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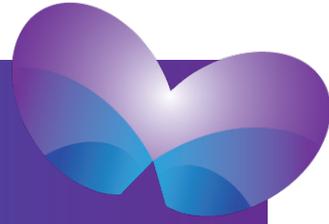
Body Life Skills

Program

iPhone App User Guide



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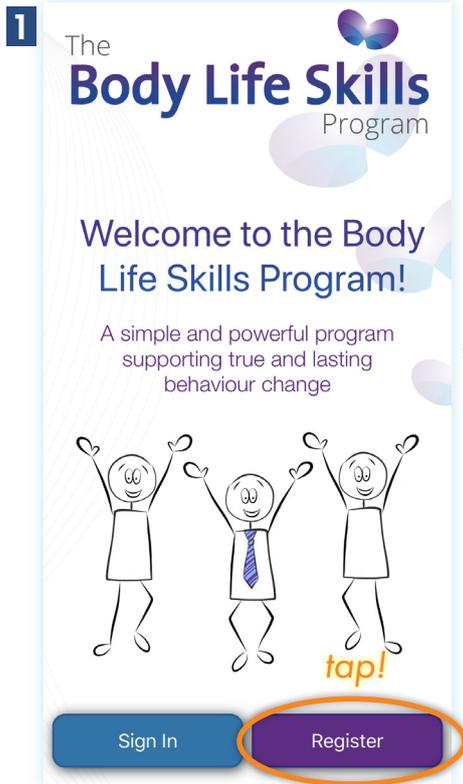
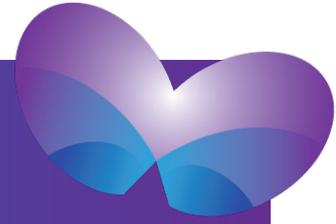
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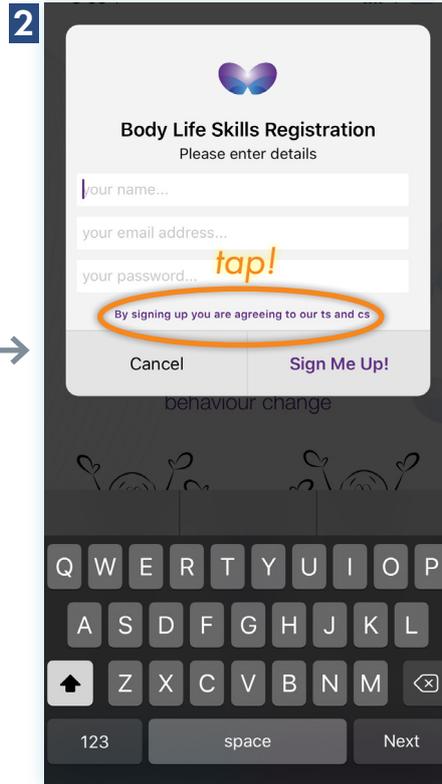
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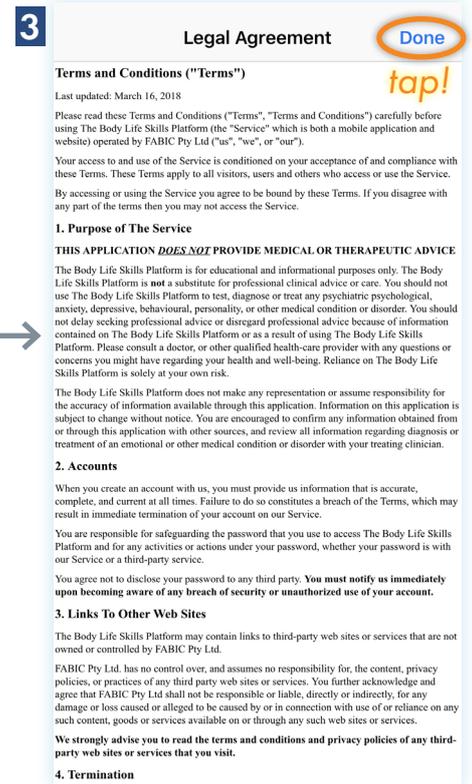
Registration



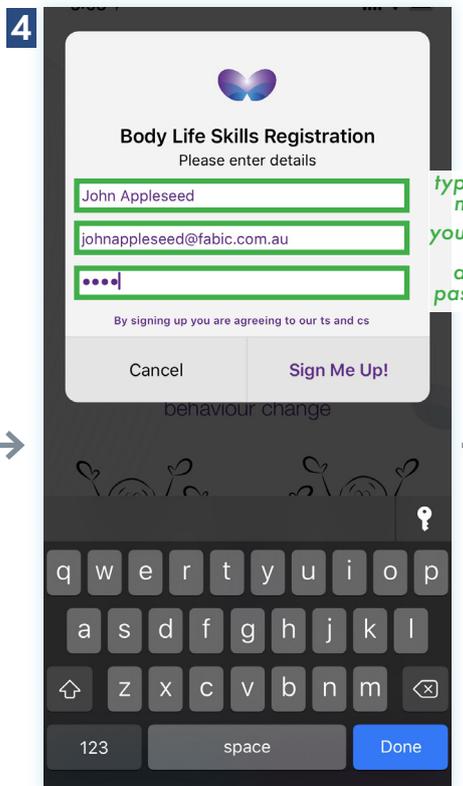
1) To Register tap on the purple 'Register' button on the start page.



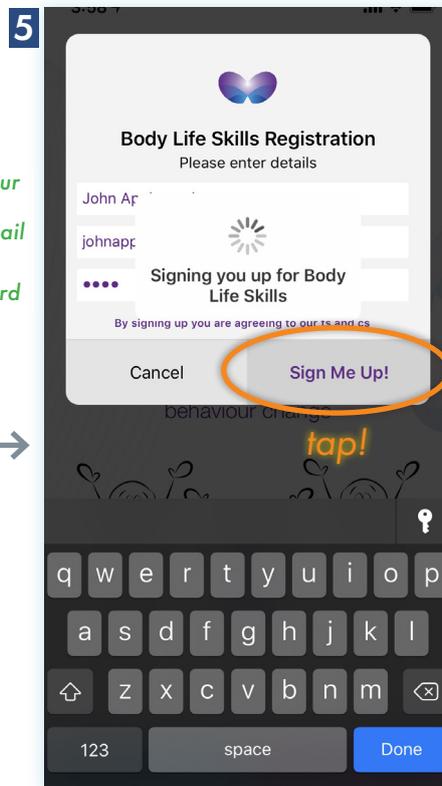
2) By registering for the app you agree to its terms and conditions. To view them, tap the button highlighted above. Note, this step is optional. If skipped, please go to step 4.



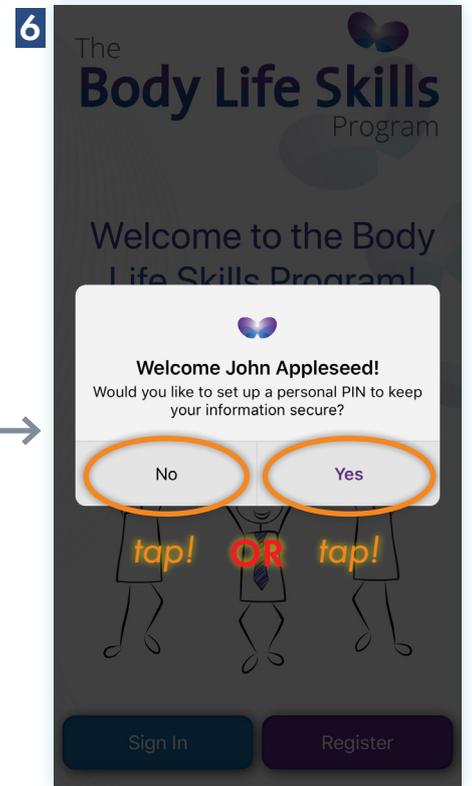
3) Once you have read the terms and conditions are ready to move on, tap 'Done'.



4) Next, fill in your details including your name, email address and a password you would like to use to sign into the app with.

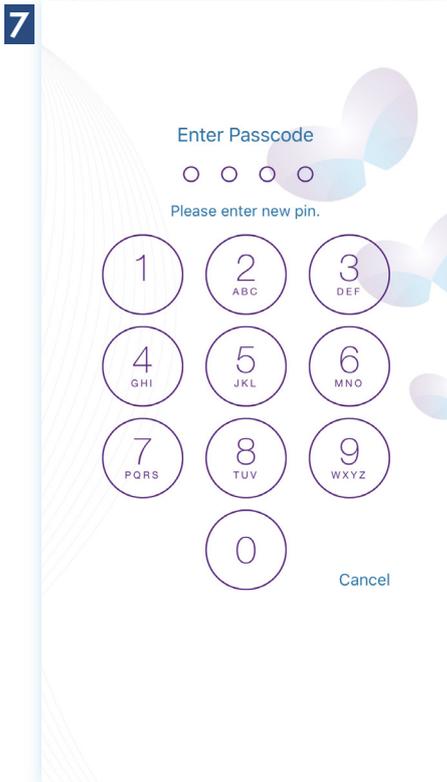
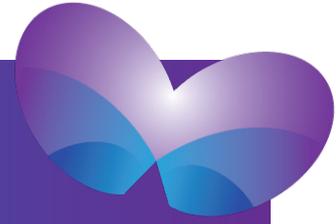


5) Tap 'Sign Me Up!' to then officially register yourself.

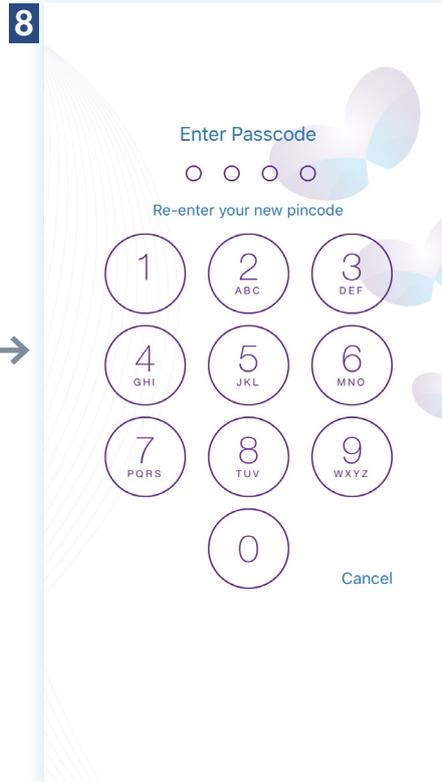


6) You can set up a personal PIN you must enter every time you use the app to keep it more secure. If you choose 'No', please go to step 9.

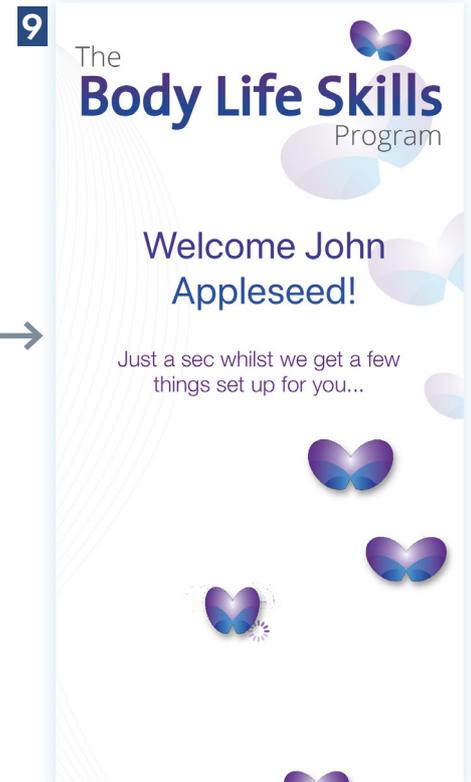
Registration



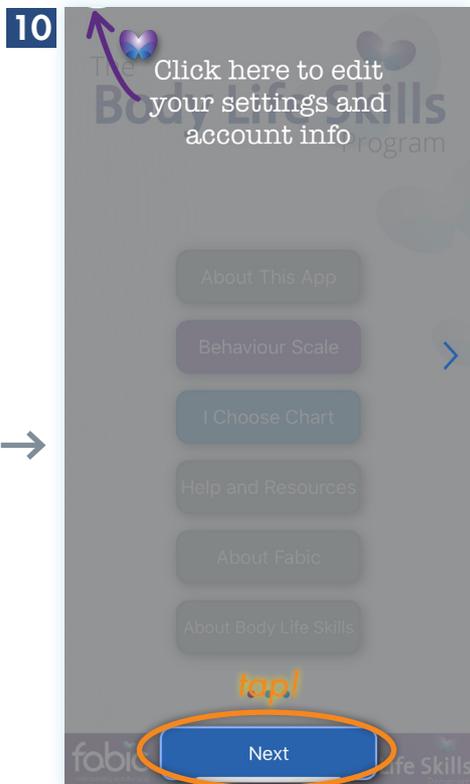
7) Enter a 4 Digit PIN you would like to use whenever you use this app.



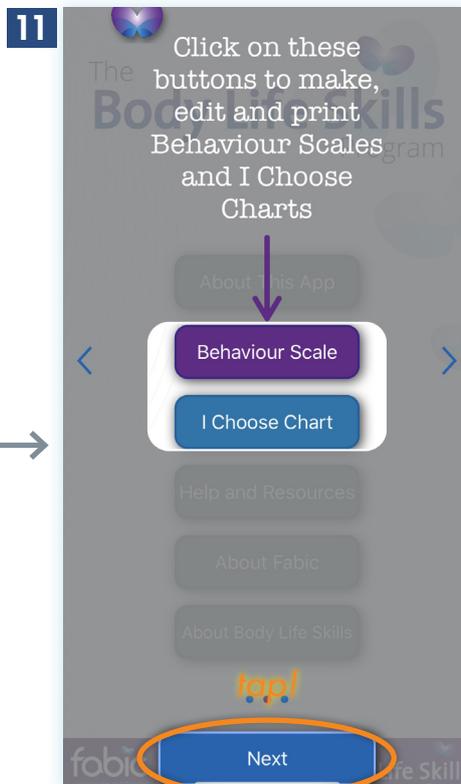
8) Enter the same PIN again to verify you entered it correctly.



9) Wait a moment for the app to set things up for you.



10) Lastly, you will be shown a tutorial. You are first shown how to access the settings screen. You can exit this any time by clicking then 'X' at the top of the screen.



11) You are then shown where you can access the Behaviour Scale and I Choose Chart sections.

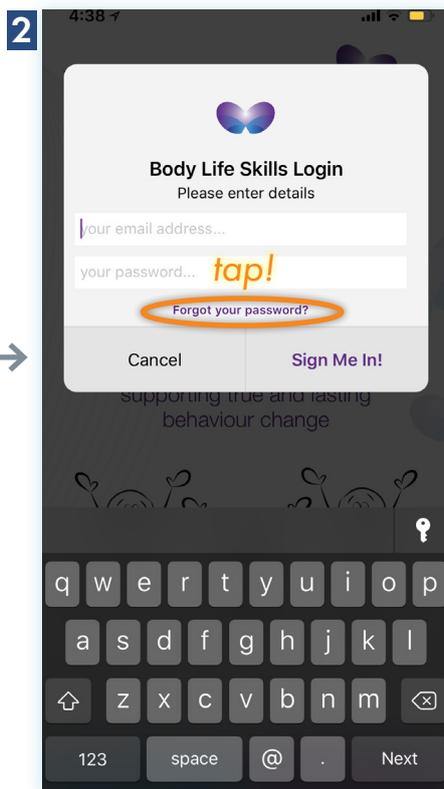


12) Finally, you are shown where you can go to learn more about the BLS Program and get help and support with using the app.

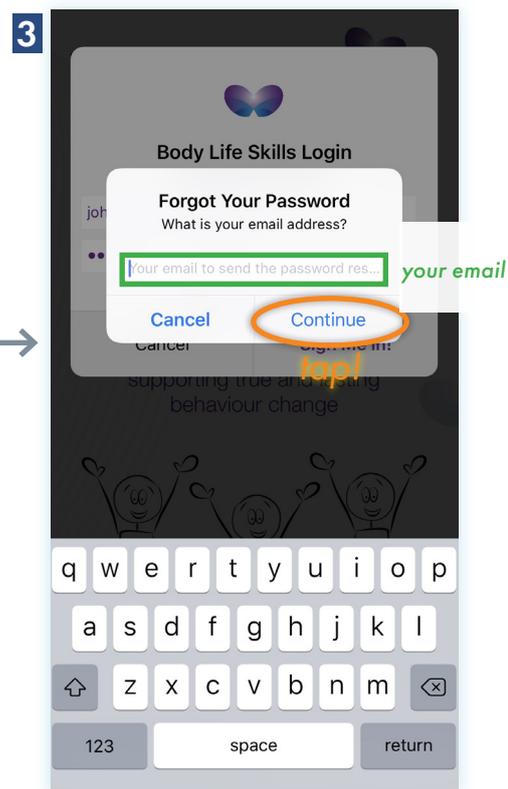
Signing In



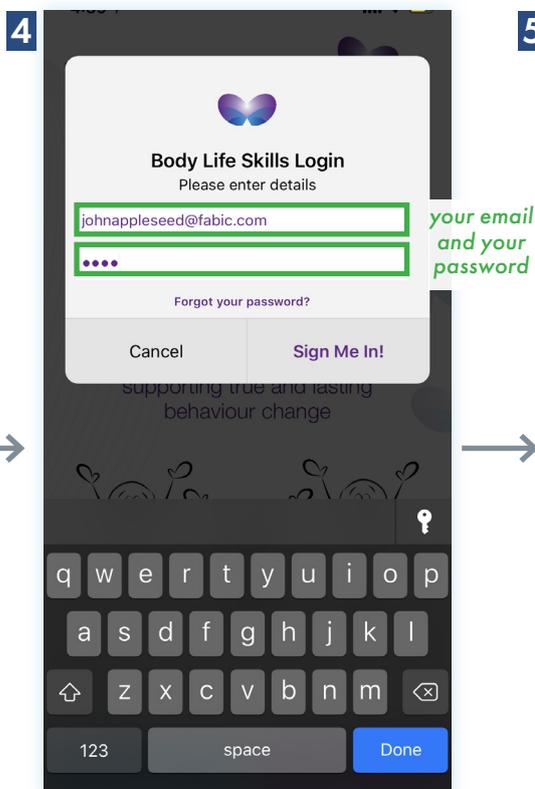
1) To Sign In tap on the purple 'Sign In' button on the start page.



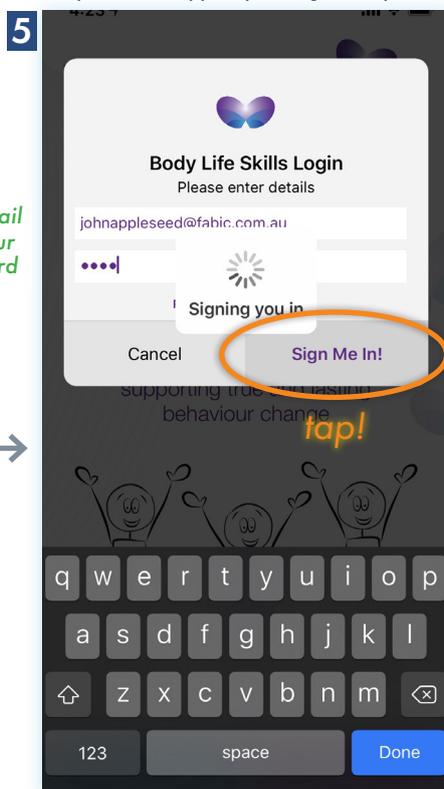
2) If you forget your password, you can click on the 'forgot your password' button as highlighted above. Note, this step is optional. If skipped, please go to step 4.



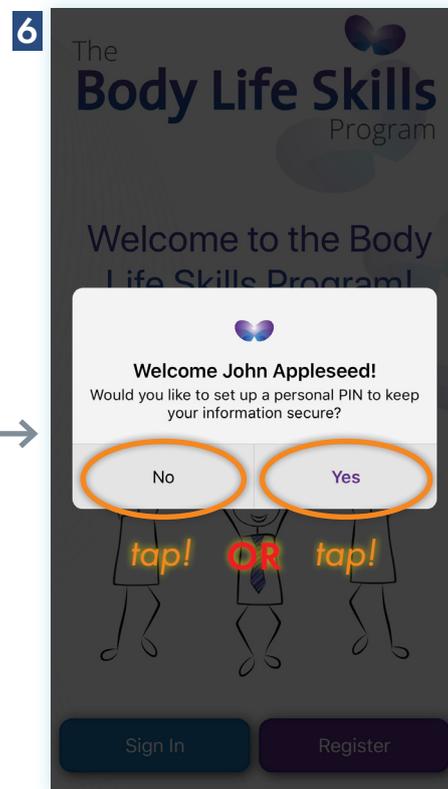
3) Fill in the email address you used to register for the app. A link will be sent to that email address where you can reset your password.



4) Next, fill in your login details which is the email address and password you set up when you first registered for the app.

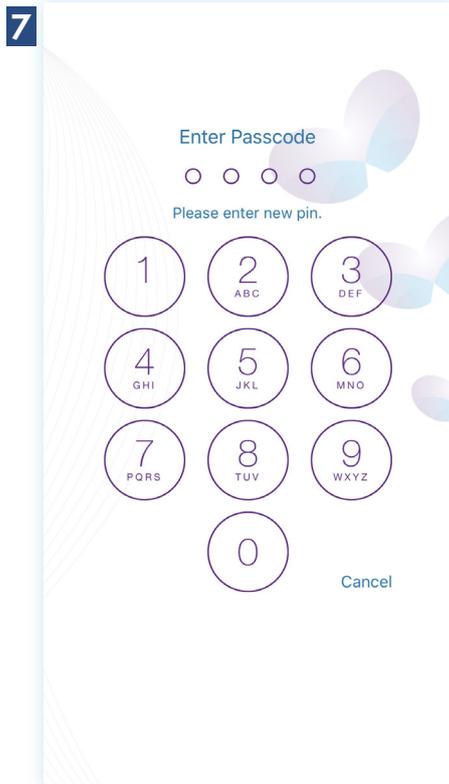


5) Tap 'Sign Me In!' to then sign yourself in.

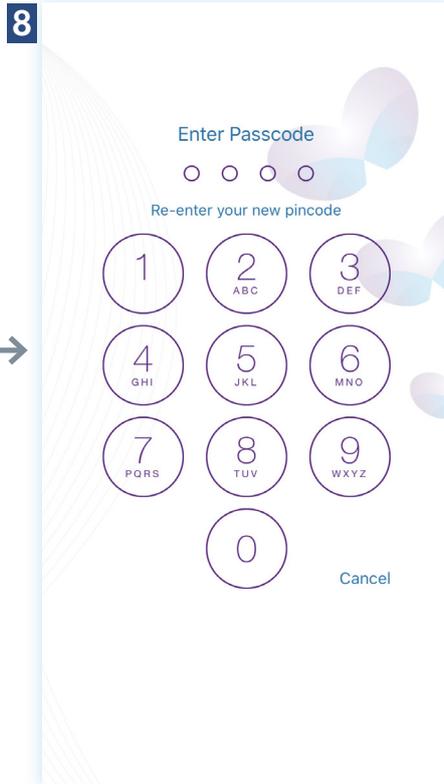


6) You can set up a personal PIN you must enter every time you use the app to keep it more secure. If you choose 'No', please go to step 9.

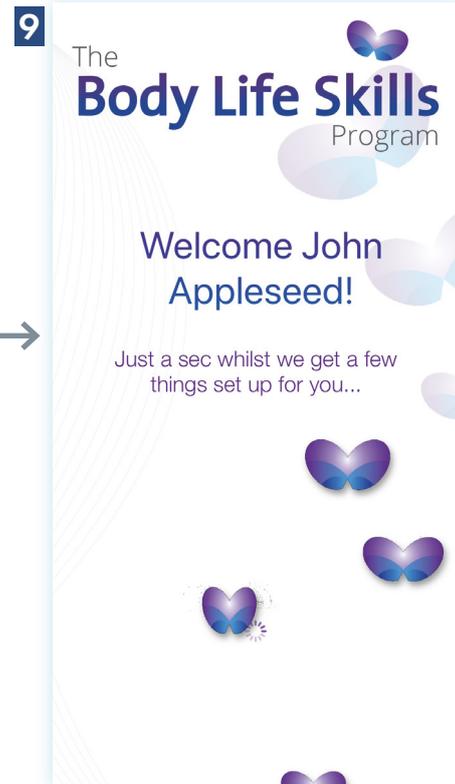
Signing In



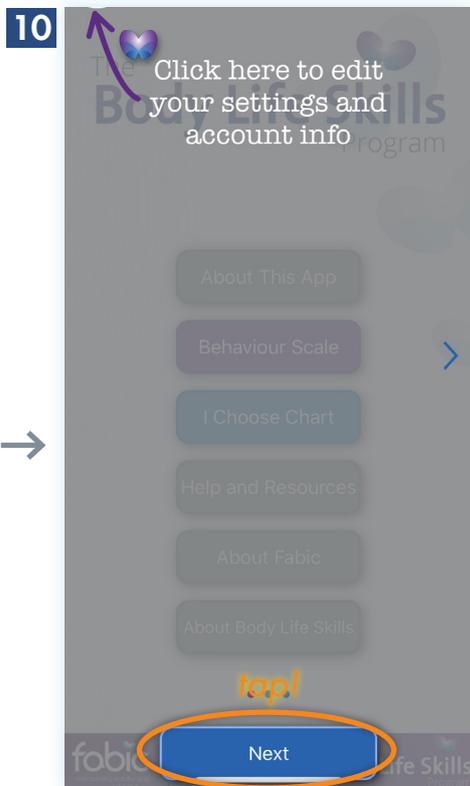
7) Enter a 4 Digit PIN you would like to use whenever you use this app.



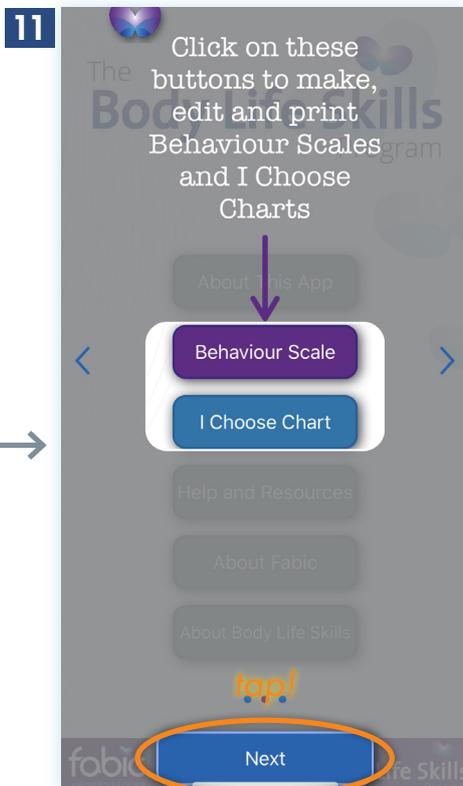
8) Enter the same PIN again to verify you entered it correctly.



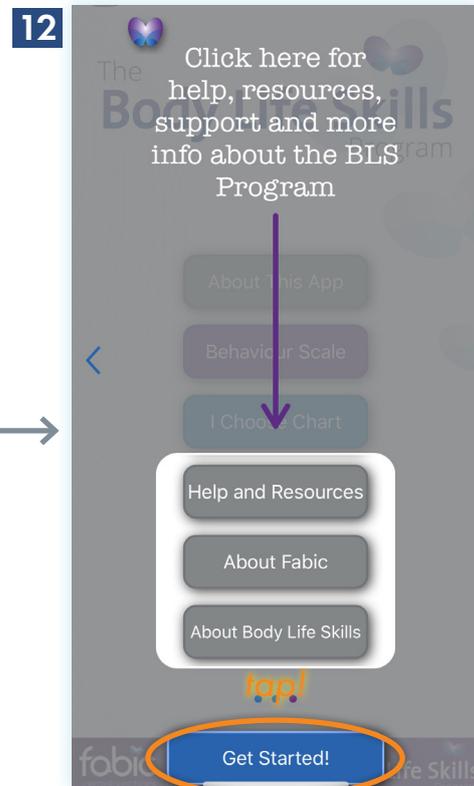
9) Wait a moment for the app to set things up for you.



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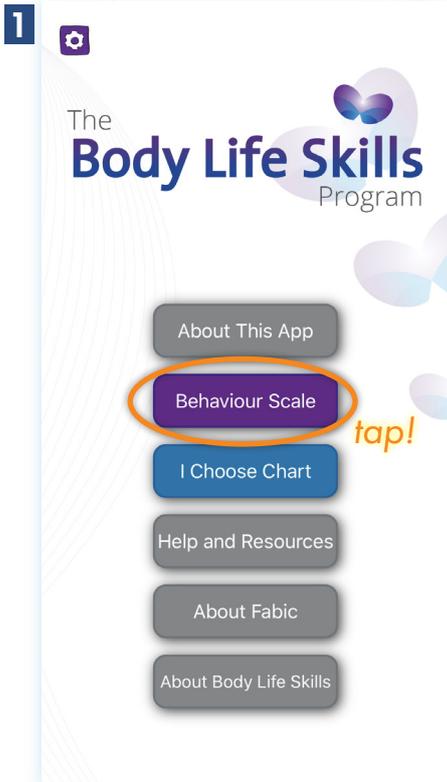
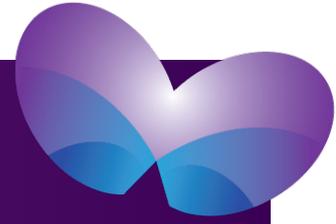


11) You are then shown where you can access the Behaviour Scale and I Choose Chart sections.

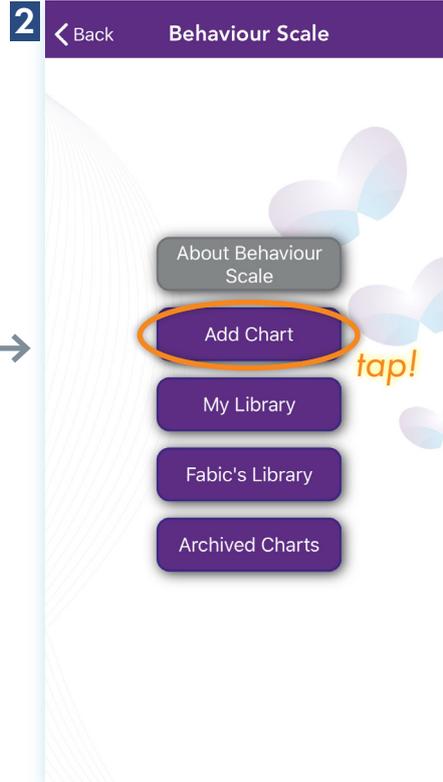


12) Finally, you are shown where you can go to learn more about the BLS Program and get help and support with using the app.

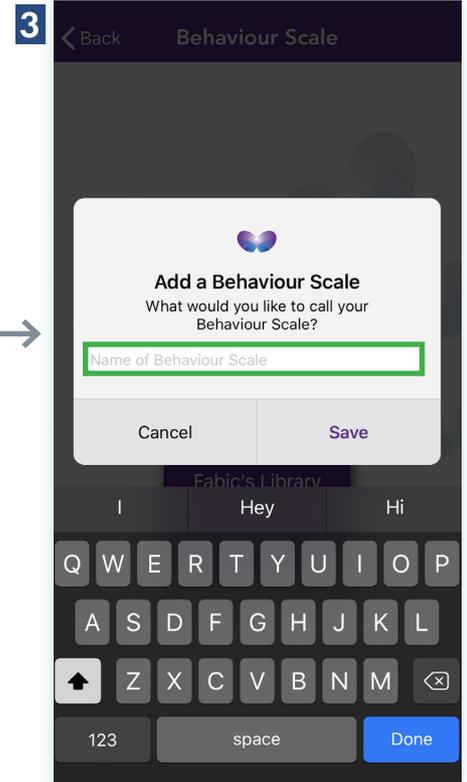
Adding a New Behaviour Scale



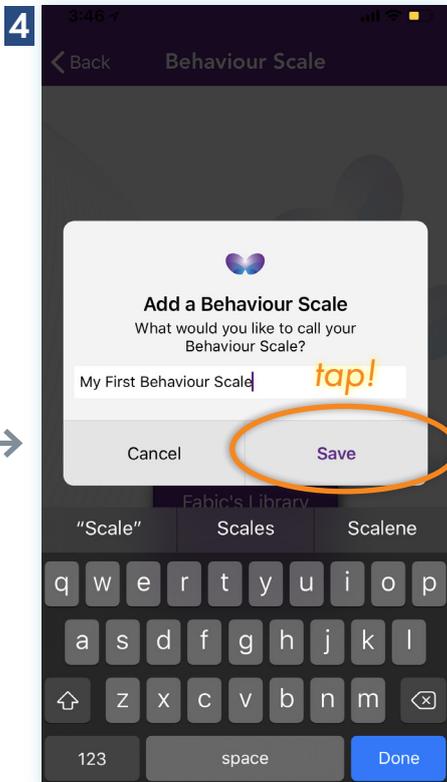
1) To add a Behaviour Scale navigate to the Behaviour Scale menu.



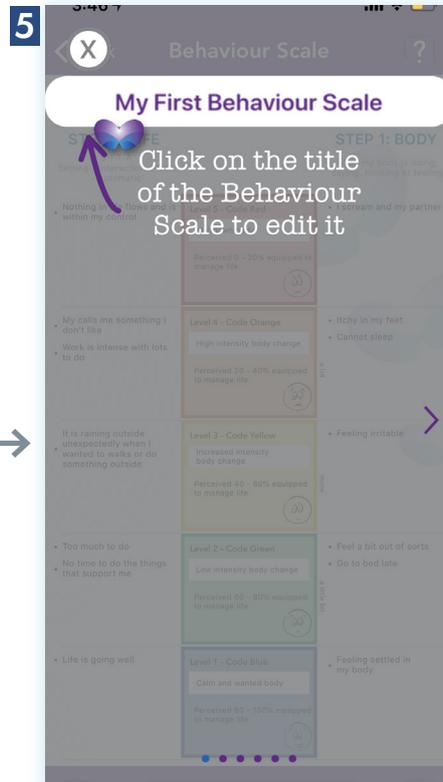
2) Then tap 'Add Scale'. You can also add a chart from the '+' symbol at the top right corner of the 'My Library' screen.



3) Enter what you would like to call your new Behaviour Scale. Often it is based on the setting/situation. For example, "Being at Home over the School Holidays".



4) Next, tap 'Save' to continue adding the Behaviour Scale.

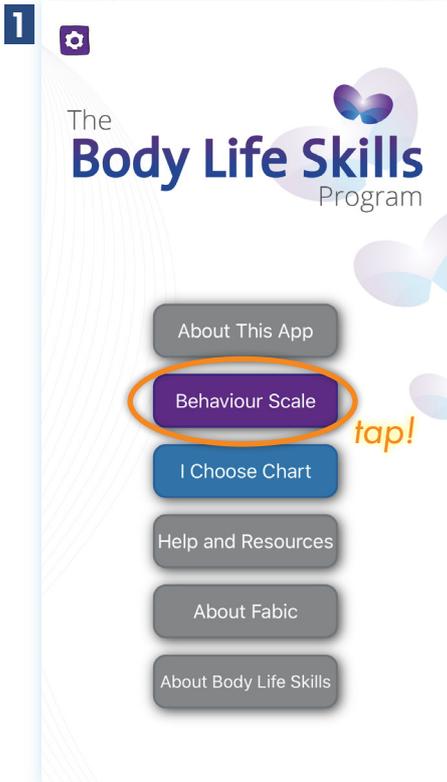
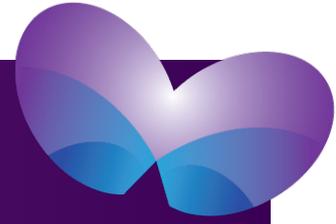


5) If it is the first time you have added a Behaviour Scale, a tutorial about how to use it will automatically be shown.

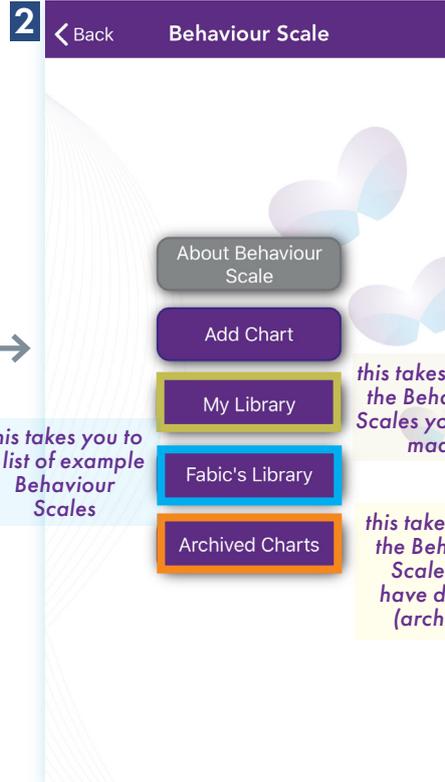


6) Finally, you will see a blank Behaviour Scale with the title you entered, ready to add items to. You can edit the title of the Behaviour Scale by simple tapping on it and editing it.

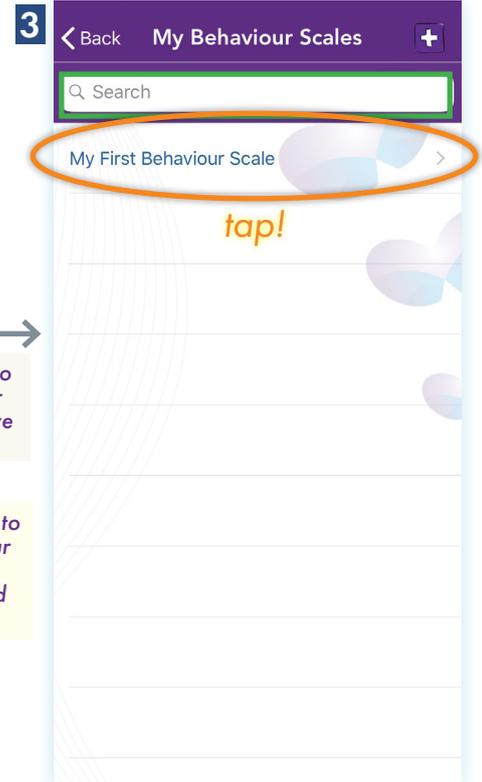
Accessing Behaviour Scales



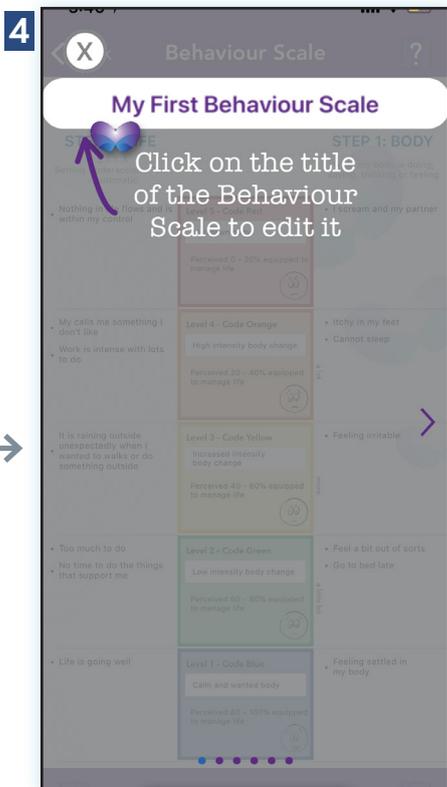
1) To find Behaviour Scales, navigate to the Behaviour Scale menu.



2) 'My Library' takes you to your BSs. 'Fabric's Library' takes to a library of example BSs from Fabric. 'Archived Charts' takes you to your BSs that you have deleted (archived).



3) In each library or category you have the ability to search/filter the Behaviour Scales within it by typing in the search box. When a Behaviour Scale is found, tap on it to open it.

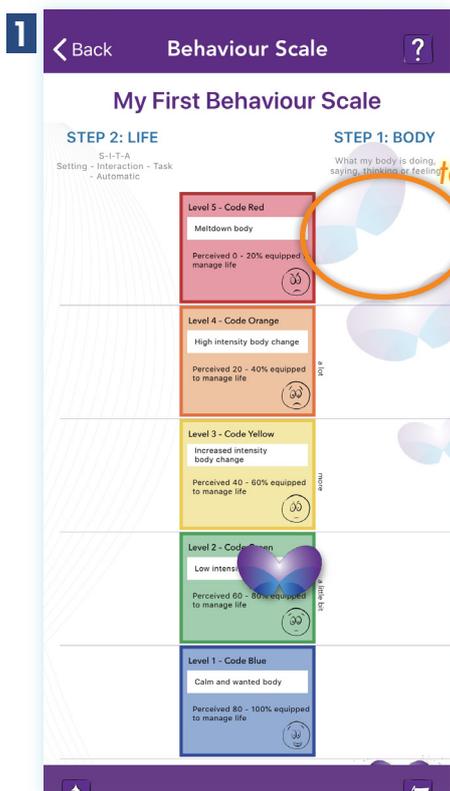


4) If it is the first time you have opened a Behaviour Scale and you opened one from your own active library, a tutorial will be shown.

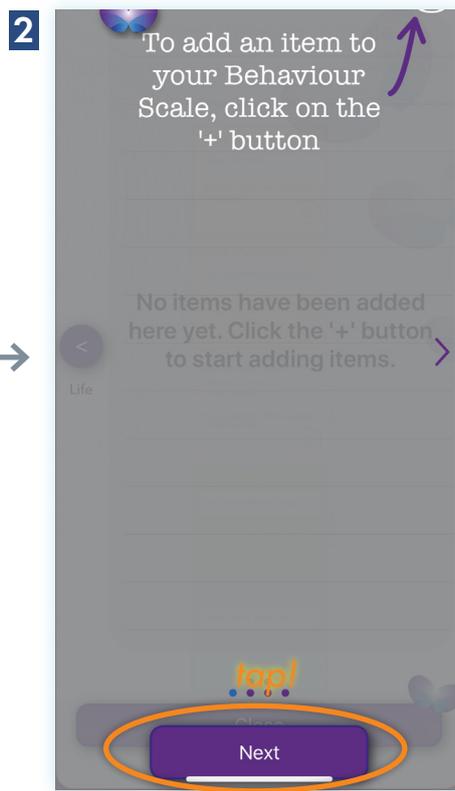


5) Finally, you are able to see the Behaviour Scale you were searching for.

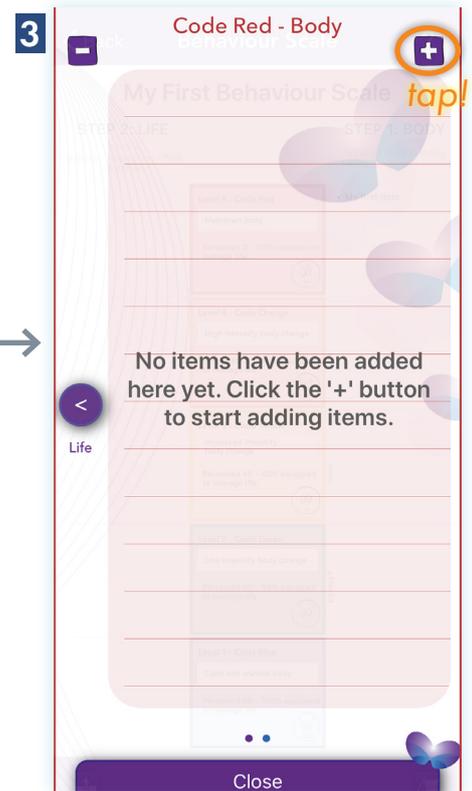
Adding Items to Your Behaviour Scale



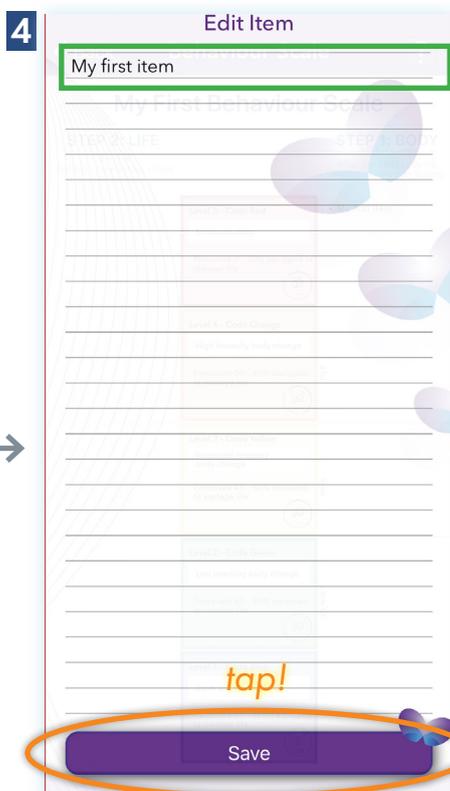
1) To add items to your Behaviour Scale, tap on the area you would like to add items to.



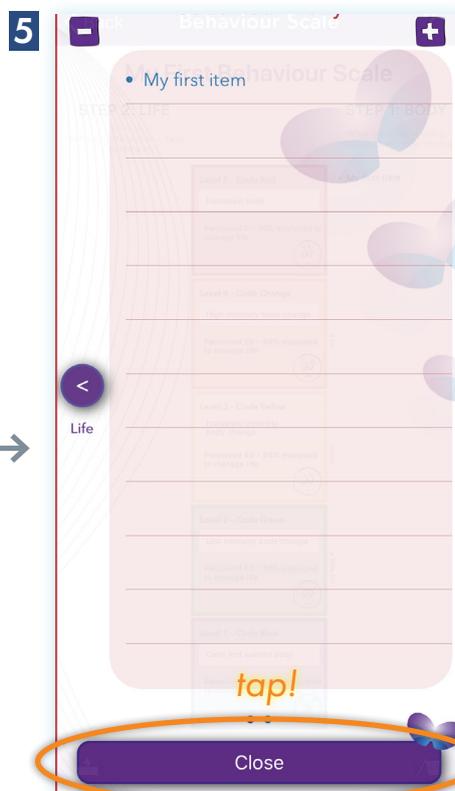
2) If it is the first time you have added items to any Behaviour Scale a tutorial will be shown.



3) Afterwards, tap the '+' button at the top right of the screen.



4) An empty note pad opens and you can type the what you would like to add. Afterwards tap, 'Save'.

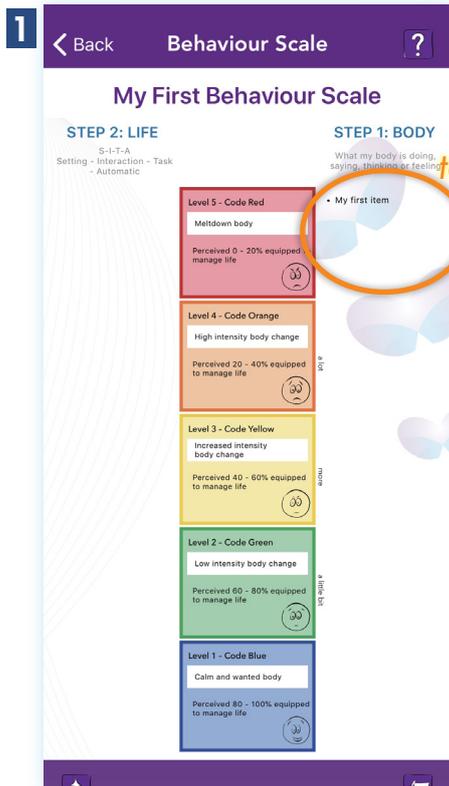


5) Tap 'Close' when you have finished adding items.



6) Finally, you will see the item on the Behaviour Scale.

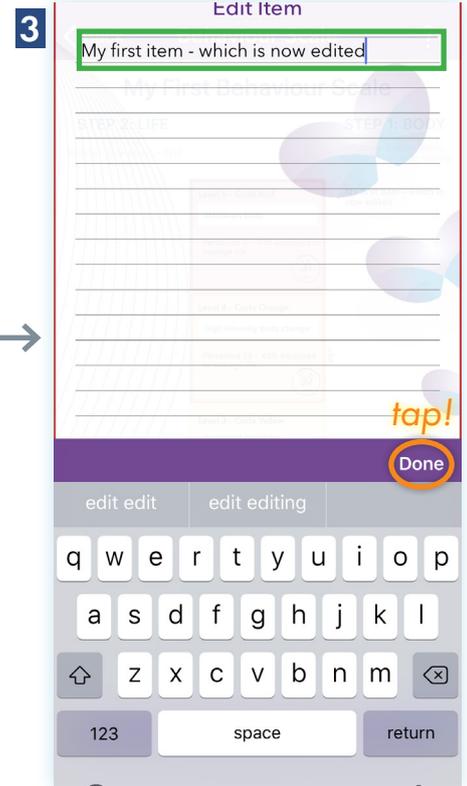
Editing an Item on Your Behaviour Scale



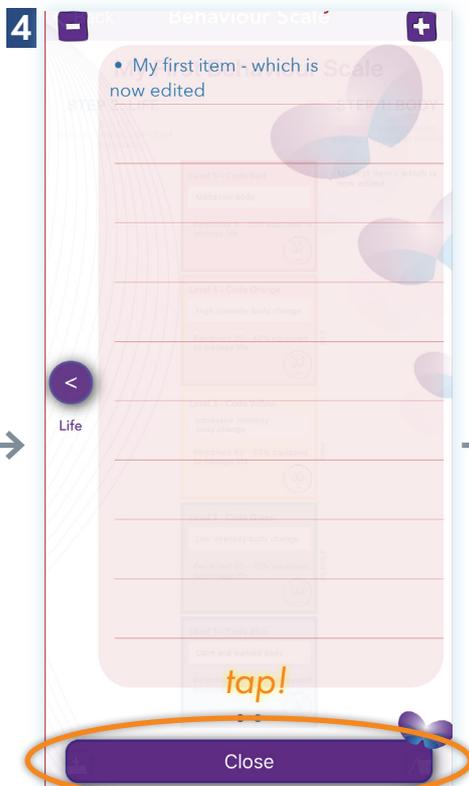
1) To edit an item, tap on the item you would like to edit.



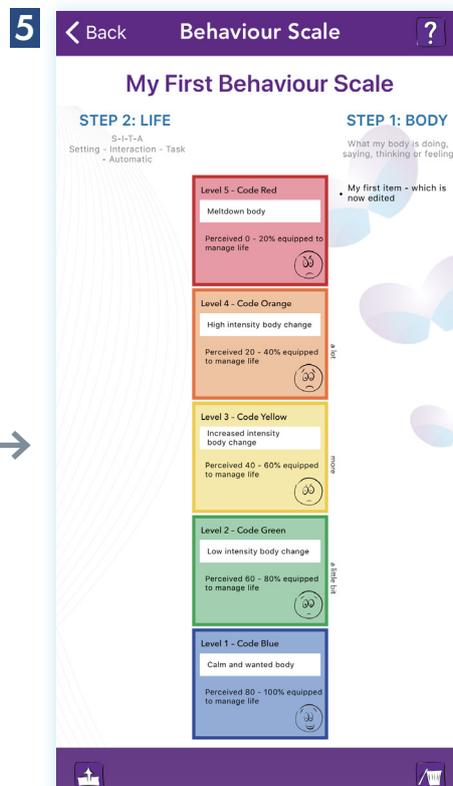
2) Tap again on the particular item you would like to edit.



3) Update the item as you require and then tap 'Done'.



4) The item is now visibly updated. Tap 'Close' when you have finished editing the items.



5) You will see that on the chart the item is also updated.

Deleting an Item from Your Behaviour Scale

1 **Back** Behaviour Scale ?
My First Behaviour Scale
STEP 2: LIFE
 S-I-T-A
 Setting - Interaction - Task
 - Automatic
 Level 5 - Code Red
 Meltdown body
 Perceived 0 - 20% equipped to manage life
 Level 4 - Code Orange
 High intensity body change
 Perceived 20 - 40% equipped to manage life
 Level 3 - Code Yellow
 Increased intensity body change
 Perceived 40 - 60% equipped to manage life
 Level 2 - Code Green
 Low intensity body change
 Perceived 60 - 80% equipped to manage life
 Level 1 - Code Blue
 Calm and wanted body
 Perceived 80 - 100% equipped to manage life

2 Code Red - Body
 Behaviour Scale
 • My first item - which is now edited
 tap!

3 Code Red - Body
 Behaviour Scale
 • My first item - which is now edited
 tap!

1) To delete an item from your Behaviour Scale, tap on the item you would like to delete.

2) Tap on the '-' button on the top left of the screen.

3) Tap on the red '-' sign that now appears next to each item.

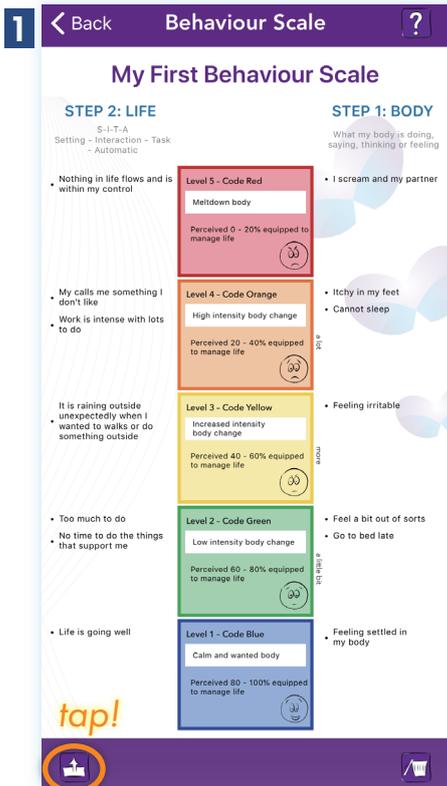
4 My first item - which is now edited
 Delete
 tap!

5 **Back** Behaviour Scale ?
My First Behaviour Scale
STEP 2: LIFE
 S-I-T-A
 Setting - Interaction - Task
 - Automatic
 Level 5 - Code Red
 Meltdown body
 Perceived 0 - 20% equipped to manage life
 Level 4 - Code Orange
 High intensity body change
 Perceived 20 - 40% equipped to manage life
 Level 3 - Code Yellow
 Increased intensity body change
 Perceived 40 - 60% equipped to manage life
 Level 2 - Code Green
 Low intensity body change
 Perceived 60 - 80% equipped to manage life
 Level 1 - Code Blue
 Calm and wanted body
 Perceived 80 - 100% equipped to manage life
 Close

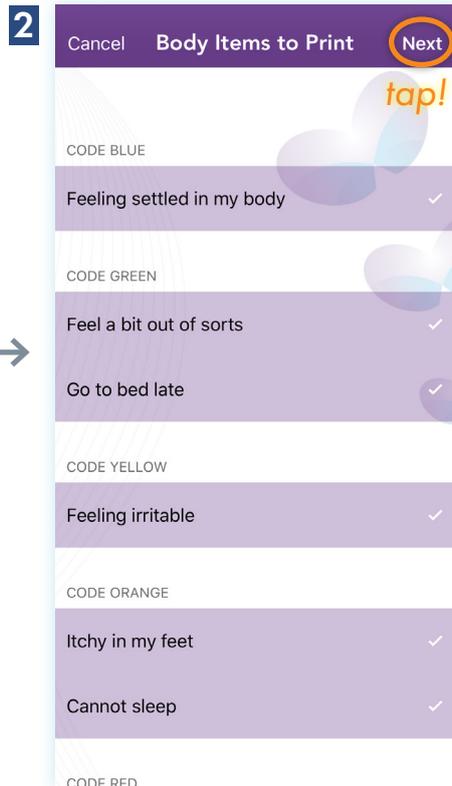
4) Confirm that you would like to delete the item by tapping 'Delete'. When you are finished, tap 'Close'.

5) You will notice the item is gone from the Behaviour Scale.

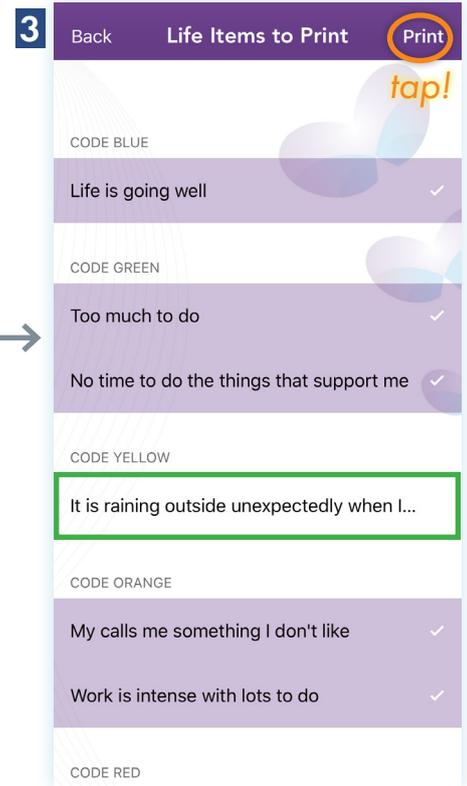
Printing/Exporting Your Behaviour Scale



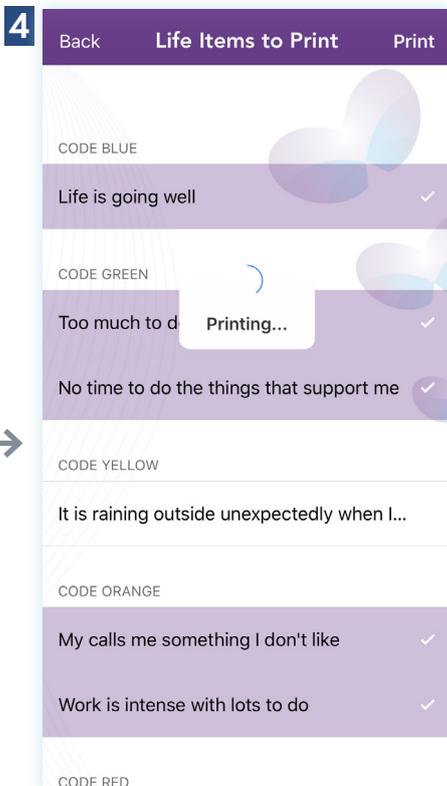
1) Open the behaviour scale you would like to export and tap the 'share' button on the bottom left corner.



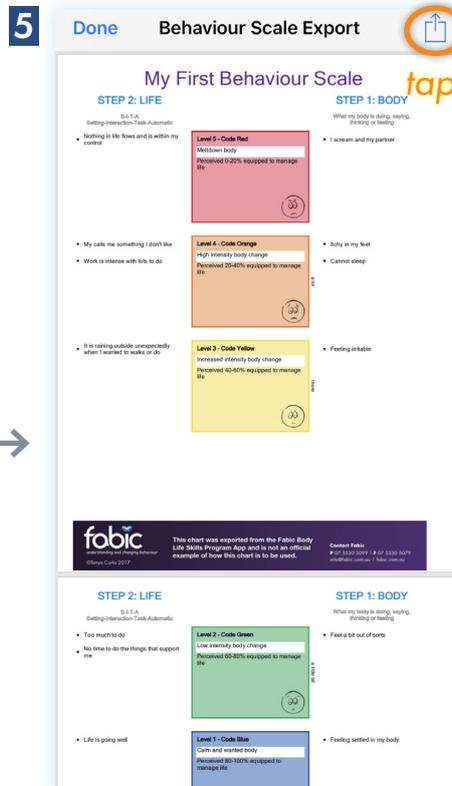
2) You are then asked which Body items you would like to include in the export. Tap any you do not want to include. By default, all are selected. Tap 'Next' when finished.



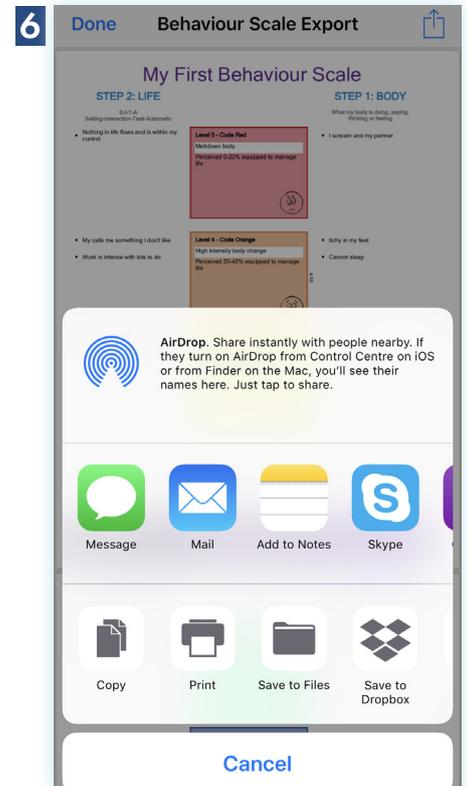
3) You are then prompted to select which Life items you would like to include. The above example shows one item unselected. Tap 'Print' when ready to print/export.



4) Then wait for a moment. It is important to note that you must be connected to the internet to export your Behaviour Scales.

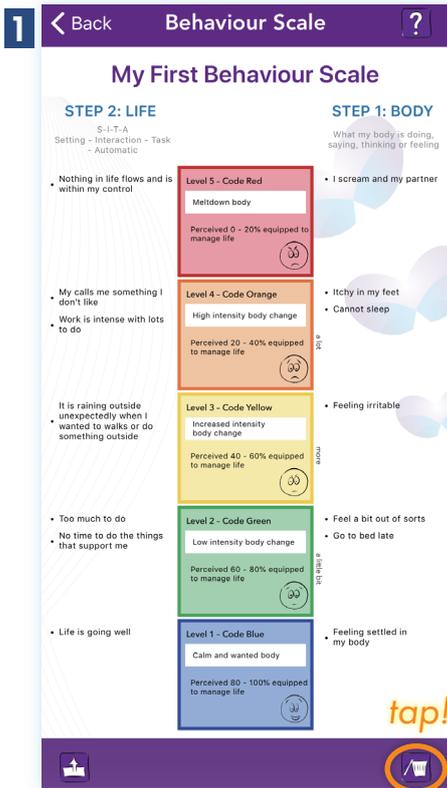
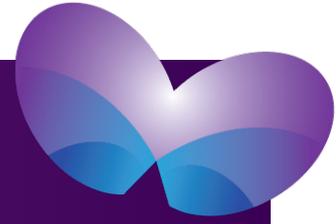


5) You then have a finished PDF export shown to you. To export/print it tap the 'share' button in the top right corner.

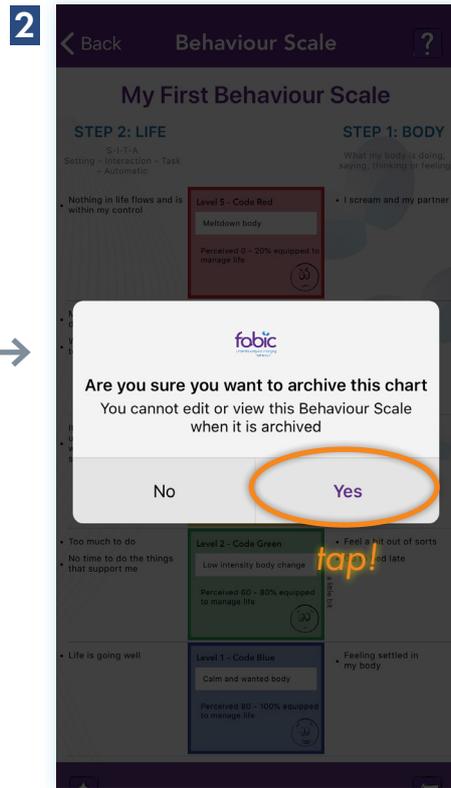


6) Lastly, you are given options to export/print. select what applies to you. Then tap 'Done' when you have finished exporting your Behaviour Scale.

Archiving Your Behaviour Scale



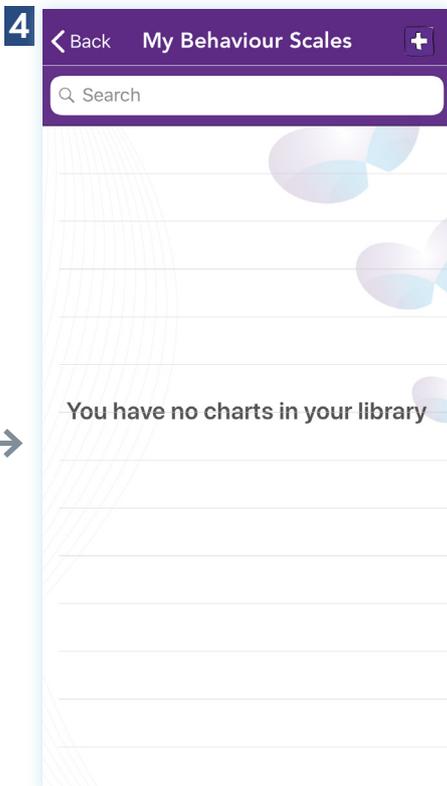
1) Open the Behaviour Scale you would like to archive and tap the trash button on the bottom right corner.



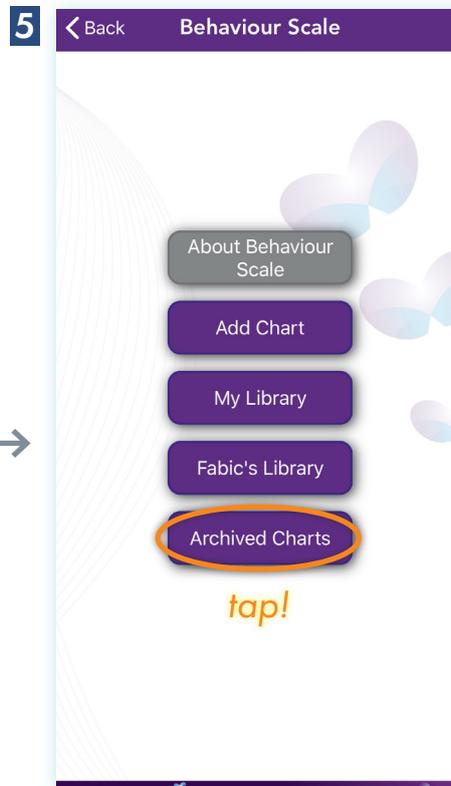
2) You are then asked which to confirm that you would like to archive the Behaviour Scale. By archiving a Behaviour Scale, you will no longer be able to edit or export it.



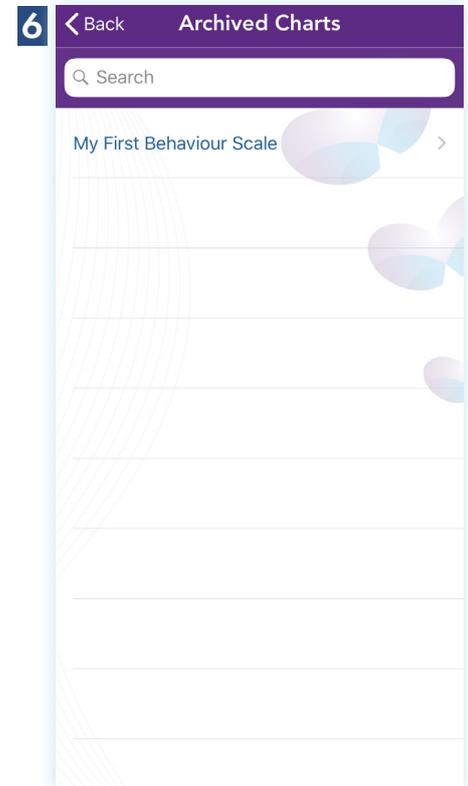
3) The Behaviour Scale then is archived. You will notice the scale is now in read-only mode. You can unarchive it by tapping the 'Undo' button at the bottom of the screen.



4) Whilst this Behaviour Scale is archived you will notice it is not in your main library any longer.

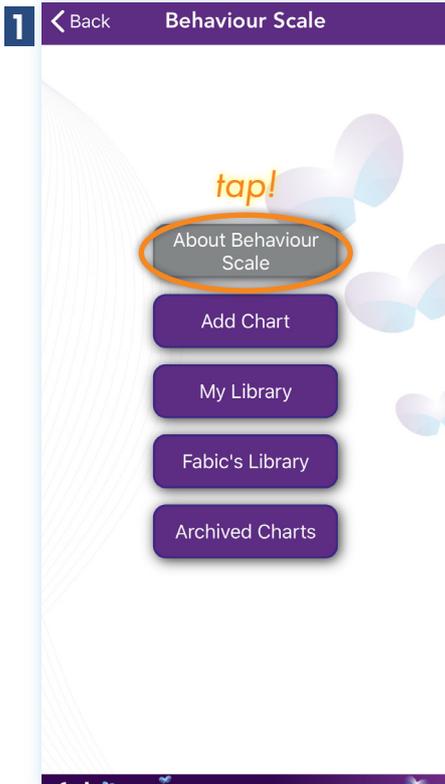


5) Instead to access it you need to go into the 'Archived Charts' section on the Behaviour Scale menu.



6) No surprise, now that this Behaviour Scale is archived it is visible in the archived charts screen.

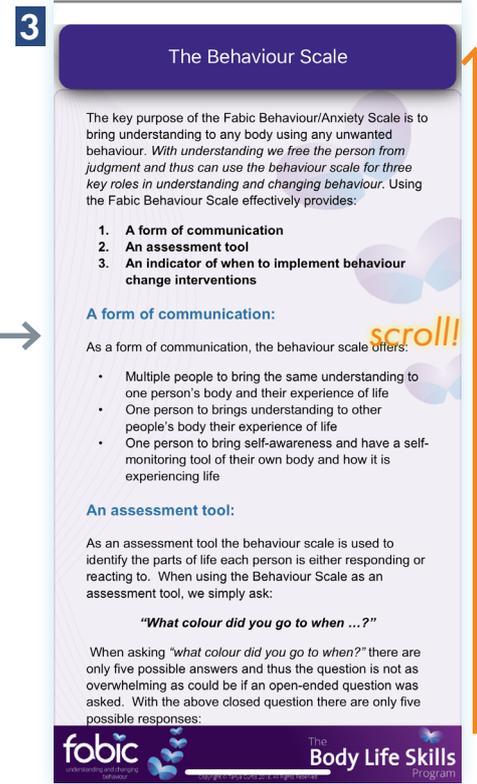
Where to Find more Info About the Behaviour Scale



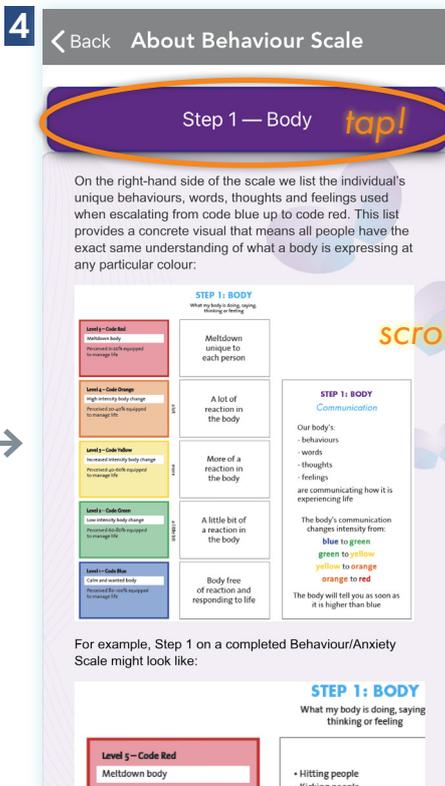
1) To find more info about the Behaviour Scale and how to use it correctly, click on 'About Behaviour Scale' in the Behaviour Scale Menu.



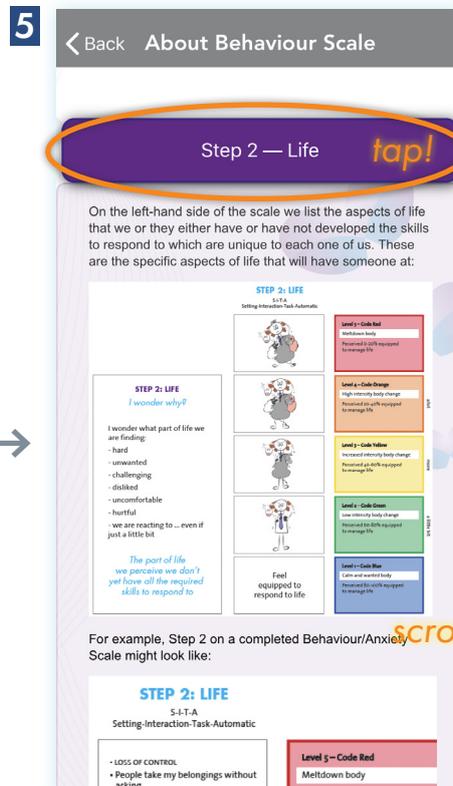
2) Click on 'The Behaviour Scale' to learn more about the philosophy behind the Behaviour Scale and what it can support with.



3) You will notice the section expand and you can scroll up to read.



4) Click on the 'Step 1 - Body' to learn more about the right hand side of the Behaviour Scale and what it actually means.

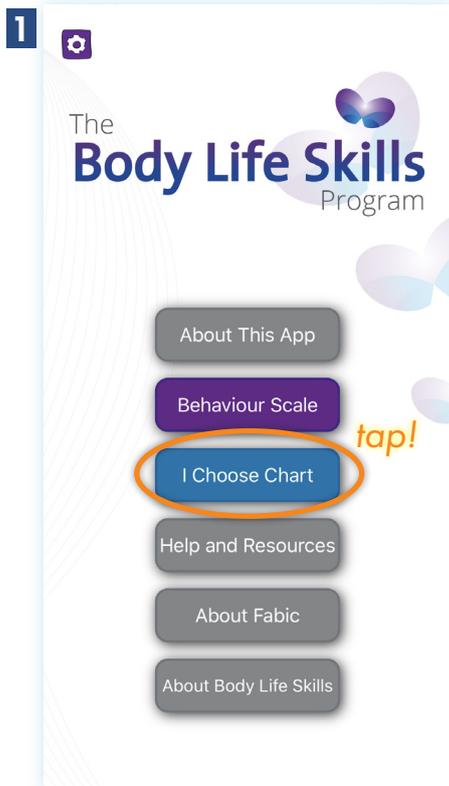
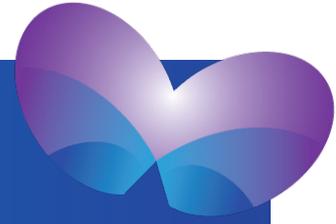


5) Click on the 'Step 2 - Life' to learn more about the left hand side of the Behaviour Scale and what it actually means.

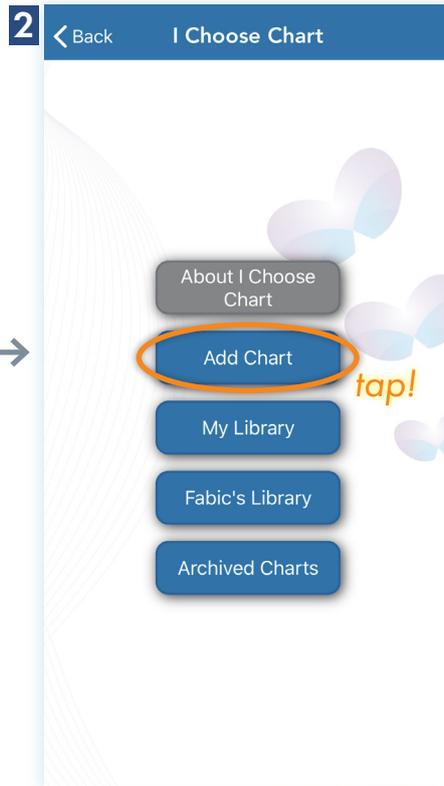


6) Finally, click on the 'Video Demo' to open a practical video demonstration of how to use the Behaviour Scale.

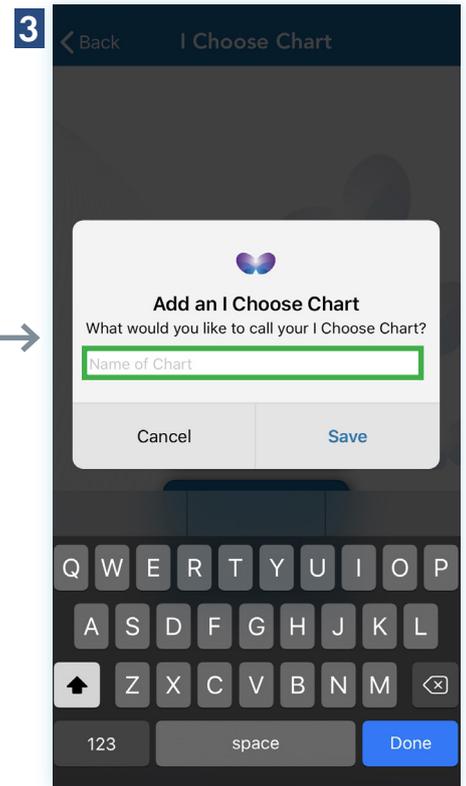
Adding a New I Choose Chart



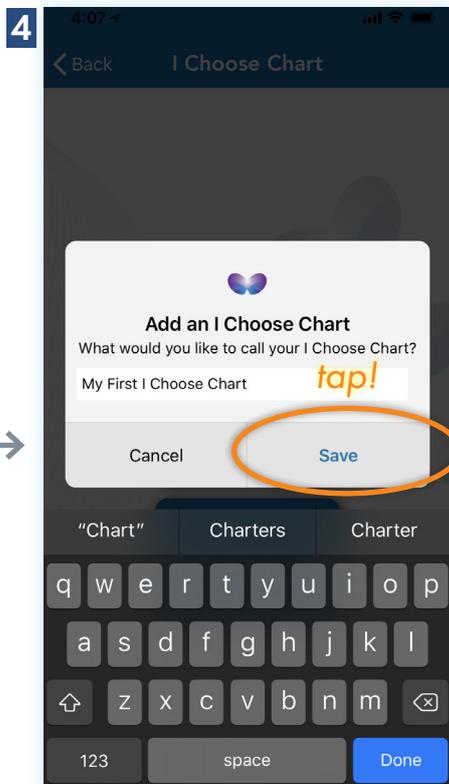
1) To add an I Choose Chart navigate to the I Choose Chart menu.



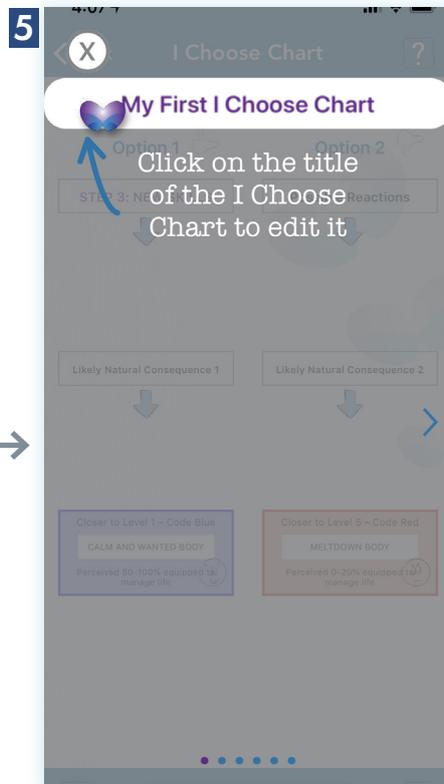
2) Then tap 'Add Chart'. You can also add a chart from the '+' symbol at the top right corner of the 'My Library' screen.



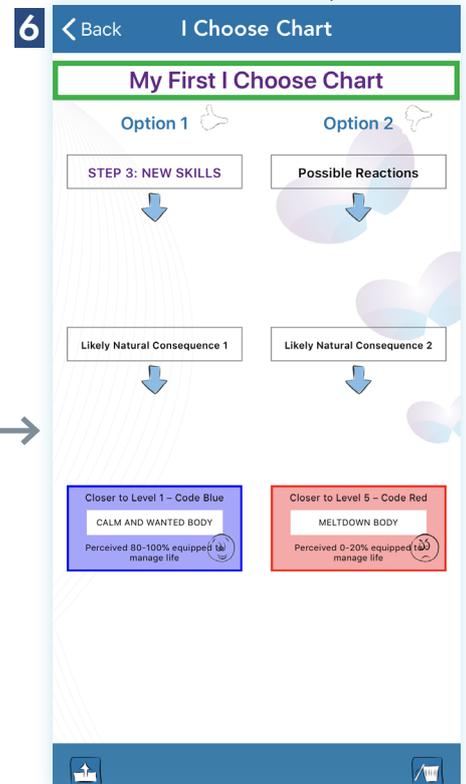
3) Enter what you would like to call your new I Choose Chart. Often it is based on the setting/situation. For example, "Being at Home over the School Holidays".



4) Next, tap 'Save' to continue adding the I Choose Chart.

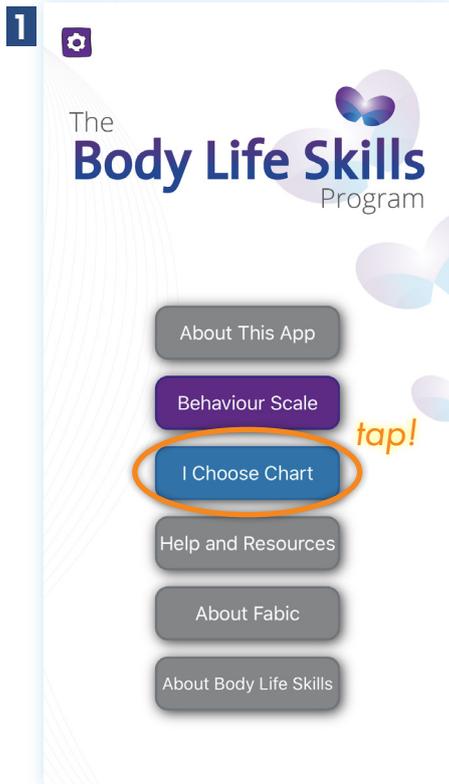
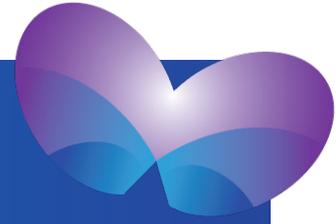


5) If it is the first time you have added a I Choose Chart, a tutorial about how to use it will automatically be shown.

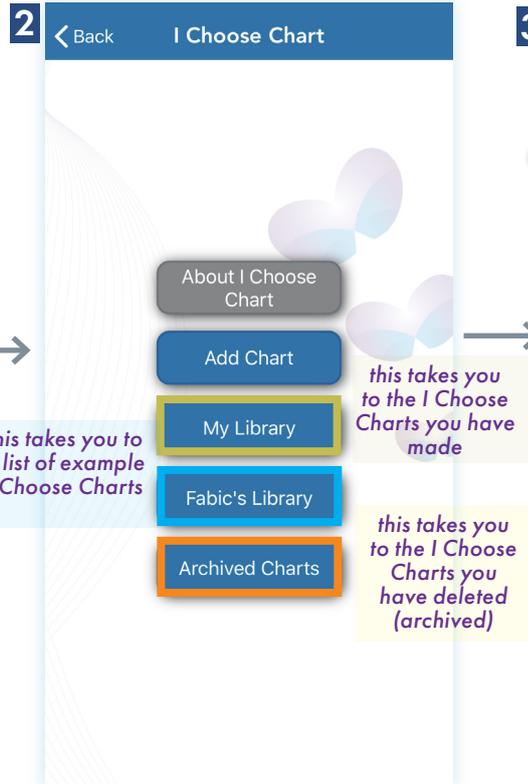


6) Finally, you will see a blank I Choose Chart with the title you entered, ready to add items to. You can edit the title of the Chart by simple tapping on it and editing it.

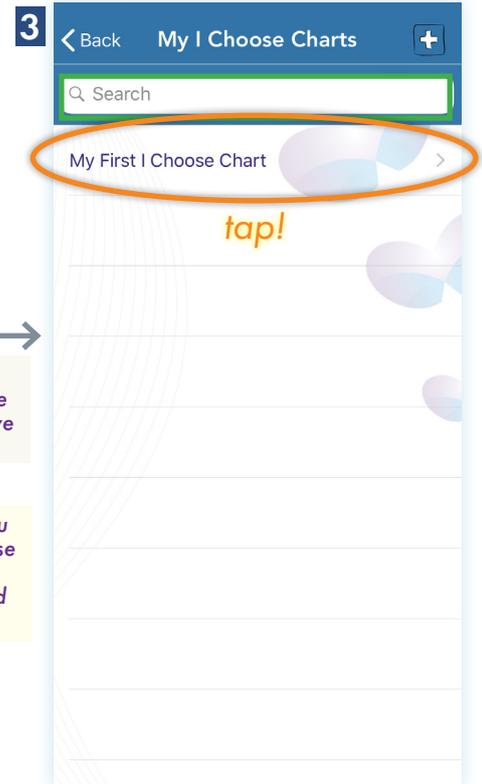
Accessing I Choose Charts



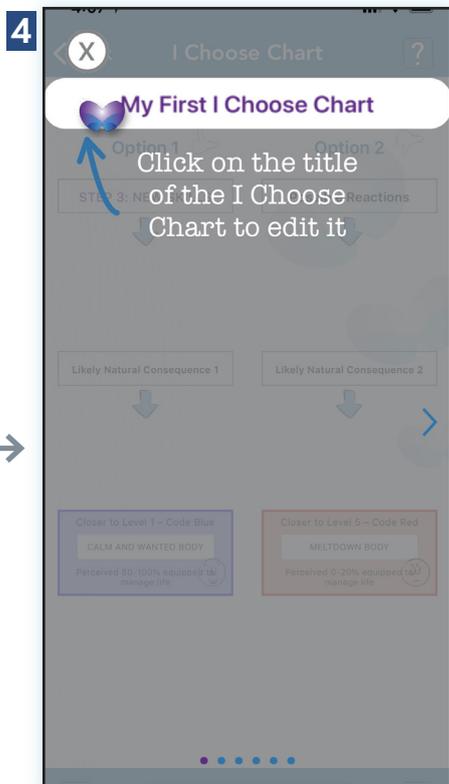
1) To find I Choose Charts, navigate to the I Choose Chart menu.



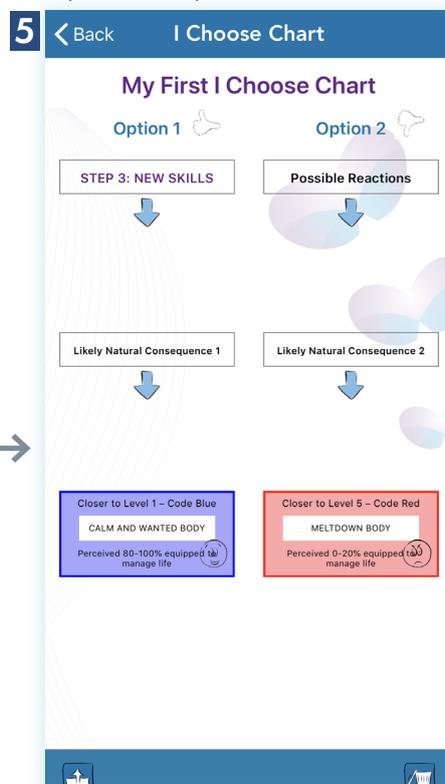
2) 'My Library' takes you to your ICCs. 'Fabric's Library' takes to a library of example ICCs from Fabric. 'Archived Charts' takes you to your ICCs that you have deleted (archived).



3) In each library or category you have the ability to search/filter the I Choose Charts within it by typing in the search box. When a I Choose Chart is found, tap on it to open it.



4) If it is the first time you have opened a I Choose Chart and you opened one from your own active library, a tutorial will be shown.

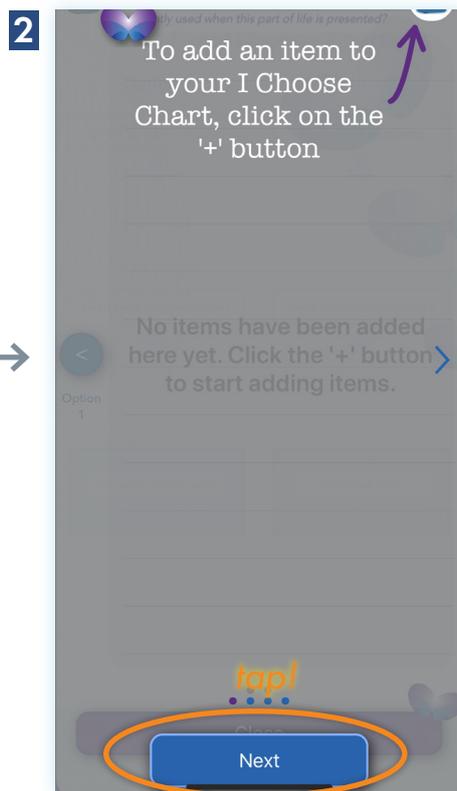


5) Finally, you are able to see the I Choose Chart you were searching for.

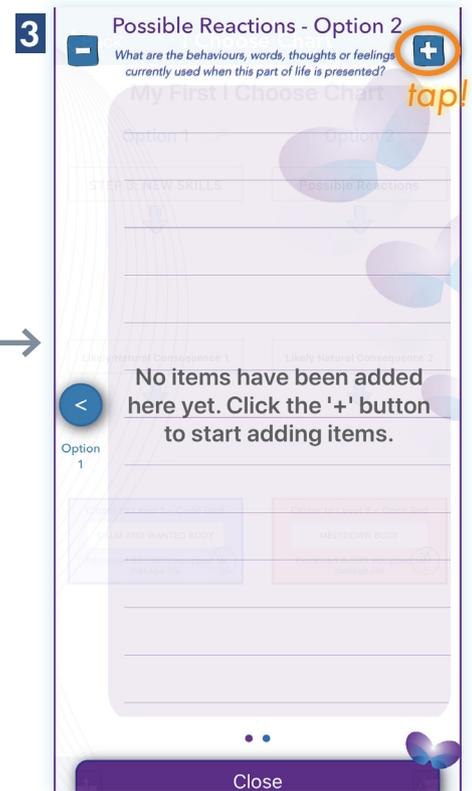
Adding Items to Your I Choose Chart



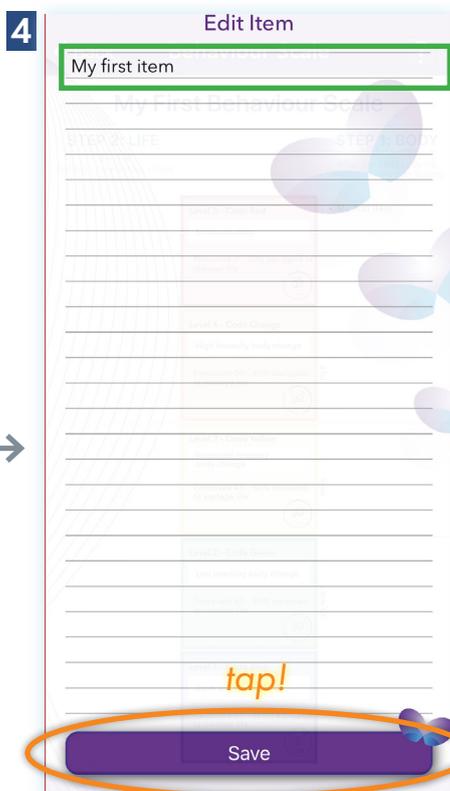
1) To add items to your I Choose Chart, tap on the area you would like to add items to.



2) If it is the first time you have added items to any I Choose Chart a tutorial will be shown.



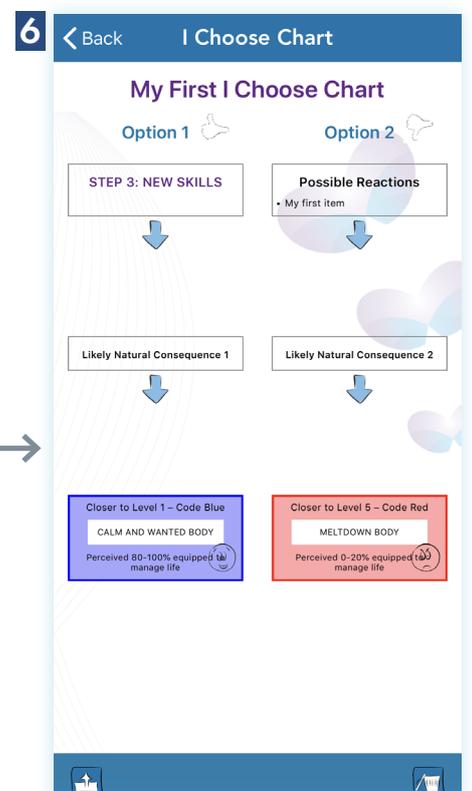
3) Afterwards, tap the '+' button at the top right of the screen.



4) An empty note pad opens and you can type the what you would like to add. Afterwards tap, 'Save'.

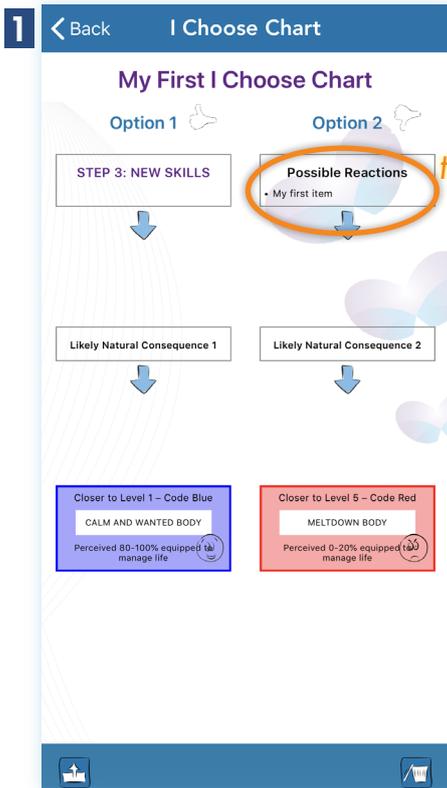


5) Tap 'Close' when you have finished adding items.



6) Finally, you will see the item on the I Choose Chart.

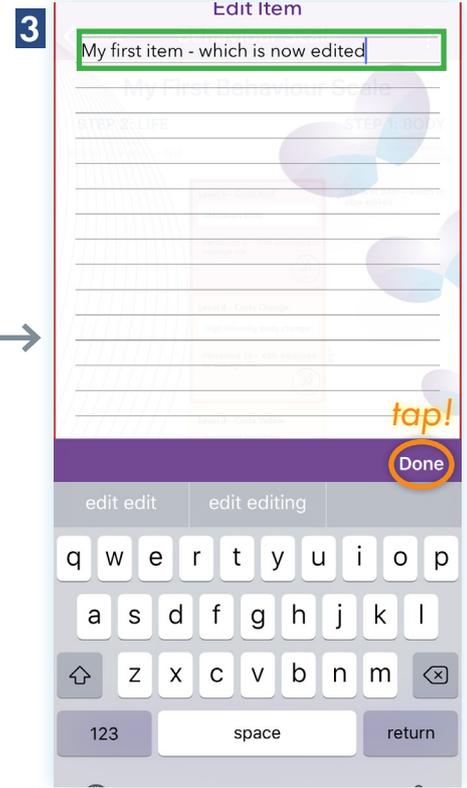
Editing an Item on Your I Choose Chart



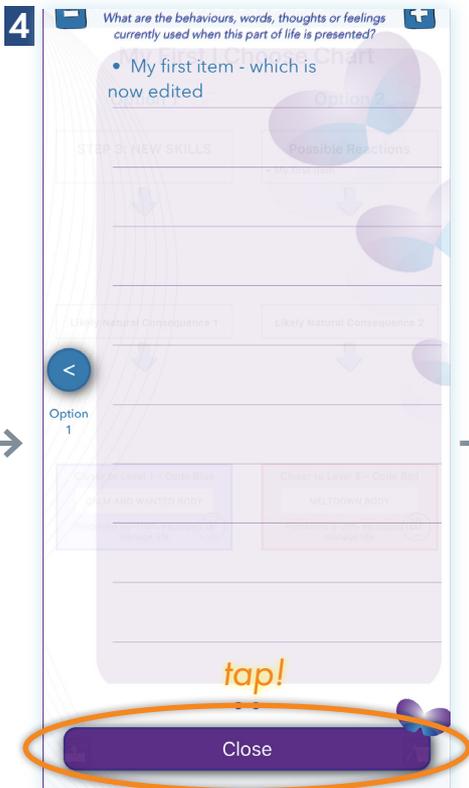
1) To edit an item, tap on the item you would like to edit.



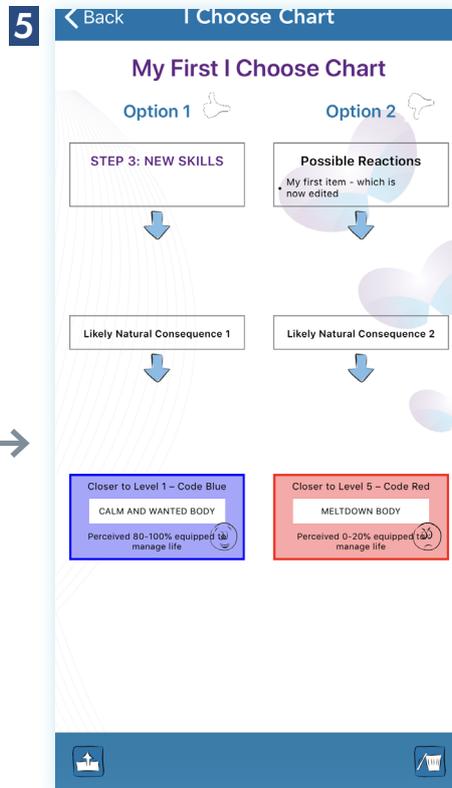
2) Tap again on the particular item you would like to edit.



3) Update the item as you require and then tap 'Done'.

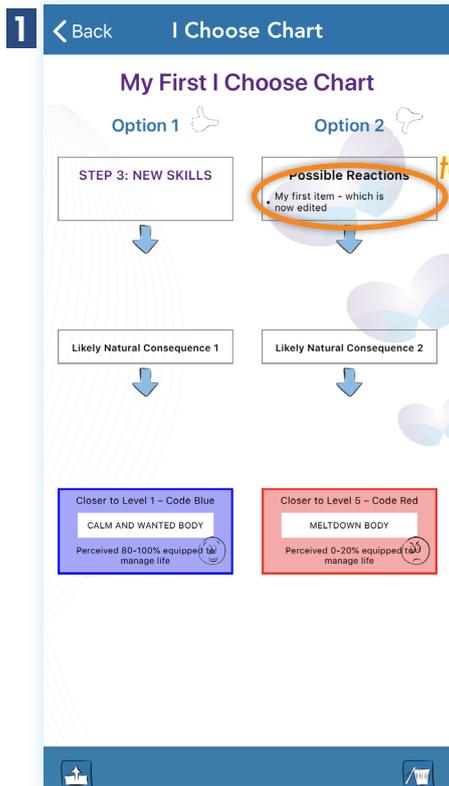


4) The item is now visibly updated. Tap 'Close' when you have finished editing the items.

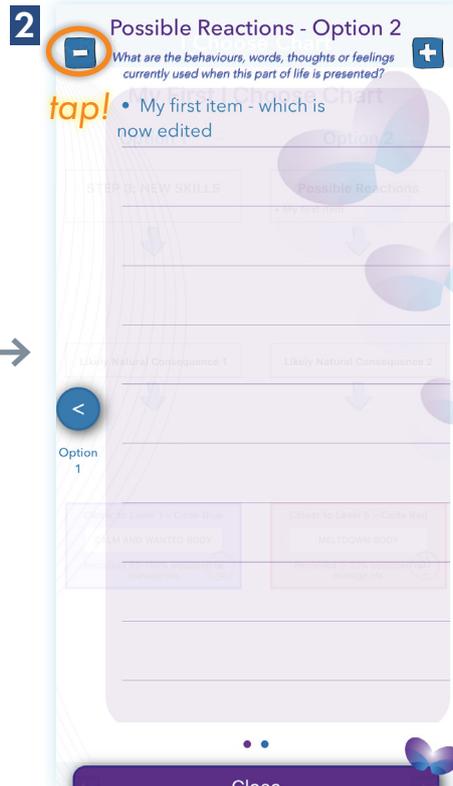


5) You will see that on the chart the item is also updated.

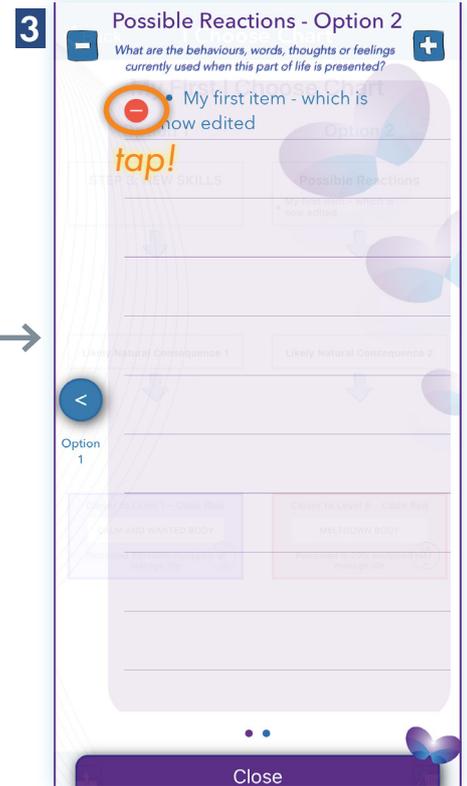
Deleting an Item from Your I Choose Chart



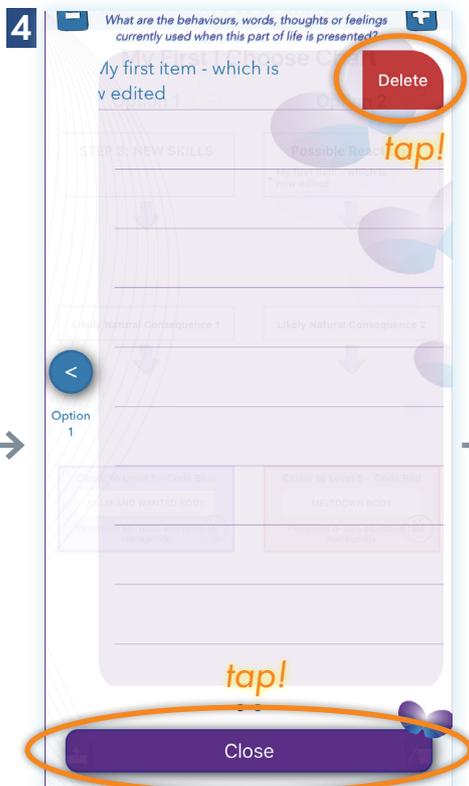
1) To delete an item from your I Choose Chart, tap on the item you would like to delete.



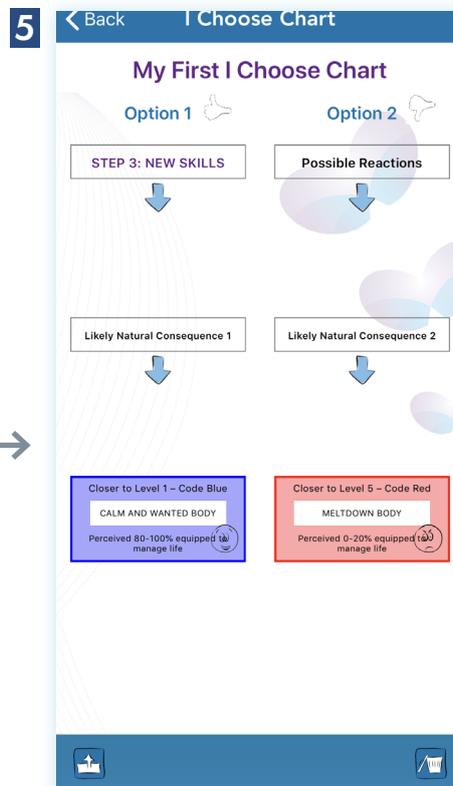
2) Tap on the '-' button on the top left of the screen.



3) Tap on the red '-' sign that now appears next to each item.

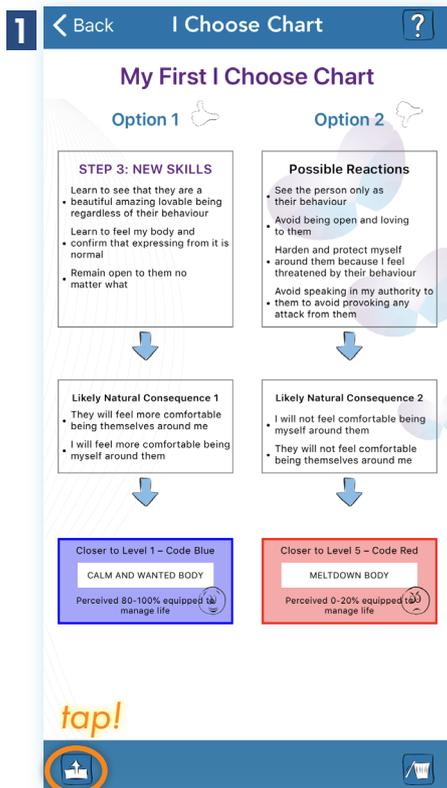


4) Confirm that you would like to delete the item by tapping 'Delete'. When you are finished, tap 'Close'.

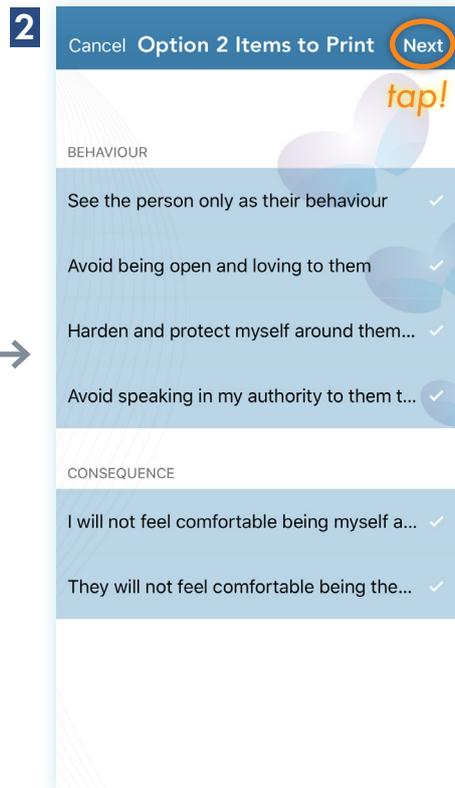


5) You will notice the item is gone from the I Choose Chart.

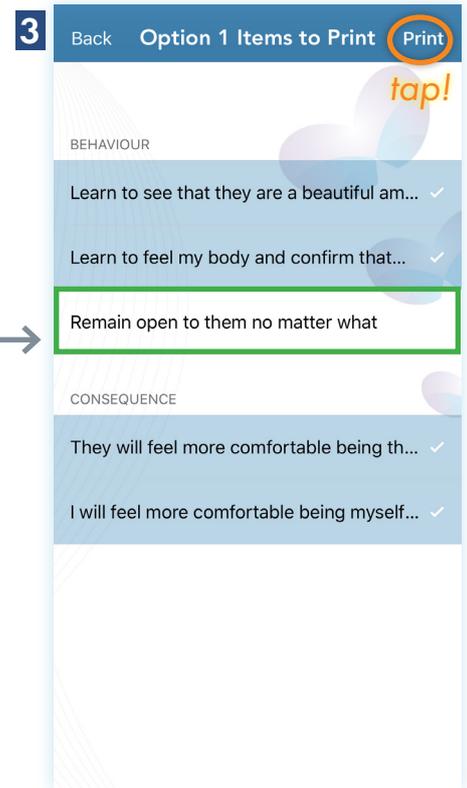
Printing/Exporting Your I Choose Chart



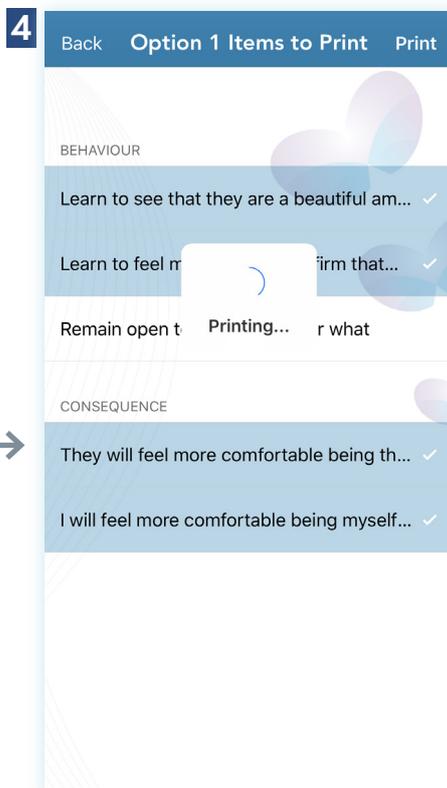
1) Open the I Choose Chart you would like to export and tap the 'share' button on the bottom left corner.



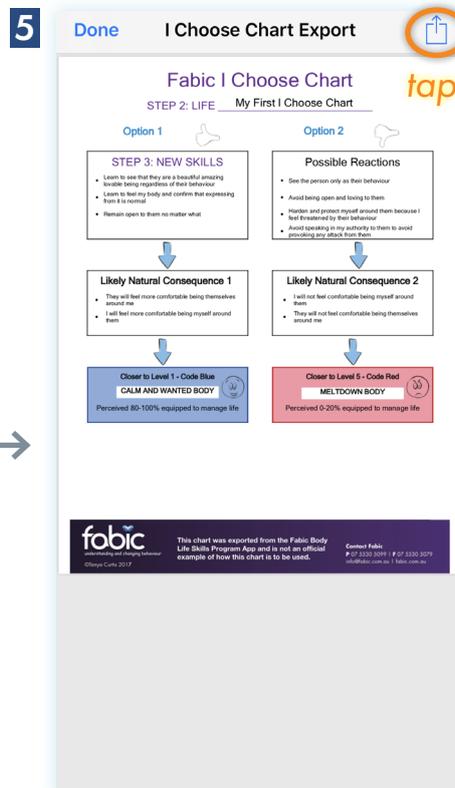
2) You are then asked which Option 2 items you would like to include in the export. Tap any you do not want to include. By default, all are selected. Tap 'Next' when finished.



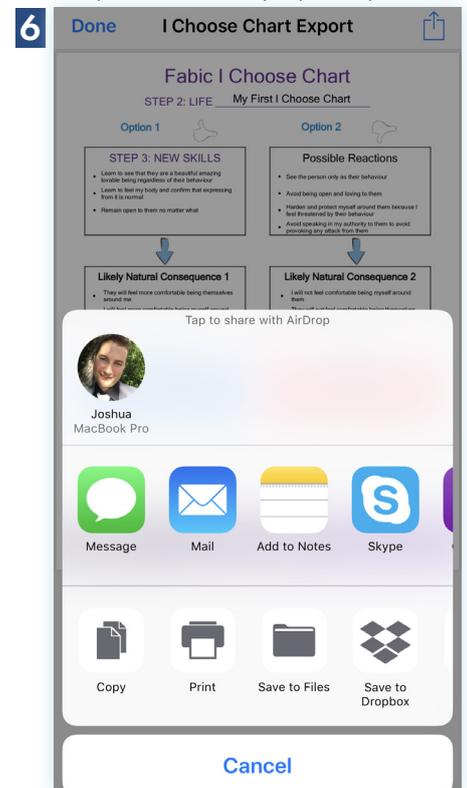
3) You are then prompted to select which Option 1 items you would like to include. The above example shows one item unselected. Tap 'Print' when ready to print/export.



4) Then wait for a moment. It is important to note that you must be connected to the internet to export your I Choose Charts.

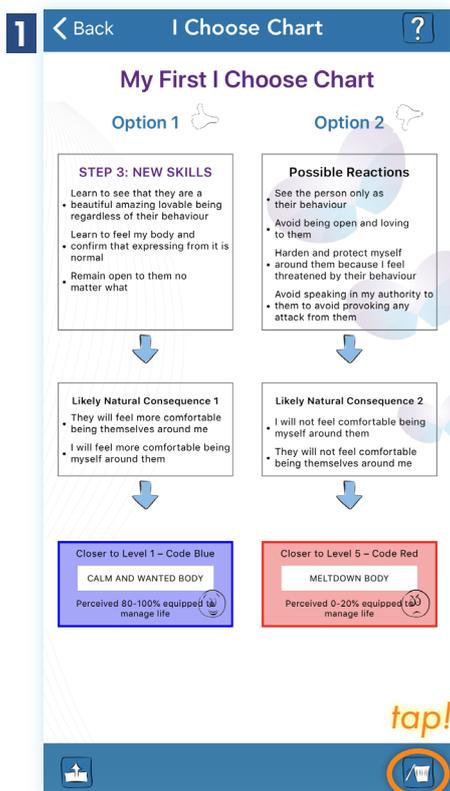


5) You then have a finished PDF export shown to you. To export/print it tap the 'share' button in the top right corner.

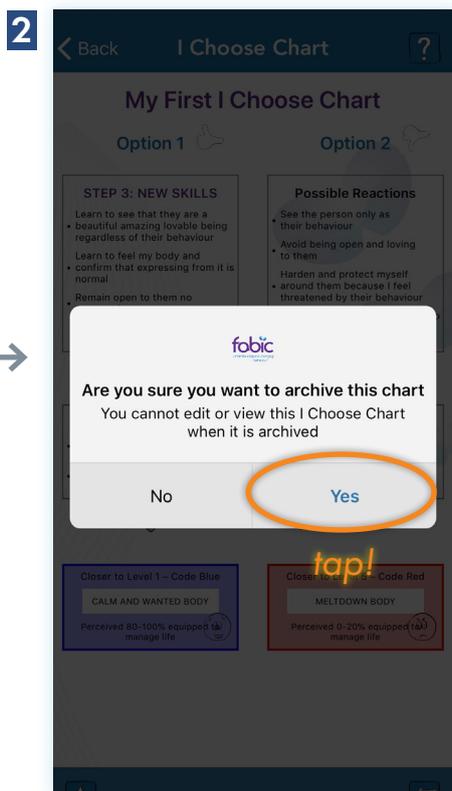


6) Lastly, you are given options to export/print. select what applies to you. Then tap 'Done' when you have finished exporting your I Choose Chart.

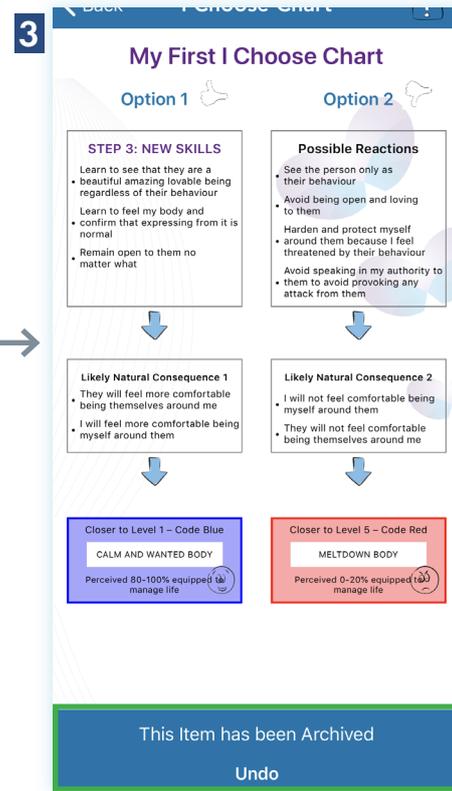
Archiving Your I Choose Chart



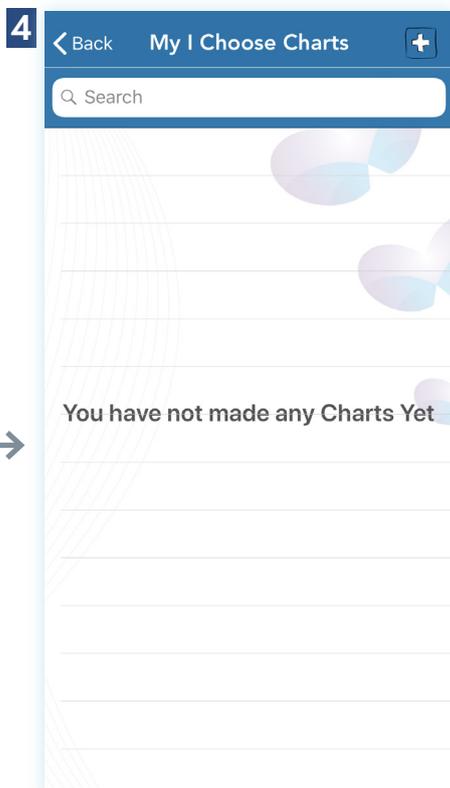
1) Open the I Choose Chart you would like to archive and tap the trash button on the bottom right corner.



2) You are then asked which to confirm that you would like to archive the I Choose Chart. By archiving a I Choose Chart, you will no longer be able to edit or export it.



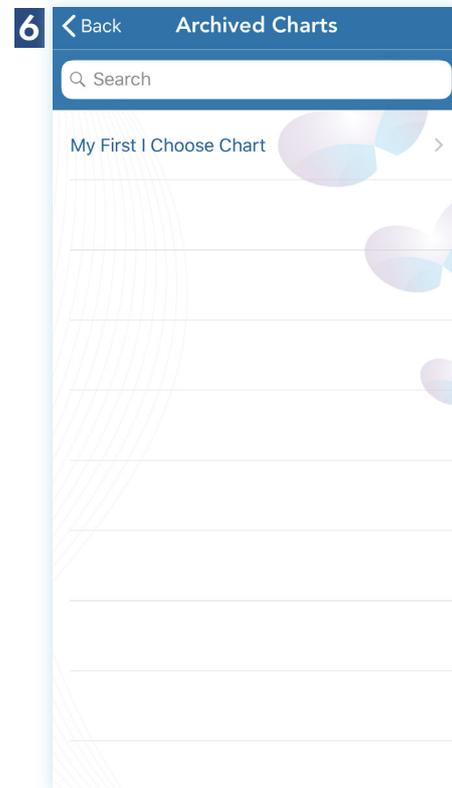
3) The I Choose Chart then is archived. You will notice the scale is now in read-only mode. You can unarchive it by tapping the 'Undo' button at the bottom of the screen.



4) Whilst this Chart is archived you will notice it is not in your main library any longer.

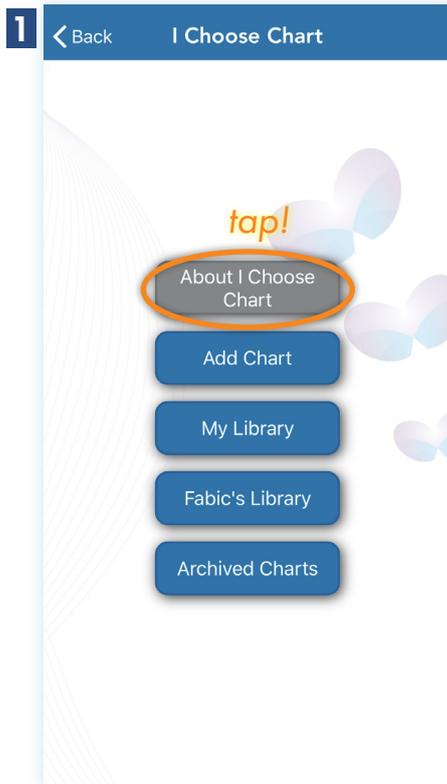


5) Instead to access it you need to go into the 'Archived Charts' section on the I Choose Chart menu.

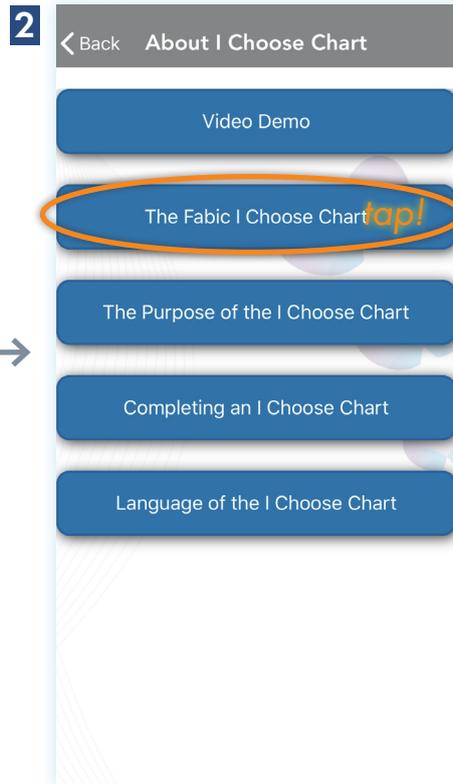


6) No surprises, now that this I Choose Chart is archived it is visible in the archived charts screen.

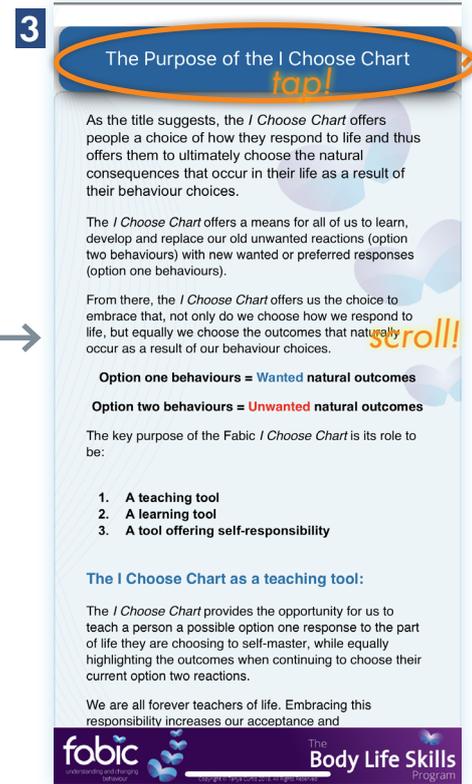
Where to Find more Info About the I Choose Chart



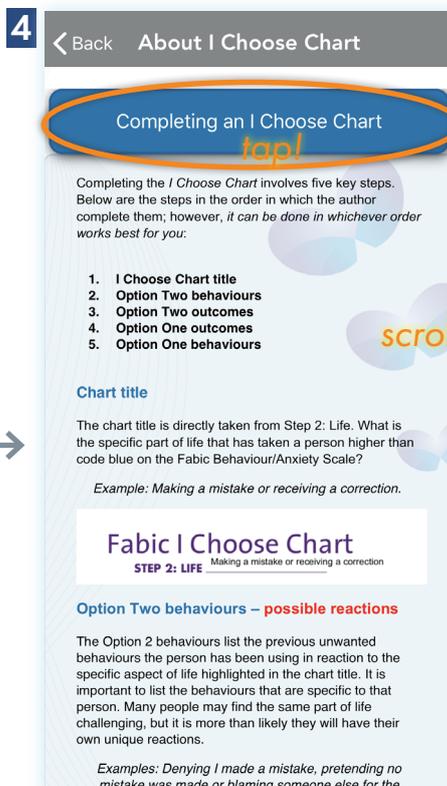
1) To find more info about the I Choose Chart and how to use it correctly, click on 'About I Choose Chart' in the I Choose Chart Menu.



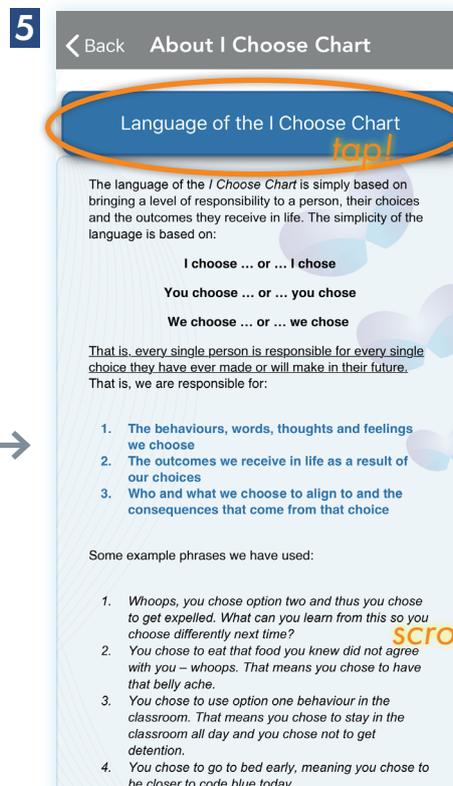
2) Click on 'The Fabric I Choose Chart' to learn more about the philosophy behind the I Choose Chart and what it can support with.



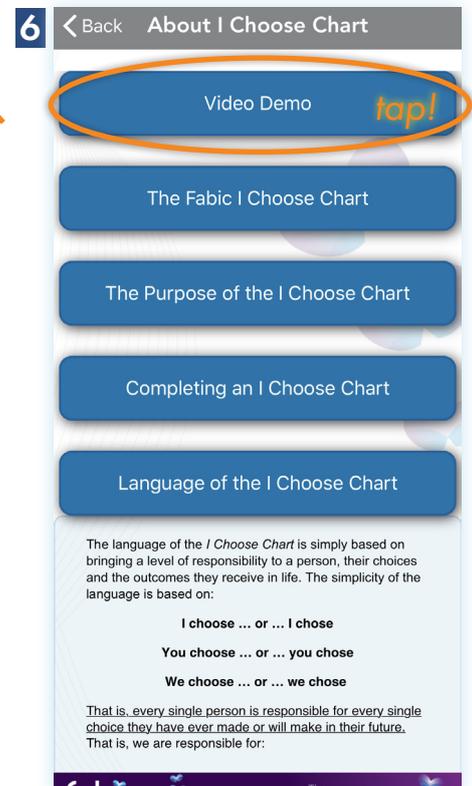
3) Click on 'The Purpose of the I Choose Chart' to learn more about how the I Choose Chart can practically support us in our everyday lives.



4) Click on the 'Completing an I Choose Chart' to learn more about how to most effectively complete an I Choose Chart.

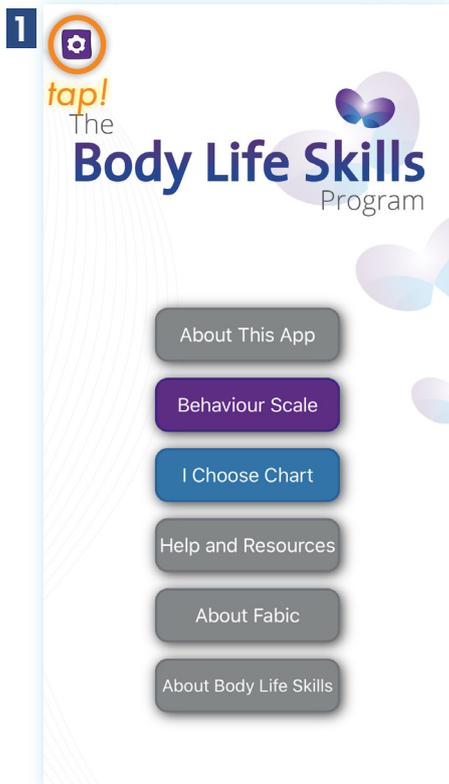
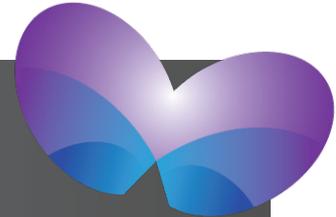


5) Click on the 'Language of the I Choose Chart' to learn more the particular use of words in the chart and why it is used this way.

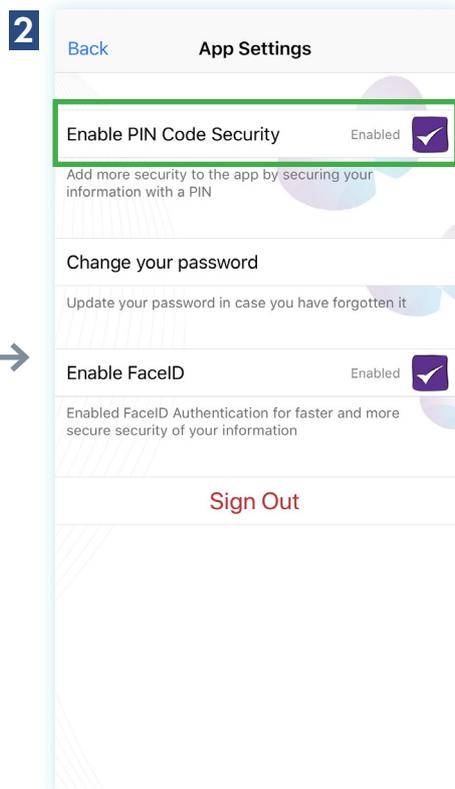


6) Finally, click on the 'Video Demo' to open a practical video demonstration of how to use the I Choose Chart.

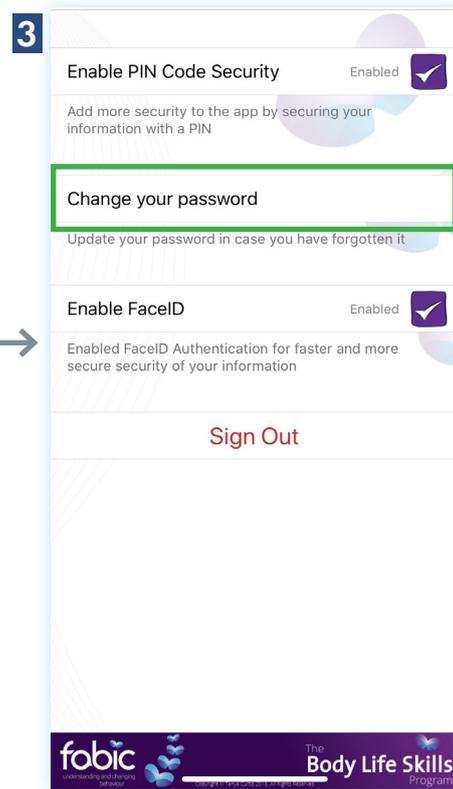
Settings



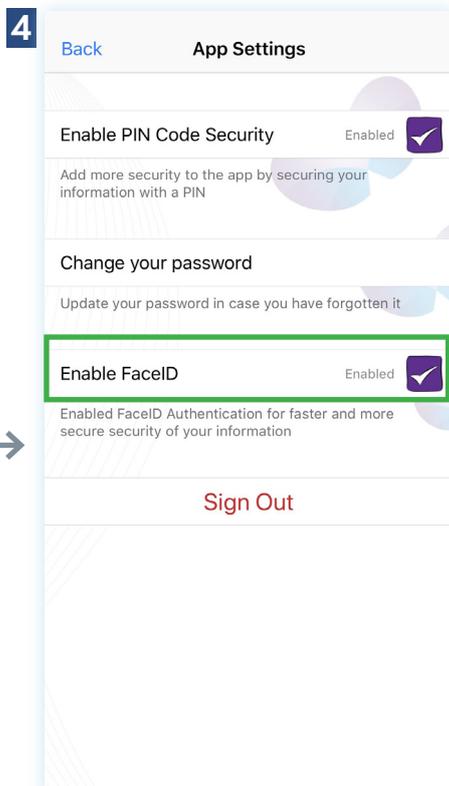
1) To access the App Settings, tap on the settings cog on the top left hand corner of the main screen



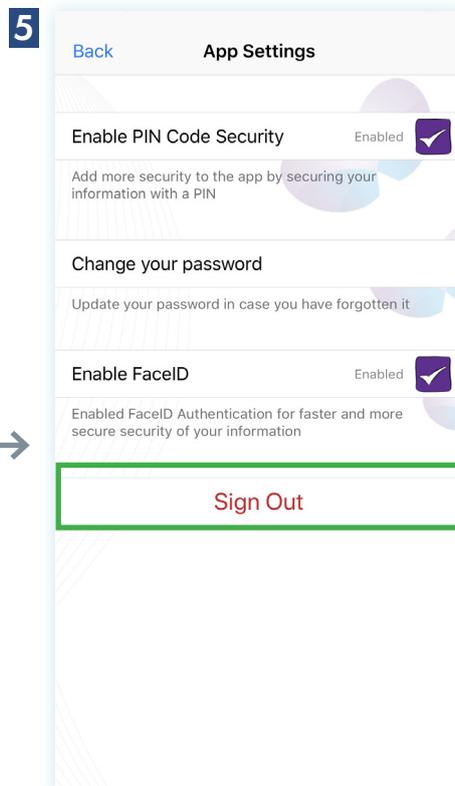
2) You have the ability to change enable or disable your app sign in PIN. You can also change it by disabling it, re-enabling it and entering another PIN you would like.



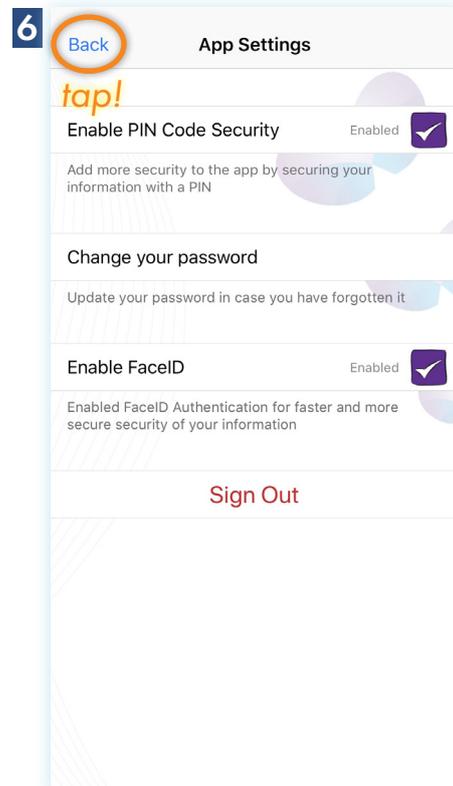
3) You can change your account password (the one you use to sign into the app when you first sign in).



4) If your phone supports TouchID or FaceID you have the option here of enabling or disabling it.

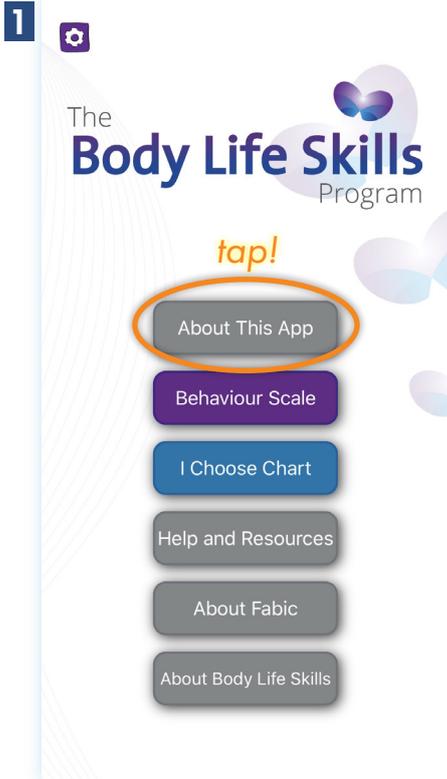
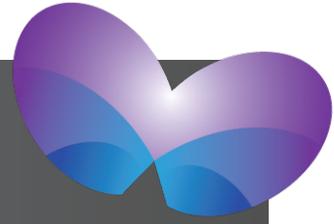


5) If you would like to sign out of the app and switch to another user account, you can do so here. **Your information will NOT be lost as it is backed up to our cloud servers.**



6) Finally, to go back to the main screen, tap the back button at the top left hand corner of the screen.

Finding out more about this App



1) To find more info about the app, tap the 'About This App' button on the main menu screen.



This gives an overview of this app, including its purpose and what its overall intent it..

3)

4) Click on the 'Completing an I Choose Chart' to learn more about how to most effectively complete an I Choose Chart.

6) Finally, click on the 'Video Demo' to open a practical video demonstration of how to use the I Choose Chart.

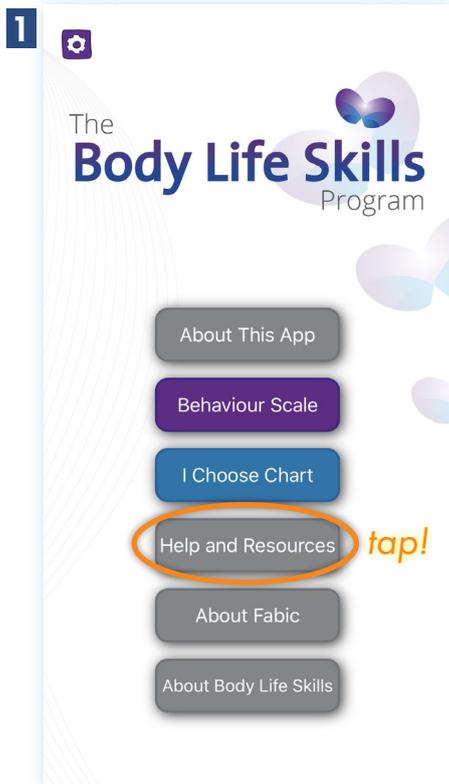
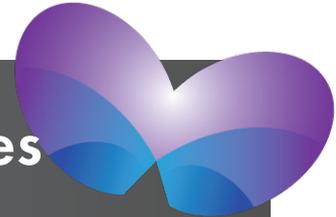
5) Click on the 'Language of the I Choose Chart' to learn more the particular use of words in the chart and why it is used this

4) Click on the 'Completing an I Choose Chart' to learn more about how to most effectively complete an I Choose Chart.

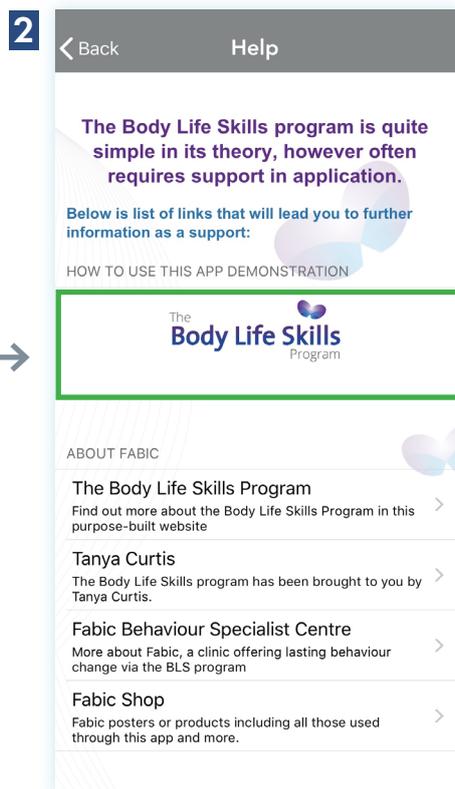
4) Click on the 'Completing an I Choose Chart' to learn more about how to most effectively complete an I Choose Chart.



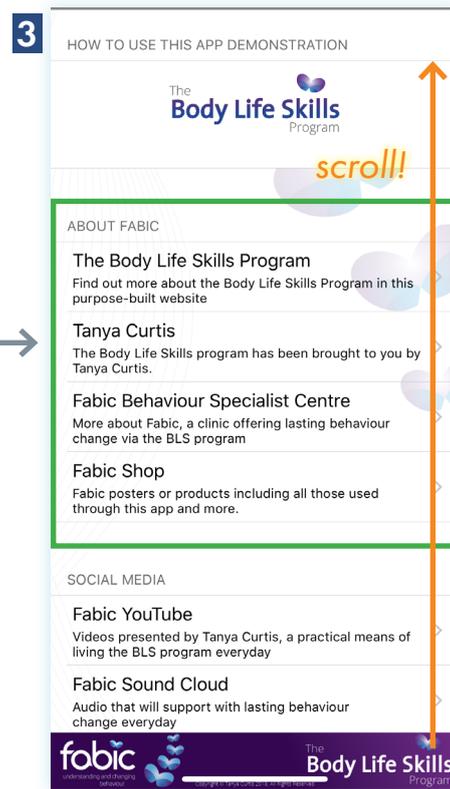
Accessing Help and More Resources



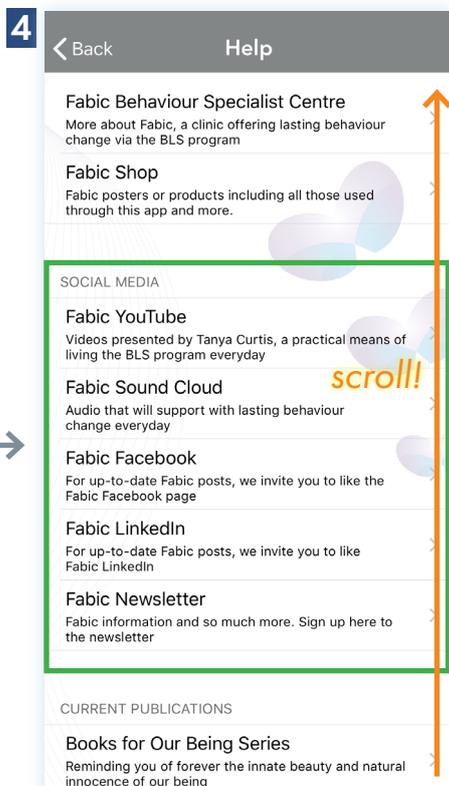
1) To access more help and resources, click on the 'Help and Resources' button on the main menu.



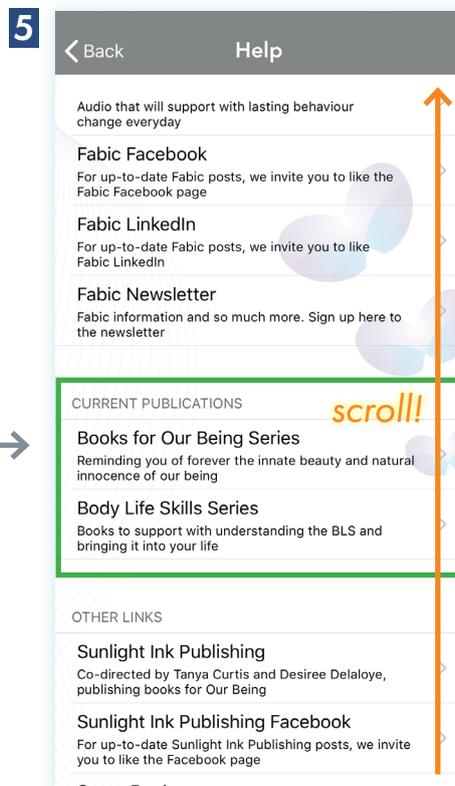
2) Click on the Body Life Skills program logo under 'How to use this app demonstration' for a video demo about how to use the app.



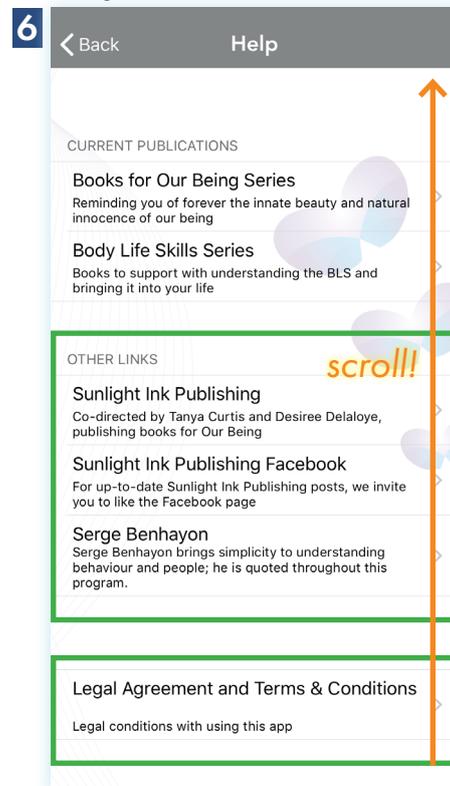
3) Under 'About Fabric' you will find links to the Fabric Shop, more about Fabric and Tanya Curtis and more about the Body Life Skills Program.



4) Under 'Social Media' there are links to signing up for Fabric's Newsletter and Fabric's YouTube, SoundCloud, Facebook and LinkedIn pages.

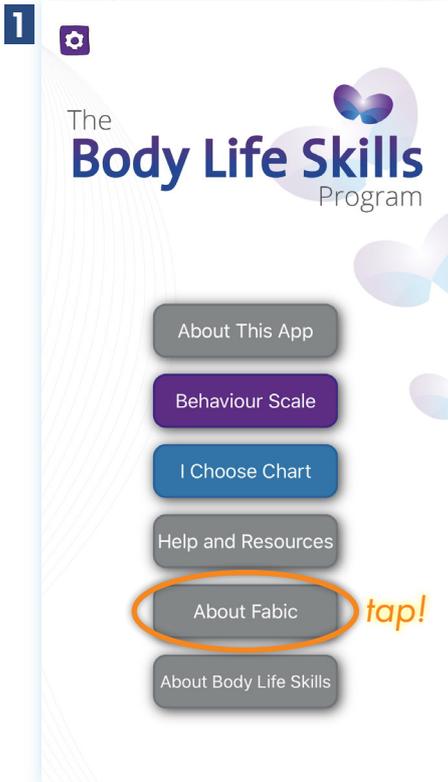
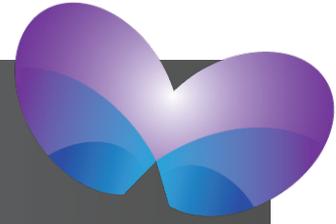


5) Under 'Current Publications', there are links to books written by Tanya Curtis about Behaviour Change.

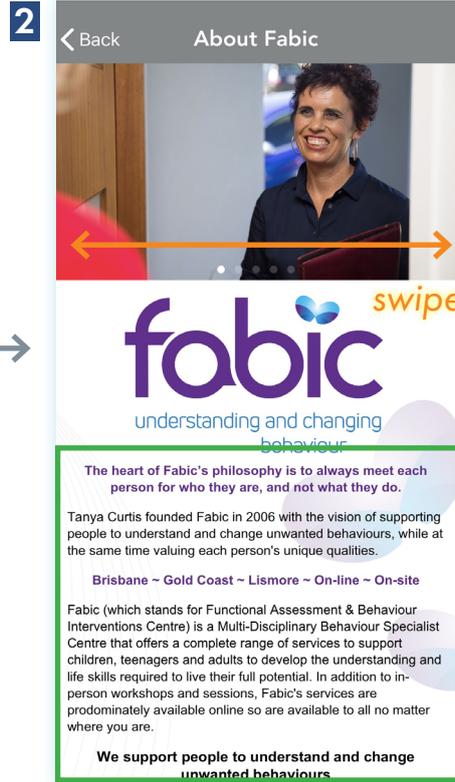


6) Under 'Other Links' there are links to more about Sunlight Ink (a business publishing books for Our Being) and Serge Benhayon. There is also a link to the Terms & Conditions.

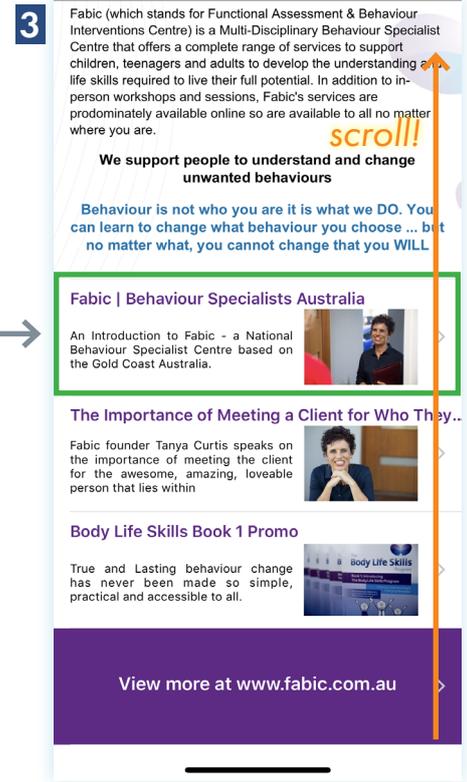
Finding More About Fabic



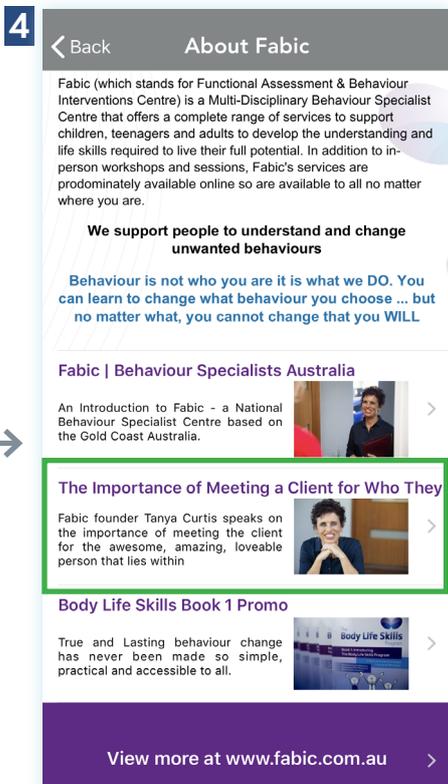
1) To find more info about Fabic, click on the 'About Fabic' button on the main menu.



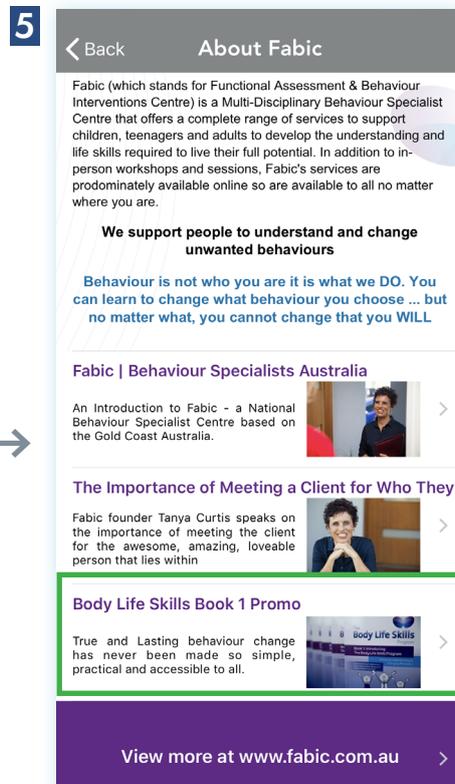
2) Initially, there is an introduction to Fabic, and its core philosophy as well as a swipable carousel of images.



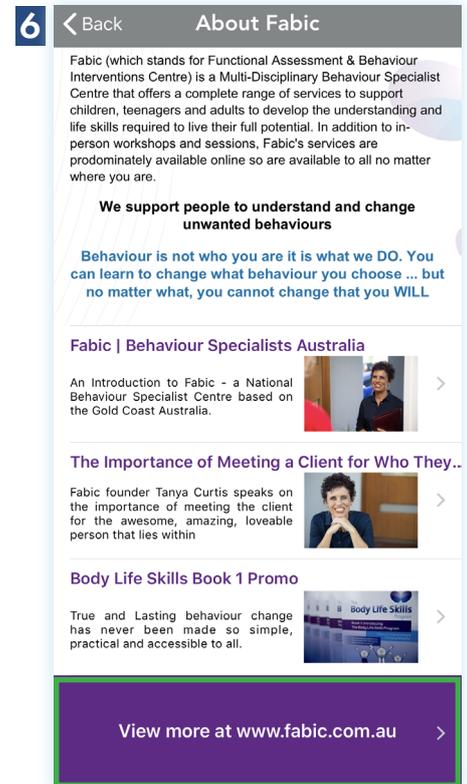
3) If you swipe up you will see links to a video about Fabic and what it does..



4) Another video about the philosophy of Fabic and how they make meeting a client for who they are first as their primary foundation.

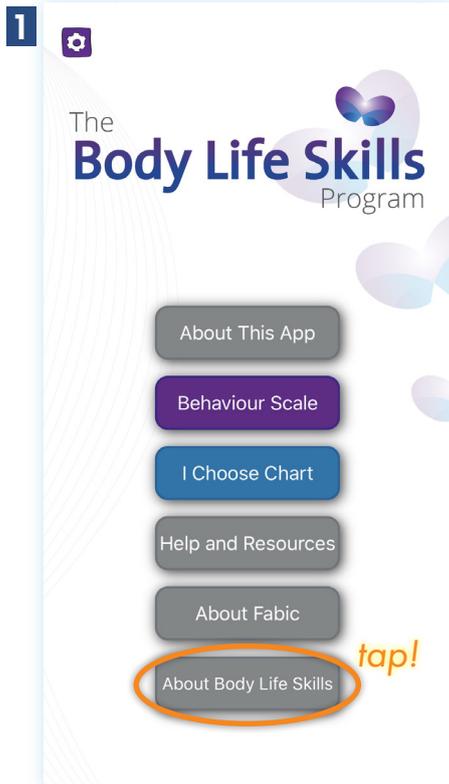


5) Another video introducing Book 1 of the Body Life Skills series.

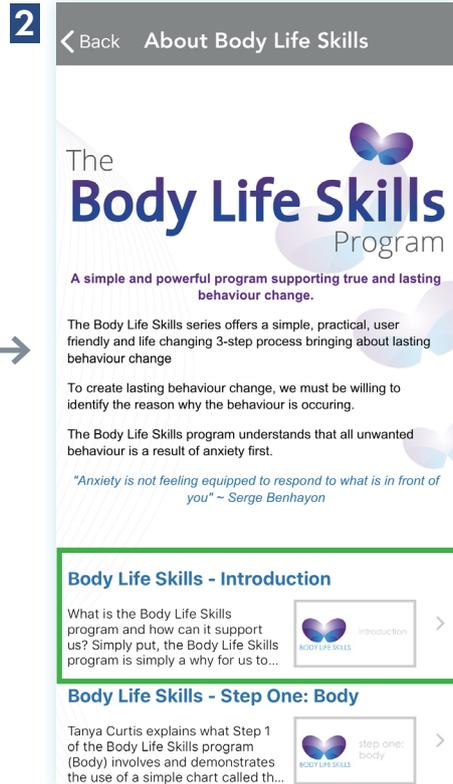


6) Finally, there is another link to the Fabic Website to learn more about Fabic..

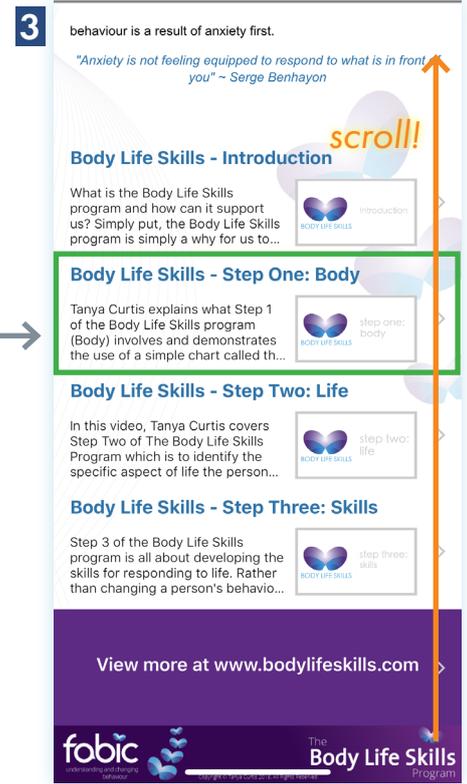
Finding More About The Body Life Skills Program



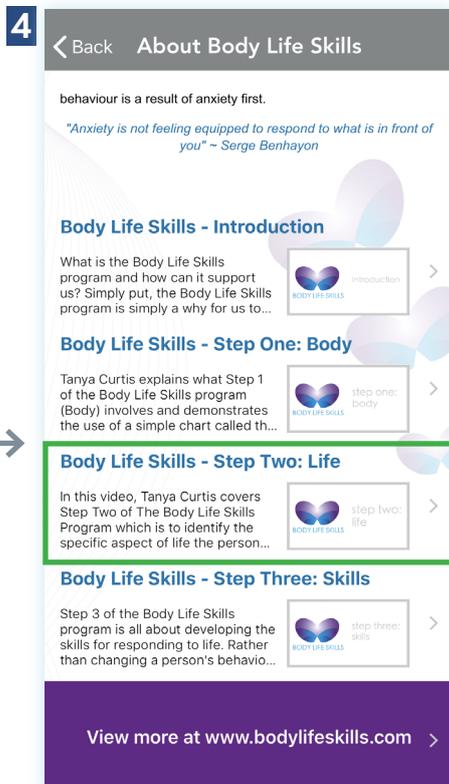
1) To find more info about the The Body Life Skills Program and how to use it correctly, click on 'About Body Life Skills' on the main menu.



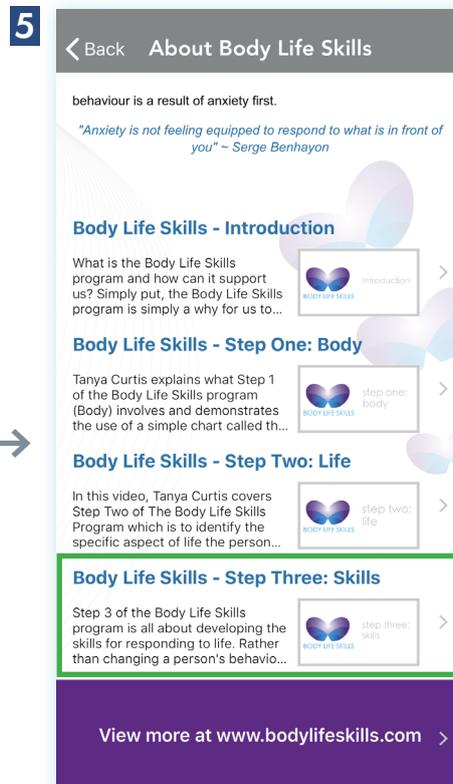
2) Click on 'Body Life Skills - Introduction' to learn more about the philosophy behind the Body Life Skills Program.



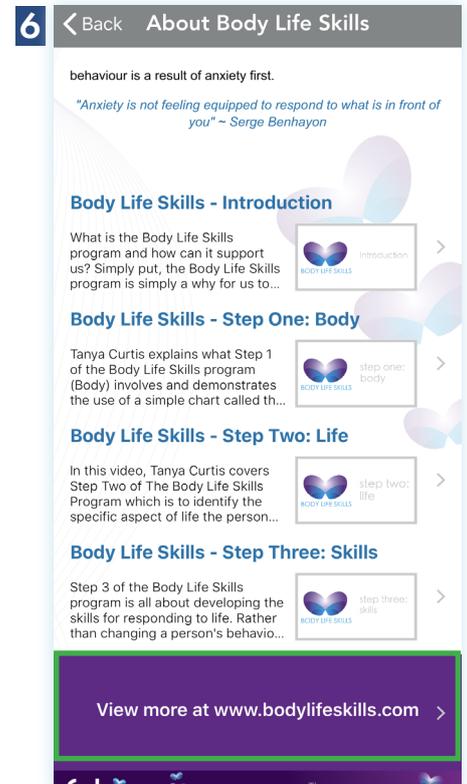
3) Click on 'Body Life Skills - Step One: Body' to learn more the first step on the Body Life Skills Program.



4) Click on 'Body Life Skills - Step Two: Life' to learn more the second step on the Body Life Skills Program.



5) Click on 'Body Life Skills - Step Three: Skills' to learn more the final step on the Body Life Skills Program.



6) Finally, click on the 'View more at www.bodylifeskills.com' to go to the main Body Life Skills website.