



Read Your Body

We're delighted to be collaborating to offer an official RYB settings template for SymptoPro instructors & charters!

You can download the SymptoPro template by [clicking here](#).

If you're new to the app, please follow these steps to apply the SymptoPro template:

1. Install the app for [iOS](#) / [Android](#) and navigate through the onboarding flow
2. Download and save the [SymptoPro template](#) to your iCloud files / Google Drive
3. Open the app and go to Menu > Database > Import
4. Tap on the 'Import JSON' button and select the SymptoPro file from your iCloud files / Google Drive
5. Wait for the import to complete

You're now running the app with SymptoPro settings!

If you already have your own personal settings & data in the app, please follow these steps:

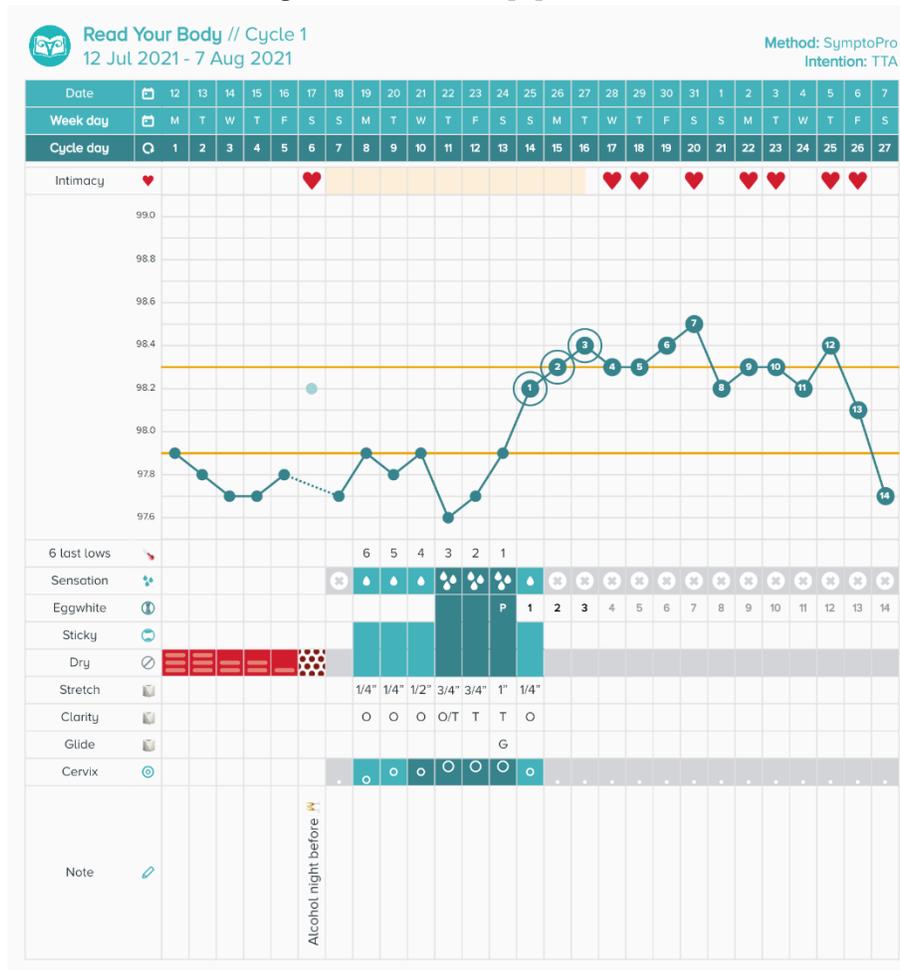
1. Export a backup of your personal settings & data for safekeeping
 - Menu > Database > Export > JSON & CSV (please export both files)
 - Save the files to your iCloud files / Google Drive
2. If you've been using the fluid feature in the app, please make sure that you're only using the default 'Dry', 'Non-peak' and 'Peak' (you may have renamed these)
 - If you're unsure about this step or are using additional fluid categories in the app, please [reach out to us for technical support](#)
3. Follow steps 2-5 above (same as people who are new to the app)
4. You're now running the app with SymptoPro settings!
 - If some of the items that you were tracking previously are hidden from your data / chart screens, go to Menu > Settings > Customise data / Customise chart to make them visible again

Happy charting!

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If at any point you get stuck, please reach out for technical support to: hello@bodyliteracy.co

Your SymptoPro chart on your RYB app! See below for trial offer!



We are happy to offer 3 months of free access to the RYB App! (Normal cost is \$1.99/month or \$14.99/year)

Please email your instructor for instructions on how to apply!

If you completed a SymptoPro class in the past and are no longer in touch with your instructor, please email service@symptopro.org for more information.