



To install the Athletic Mentors Coaching and Tracking App, follow these steps:

1. Go to the app store on your phone and search for “AM Coached”. You should find the app with the icon shown above.
2. When prompted to choose “Sign In” or “I’m New” click the “I’m New” option.
3. Enter your email and password and the Invite Id which is “TPI”.
4. Once downloaded, open the app. From the settings page, choose “Connected Apps and Trackers” to set up your “wearable” fitness tracker. If you don’t have one, connect to iFit (for iphone) or Google Fit (for android).
5. You are automatically enrolled in the TPI - Steps tracking group. To be ranked on the leaderboard and win prizes, you must opt in. To do this click on the “groups icon”, then click the group name, click “Total Steps Leaderboard” then “Join Leaderboard”. This is a great way to get motivated and have a little healthy competition with your colleagues!
6. Use the “messages” icon to submit questions to your Athletic Mentors coach about workouts or any part of the TPI Physical Wellbeing Program.