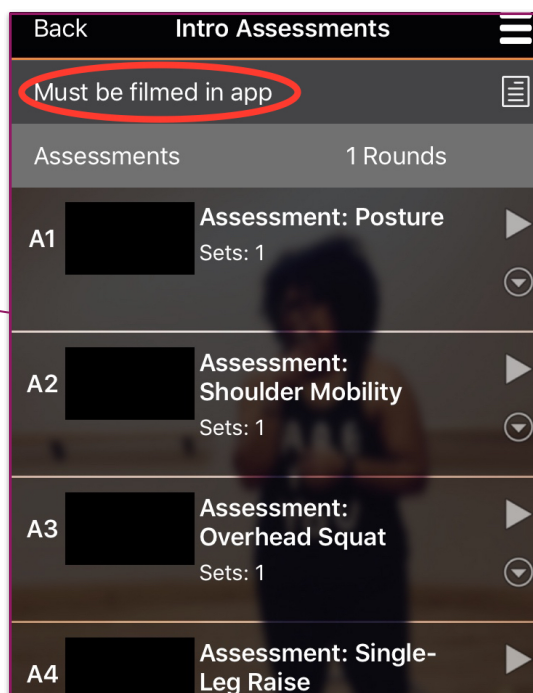
When you open the app, you'll come to a home screen with icons for "Schedule," "Programs," "Coaching," and "Messages." Select Programs.





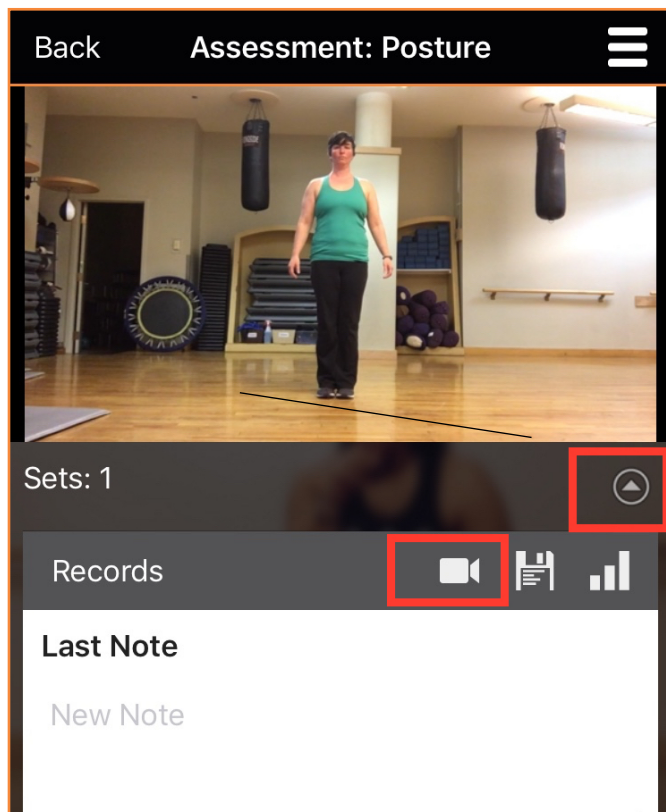
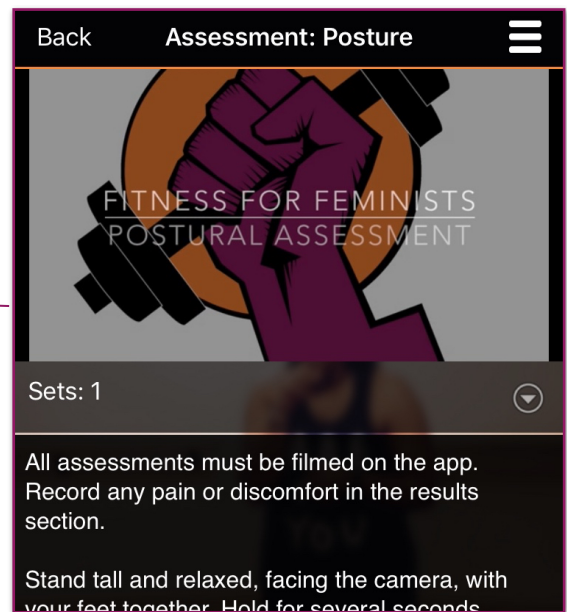
When you've clicked Programs, all of your programs should come up. At this point, you should only have "Intro Assessments" listed. Click "Intro Assessments" and then "Done."

Once you've clicked "Done" a list of your assessments will appear with the note "Must be filmed in app." That's just to let you know that you must film your assessments in the app. You cannot use the website to film your assessments.



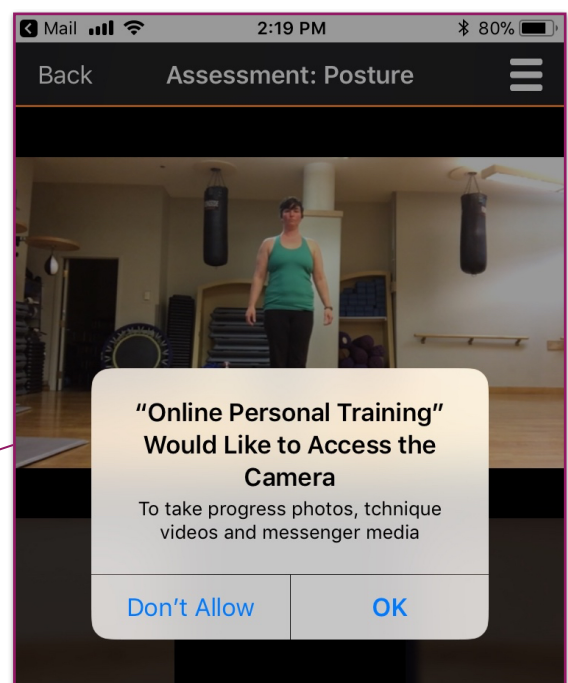
I'd recommend watching the example video and reading the assessment description before videotaping yourself. To do this, click the play button.

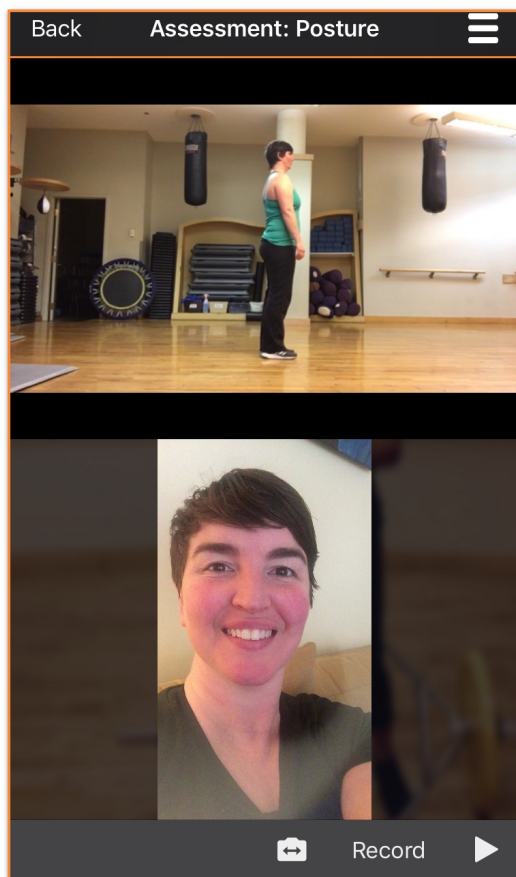
This will open the example video in a new screen and the video will automatically start playing. (Note, the example videos do not have audio.) Read through the description and watch the video to make sure you understand what to do.



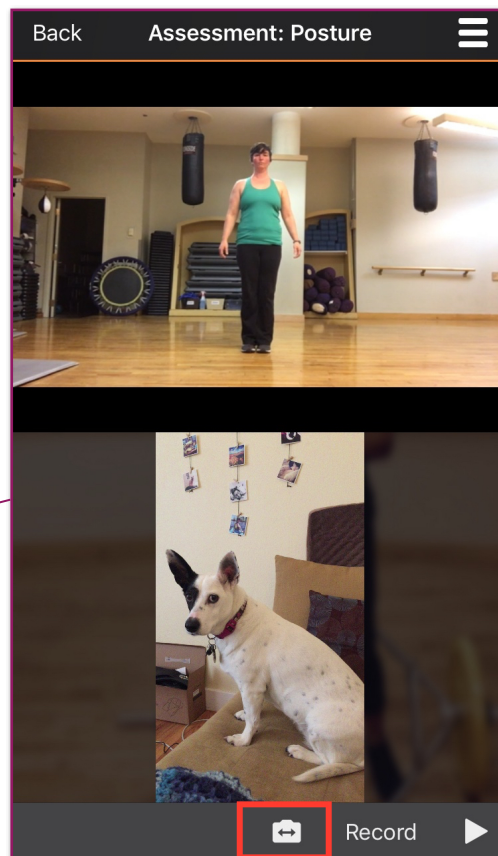
Once you understand what to do, get ready to film yourself. Click the small arrow with the circle around it below the video to the right-hand side. This will open up a box labeled "Records." Click the video camera icon.

This will open another screen with the example video playing and will ask you to access the camera. Click "OK" in order to film your assessments.

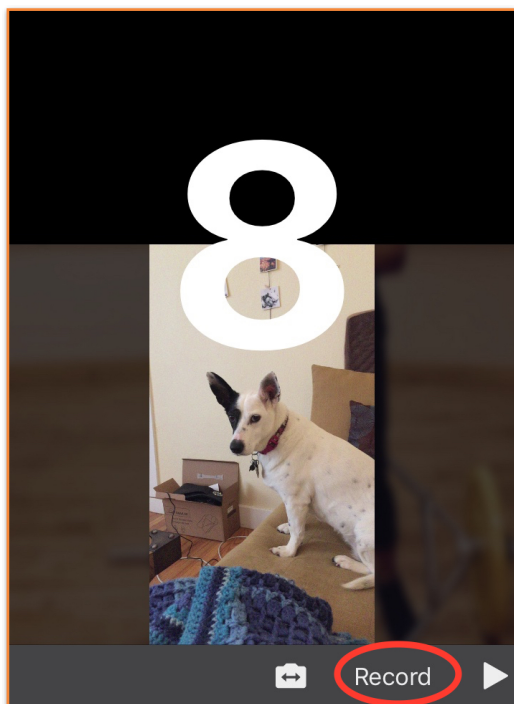




Clicking “OK” will automatically open the camera that faces you when you’re looking at your phone. It’s easier to videotape yourself this way.



However, if someone else is filming you, click on the camera icon below the screen with the left and right arrows. This will turn the camera around.

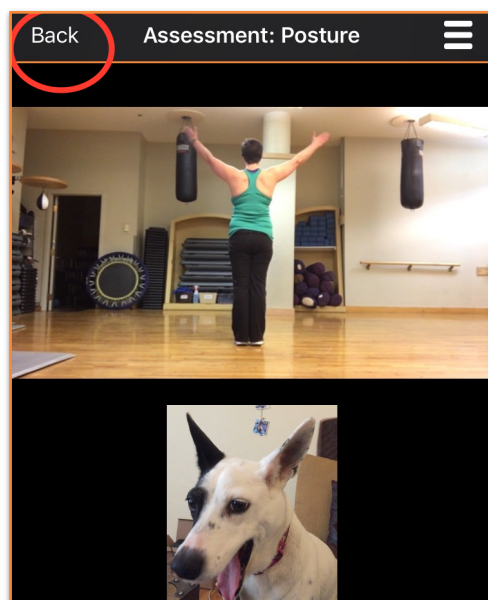
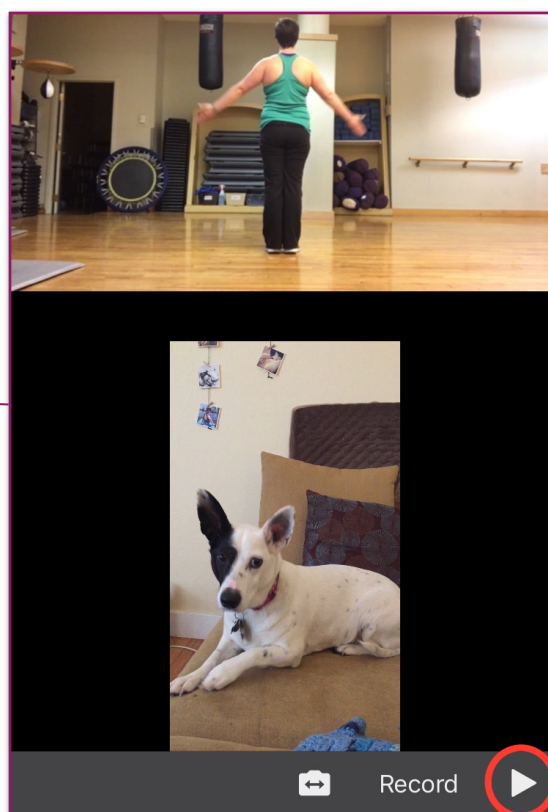


When you're ready to record, hit the "Record" Button. You will have 10 seconds to get into place and ready to move before it starts recording.

Note: The app will record for the entire length of the example video; you cannot stop it early or continue recording after the example video ends.

When you've finished filming, click the Play button on the bottom of the screen. This will let you watch the video AND it will also send the video to me.

If you need to film more than one video, simply record another video after you play the first. Once you play your new video, that video will also be sent to me.



Click "Back" to return to the rest of the movement assessments.