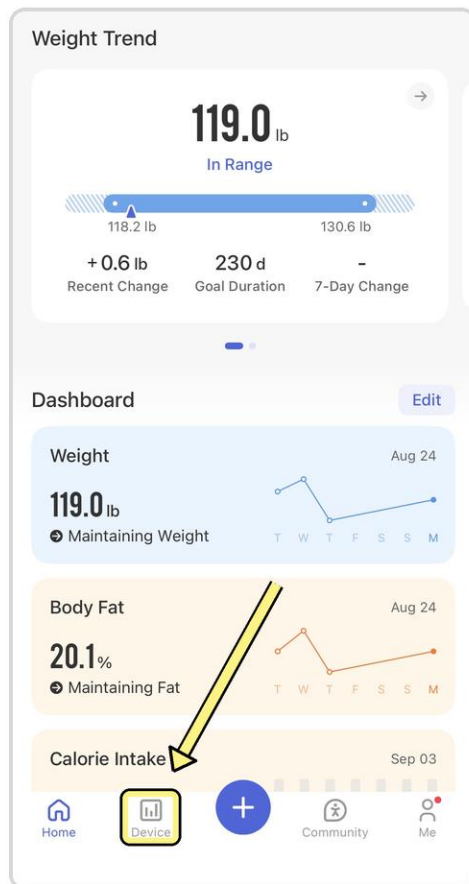


How to Pull a Comparison Report in Your RENPHO App

Compare any two weigh-ins — not just yesterday's — so you can see how far you've actually come.

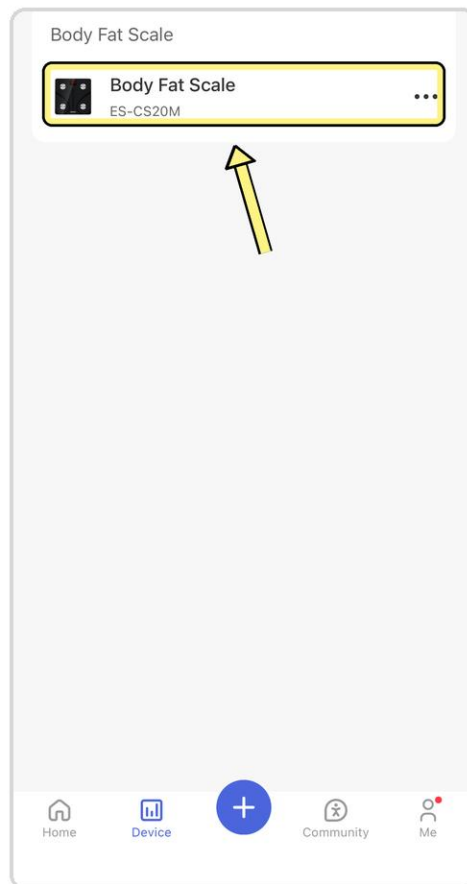
1 Open the app and tap Device

From your home screen, tap the Device tab at the bottom of the screen.



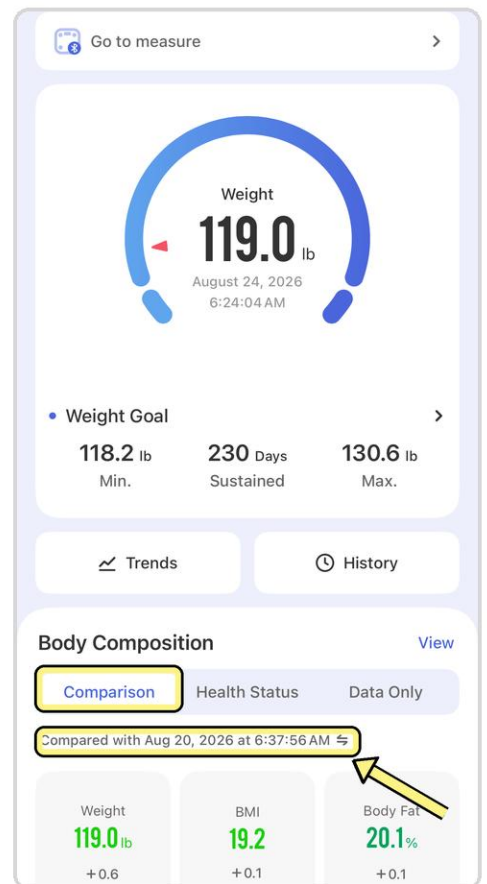
2 Tap your scale

Tap Body Fat Scale to open your personal measurement page.



3 Go to Body Composition

Scroll down to Body Composition. Keep Comparison selected, then tap the two-arrow icon on the "Compared with..." line.



Keep going — steps 4 to 6 are on the next page.

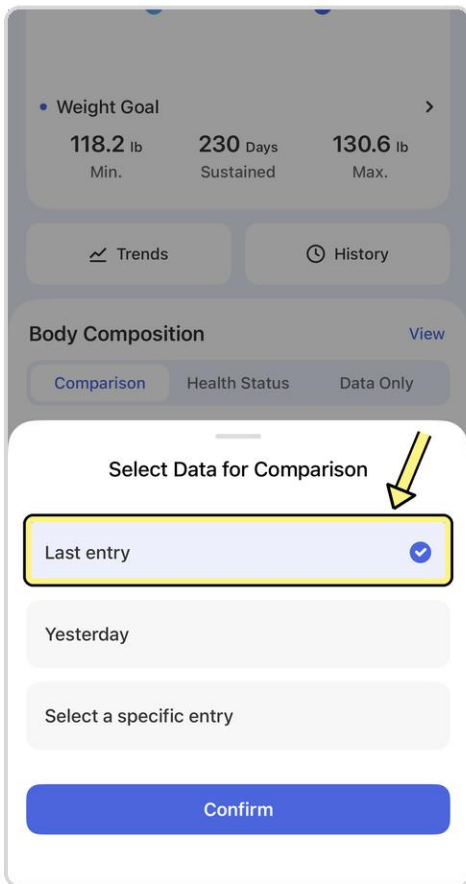
Blue dots on the calendar show the days you actually stepped on the scale.

Choosing your dates

This is where you choose the two dates you want to compare — your start date and today.

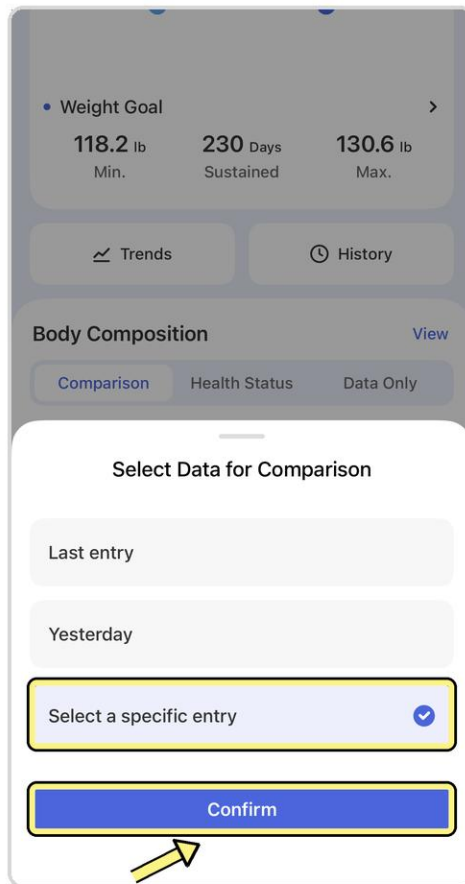
4 The date menu opens

Select Data for Comparison slides up. It defaults to Last entry — that's why you've only ever seen your most recent weigh-in.



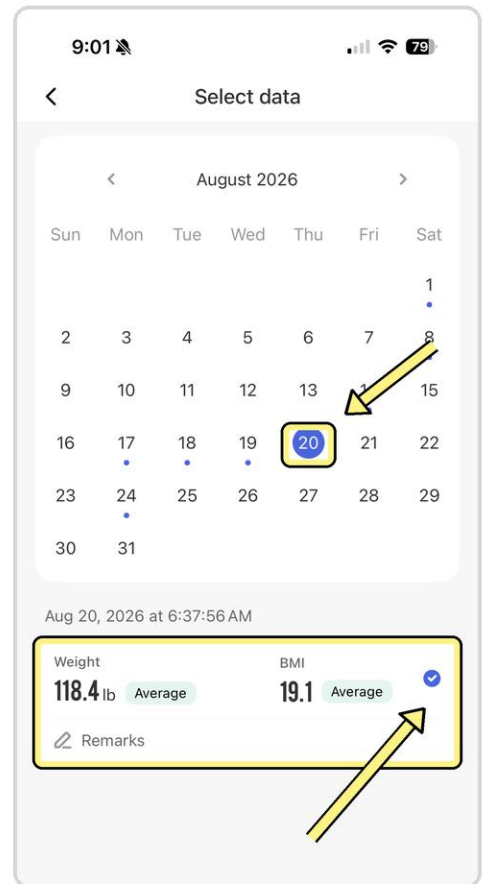
5 Choose your own dates

Tap Select a specific entry, then tap Confirm.



6 Pick your date, then check it off

Blue dots mark the days you weighed in. Tap the date you want, then scroll down and tap the circle on the right of that entry so it's checked.



Almost there — the last two steps are on the next page.

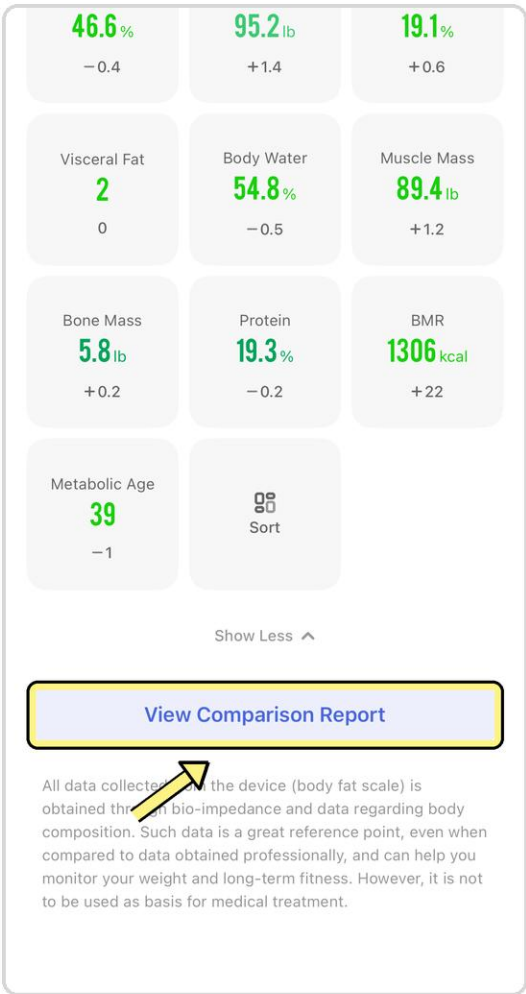
The entry isn't selected until that little circle on the right is checked.

Pulling the report

Two taps left — this is the screen worth sending to your coach.

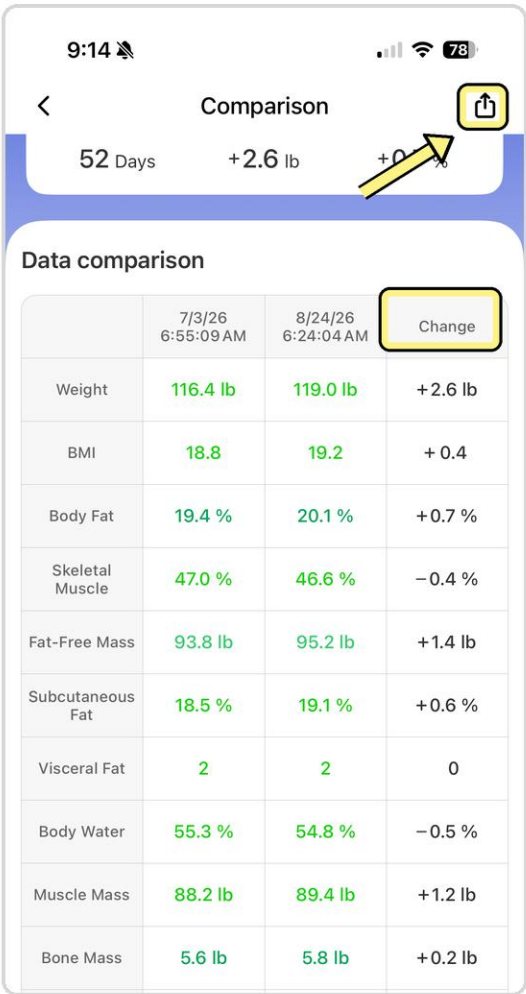
7 Tap View Comparison Report

Checking it off brings you back to your scale page. Scroll down past all the numbers and tap View Comparison Report.



8 There's your report

Both dates sit side by side with a Change column for every number. Screenshot it, or tap the share icon in the top right to send it straight to your coach.



That's it!

Your comparison report shows both dates side by side. Screenshot it and send it to your coach — that's where the real progress shows up.

Tip: compare against your very first weigh-in to see your whole journey in one screen.