



“Let's Eat Right, Think Right, and Get a Move On!”

Logging On First Time

Welcome! To join Healthy Life Program, go to healthylifeprogram.org. Click on Members Only button in the main menu as shown. Just follow the simple instruction below. When done, click on the New User's System Tour.

Tell me more:
 Healthy Life Program
 Please login. This button is for members. We provide for our members access to resources nutritional value of foods. You will need a user id and password to access this s

Home
Members Only
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 View Menus
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 Panic

Please input a Username and a Password to continue
 If you are a new user, click the New User? checkbox.
 Fill in First Name, Last Name, and Email.
 A unique Username will be provided.
 Be advised that if you change this value, you may need try again.
 Provide a password and press Login to complete the process.

Healthy Life Program
 Please login.
 New User?:
 Username:
 Password:
 Login
 Doggonit, I forgot my password

A login page (above) will appear. Check the New User? box. The New User registration fields will appear (below).

Tell me more:

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 Fill in First Name, Last Name, and Email.
 A unique Username will be provided.
 Be advised that if you change this value, you may need try again.
 Provide a password and press Login to complete the process.

Healthy Life Program
 Please login.
 New User?:
 First Name: Last Name: Email:
 Birthday: Month: Day: Age:
 Sex: M Height (inches): Weight: Lose?: Yes Activity: Sedentary
 Username:
 Password:
 Login
 Doggonit, I forgot my password

Fill in the fields except the Username field. A username will be created automatically. Create a password and record it for later. When ready, click on the Login button.