



SINGAPORE

USER GUIDE:

Healthier Me, Healthy Weight

How to Add Health Goal

Help & Support

Need more help?

Call or write to us



Helpdesk

Email us @
sghelpdesk@amway.com



Call Centre

Call +65 6550 9911
Monday to Friday
9am to 7pm
Saturday
12pm to 7pm
(excluding Sunday & public holiday)

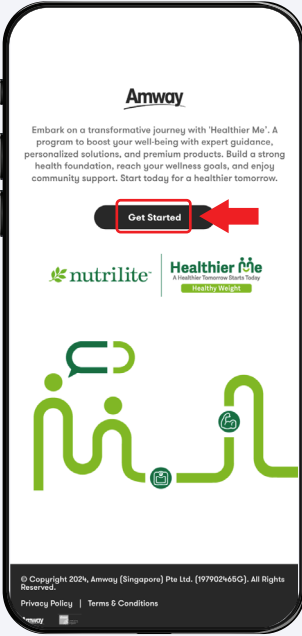


Chatbot

You can also chat with our Amway Chatbot button at the bottom right on the website screen to get started!

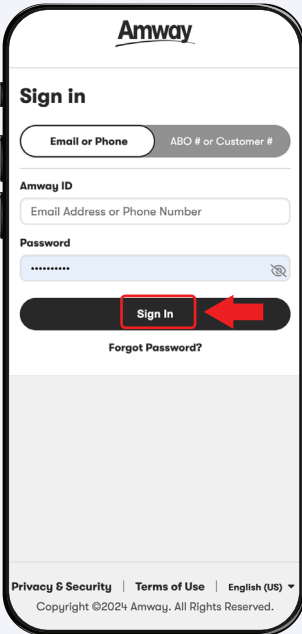
How to Add Health Goal

1



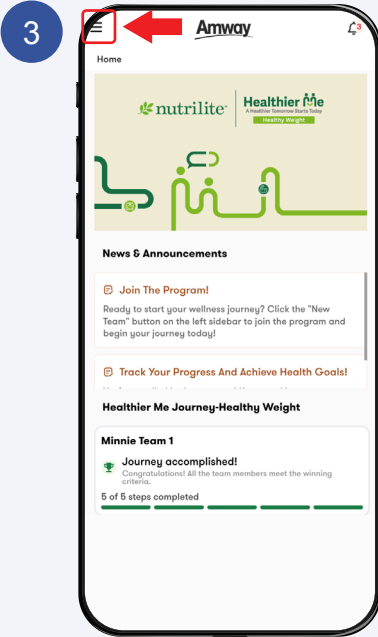
Click **Get Started** to continue

2

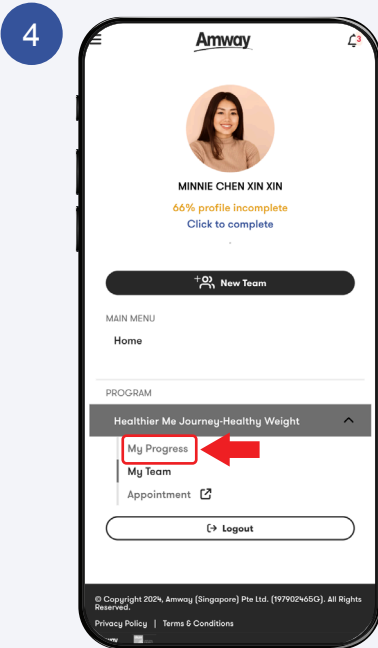


Sign In with your **Amway ID & Password.**

How to Add Health Goal



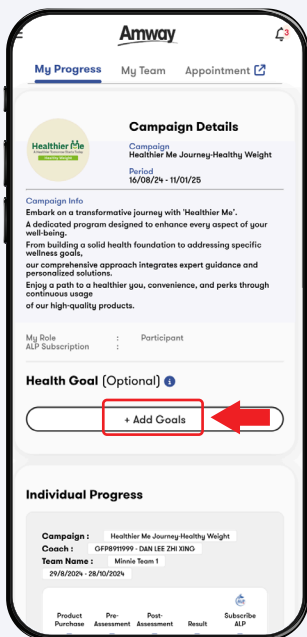
Click on the **Menu Icon**.



Select the program & Click the **My Progress** to continue.

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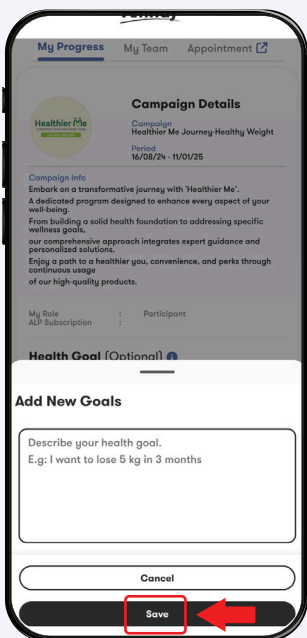
5



Click on the **+Add Goals** button to continue.

*Health goals are optional and are intended for your personal records to help you stay focus throughout the journey.

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Enter Your **Health Goal** & click **Save** to Continue.

Specific

Write down exactly what you are you trying to achieve.

For example: Rather than "I want to do more exercise", make it specific, such as "I will ride my bike to work on Monday and Wednesday".

Measurable

Use numbers or amounts where possible.

For example: I will eat 2 portions of fruit, each day

Action-based

Write down a goal that you can reach.

For example: If you know you are unlikely to start exercising 40 minutes daily, a better goal might be exercising 20 minutes daily

Realistic

Your goal needs to be achievable and meaningful.

For example: When I feel stressed, instead of snacking, will stop and ask myself why I feel this way. I will focus on this thought for 10 minutes to establish whether I am hungry before I eat anything

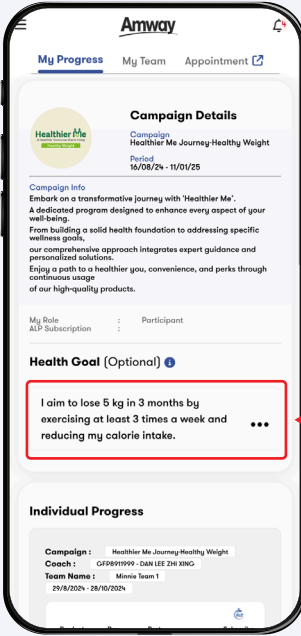
Time-bound

Set a time frame for your goal to track your progress.

For example: I will walk to work twice a week by the end of May

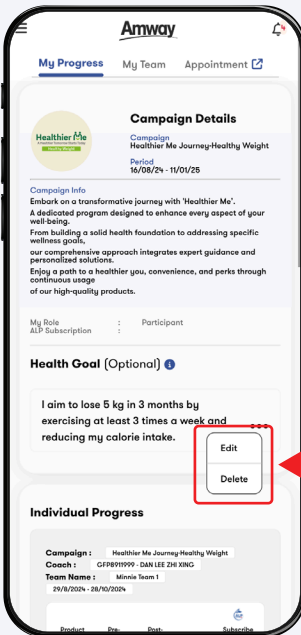
How to Add Health Goal

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Your **Health Goal** will be displayed once it is saved successfully.

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You can **Edit** or **Delete** your Health Goal.