



SINGAPORE

USER GUIDE:

Healthier Me, Healthy Weight

# How to Track Progress

# Help & Support

Need more help?

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Call or write to us



## Helpdesk

Email us @  
[sghelpdesk@amway.com](mailto:sghelpdesk@amway.com)



## Call Centre

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

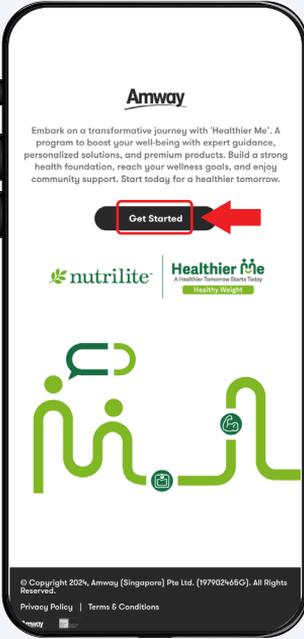


## Chatbot

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

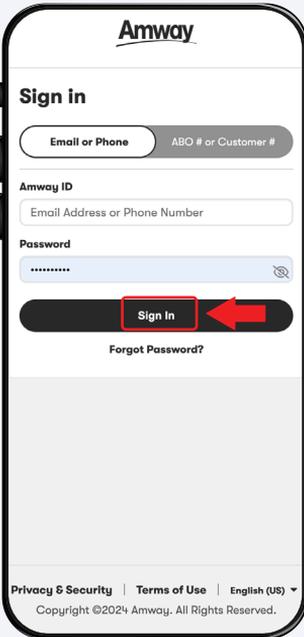
## How to Track Progress

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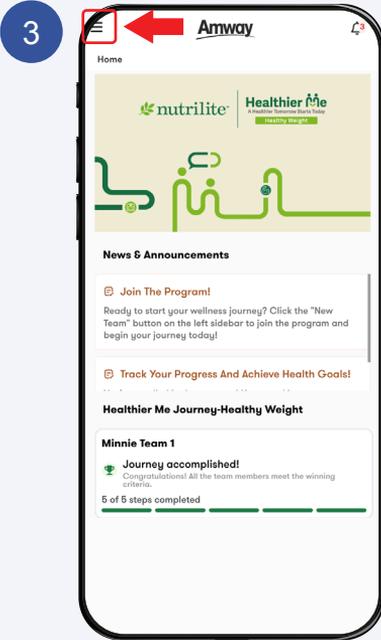
Click **Get Started** to continue

2

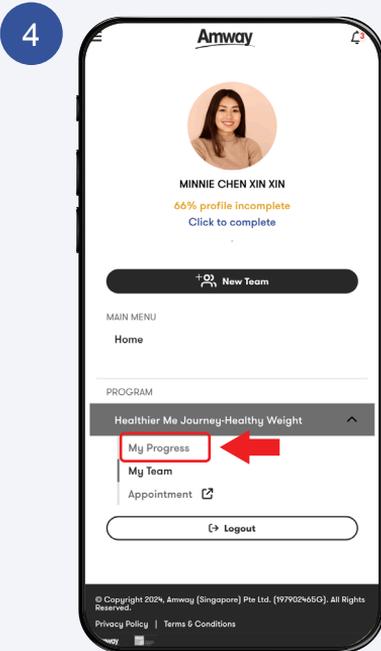


Sign In with your **Amway ID & Password.**

## How to Track Progress



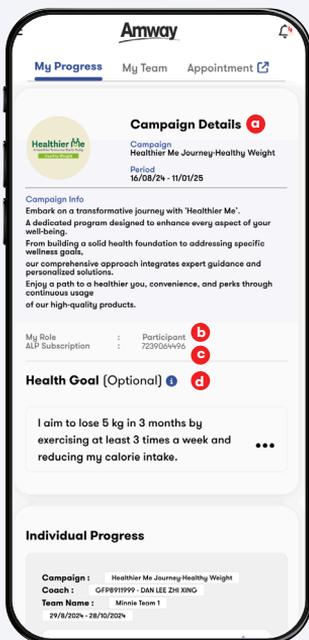
Click on the **Menu Icon**.



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

## How to Track Progress

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### a. Campaign Details

Displays the campaign name and duration.

### b. My Role

Displays your role (Participant, Coach, or Platinum Leader).

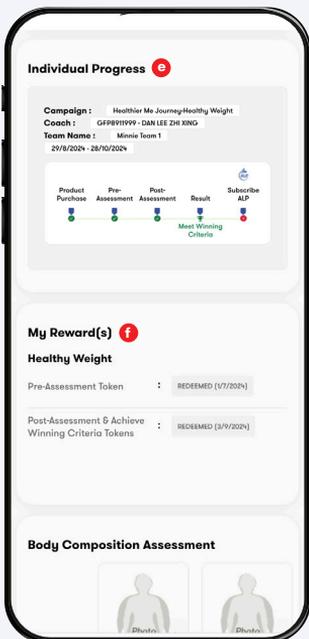
### c. ALP Subscription

Enter your ALP order number here.

### d. Health Goal

Enter your Health Goal here.

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### e. Individual Progress

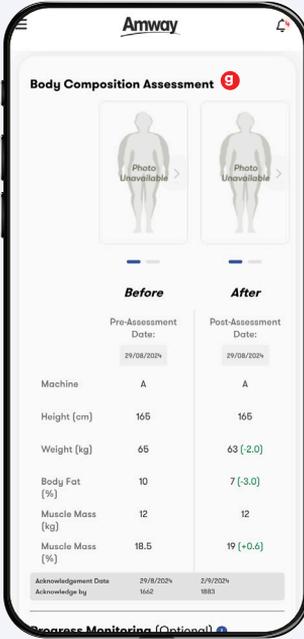
Displays the campaign you've joined, your coach, team name, the team's 60-day period, and your individual progress.

### f. My Reward(s)

Show all your rewards here.

## How to Track Progress

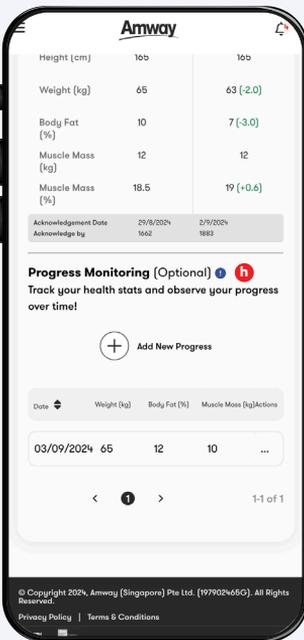
7



### g. Body Composition Assessment

Displays all your pre- and post-assessment details and measurements.

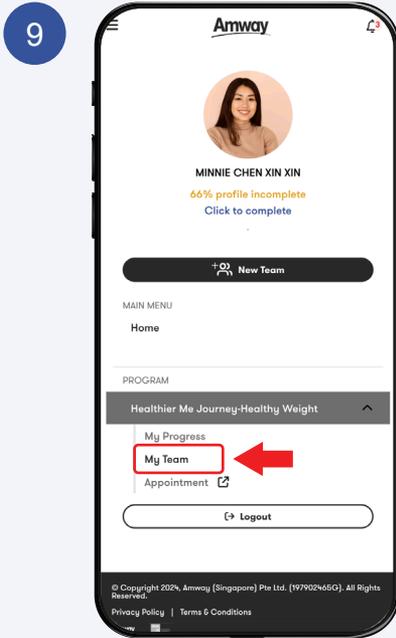
8



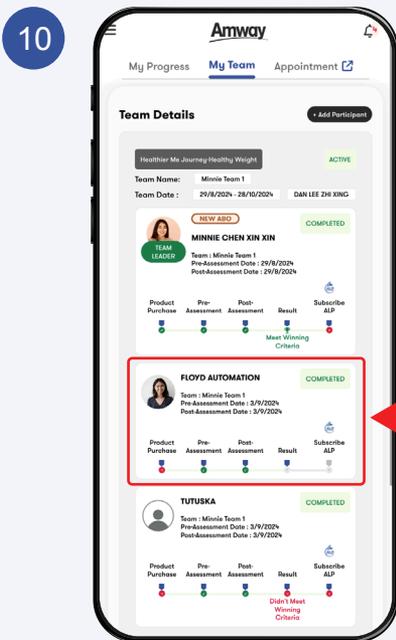
### h. Progress Monitoring

Track and add your new progress here.

## How to Track Progress



Click **My Team** to view your Team Progress.

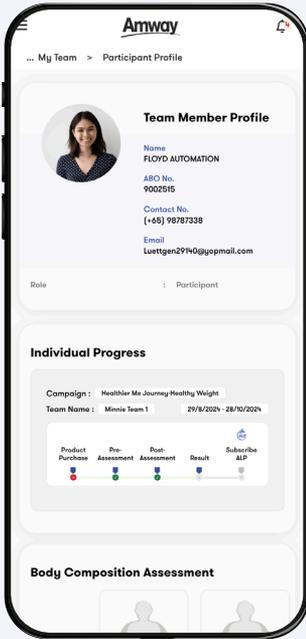


View all the details of your team participants here.

Click on the **Team Participant** tab to learn more about their progress.

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You can find all the details on the **participant's profile** page.