



# APP USER GUIDE

## HOW TO: RESET PASSWORD

1. Tap 'Forgot Password'

The screenshot shows the 'Login to Natural Fit' screen. It has a back arrow in the top left and a title 'Login to Natural Fit'. Below the title are two input fields: 'Email address' and 'Password'. To the right of the password field is an eye icon. Below the password field is a link that says 'Forgot password?'. At the bottom is a large green button labeled 'Login now'.

2. Enter the email address that you use for your membership, tap 'Send Link'  
This will send you an email with a link to reset your password

The screenshot shows the 'Reset Password' screen. It has a back arrow in the top left and a title 'Reset Password'. Below the title is the instruction 'Tap the button to send a password reset link to your mailbox'. Below that is an 'Email address' input field. At the bottom is a large green button labeled 'Send link'.

3. Click the link in the email and enter a new, memorable password.

The screenshot shows the 'Tap Submit' screen. It has a title 'Tap Submit'. Below the title is the instruction 'Change your password.'. There are two input fields: 'New password' and 'Confirm new password'. At the bottom is a large orange button labeled 'Submit' with a right-pointing arrow icon.

4. Return to the app and Log In using the new password

The screenshot shows the 'Login to Natural Fit' screen. It has a back arrow in the top left and a title 'Login to Natural Fit'. Below the title are two input fields: 'Email address' and 'Password'. To the right of the password field is an eye icon. Below the password field is a link that says 'Forgot password?'. At the bottom is a large green button labeled 'Login now'.

5. All done!

The screenshot shows the app's main dashboard. At the top is the 'Natural Fit' logo and a notification bell. Below that is a location card for 'TUNBRIDGE WELLS' with the text 'Open today: 06:30 - 21:00'. There are two main action buttons: 'Family Booking' and 'My Memberships'. Below these is a 'Shopping' button. At the bottom is a 'No goal yet' section with a target icon. The bottom navigation bar has five icons: 'Dashboard', 'Find Clubs', 'Classes', 'Trainings', and 'Profile'.