

Version 1.0 Oct.2023

You are invited to Mindstretch. This app works in combination with a Fitbit and a Fitbit app. To work with a Fitbit, you need a Google account since some time. Do you still have a Fitbit account from the past? Then you can continue to use it until 2025. To do so, check the following instruction '<u>log in with a Fitbit account</u>'.

Do you already have a Google account? Then read the instruction '<u>log</u> in with a Google-account'.

You don't have a Google-account yet? Create one using the underneath button. *Important: first create a Google-account before you log in in the Fitbit-app*.

After having created your Google-account, you can continue the onboarding process using the instruction '<u>log in with a Google-account</u>'.

