



## GETTING STARTED

### For new bodybugg® users

#### A. Enroll online

- Go to [www.bodybugg.com/activate](http://www.bodybugg.com/activate)
- If you already have a bodybugg/myapex account, proceed to step B.
- If you do not have a bodybugg/myapex account, you will be asked to create one.
- If you create a new account, you will receive an e-mail confirmation that includes the username and password you created.

#### B. Register and activate your armband

- If you have a new or existing bodybugg/myapex account, log into [www.bodybugg.com/login.php](http://www.bodybugg.com/login.php) and enter your username and password.
- Follow the on screen instructions, complete questionnaires, and begin wearing your armband.

#### C. Your coaching session

- Your **bodybugg** coach will contact you via e-mail and/or telephone within 3-5 business days (after you complete the enrollment process) to set up your session.

**Please note:** If you do not enroll online, you will not receive a call from a phone coach to set up your coaching session. If your personal trainer enrolls you in a club and you still want a phone coach session, please call 800.656.2739, extension 4073. You will be contacted within 3-5 business days to schedule your phone coach session.



## GETTING STARTED

### For current bodybugg® users upgrading to the new version

- Go to <http://www.bodybugg.com/login.php>  
Login with your bodybugg/myapex username and password.

**Please note:** If you have been using the current **bodybugg** application, upload your data prior to registering your new **bodybugg** armband to empty all collected data.

- Select the "My Info" tab on your **bodybugg** program and select "Register Armband".
- Plug the USB cable into your computer and plug the other end into the armband.
- Click "Next" and then click "Register Armband".

Technical support 866.314.9423  
7am-7pm Mon-Fri (Pacific time)  
[support@bodybugg.com](mailto:support@bodybugg.com)

