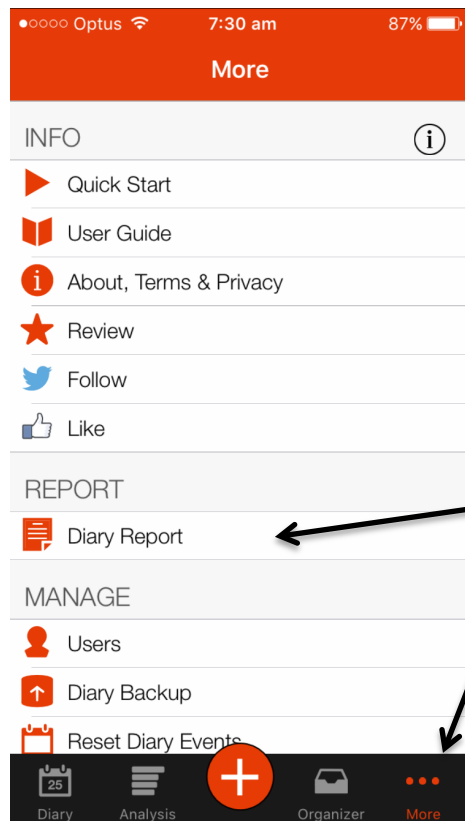
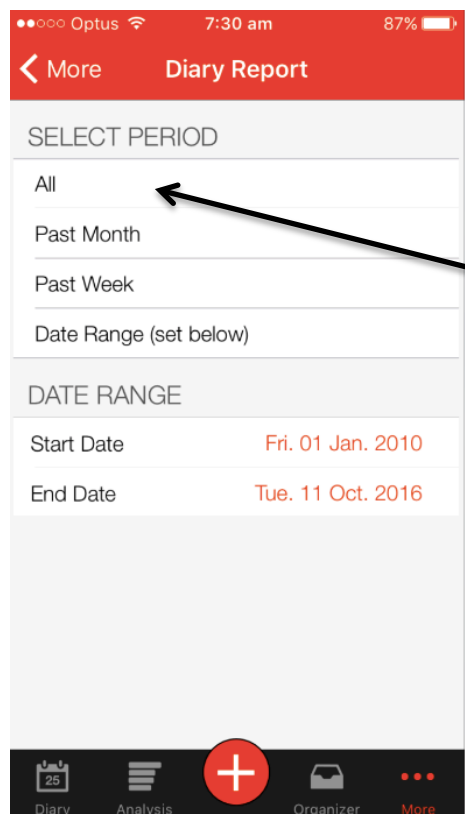


HOW TO EMAIL A 'MY SYMPTOM' REPORT



STEP 1: Tap "More"

STEP 2: Tap "Diary Report"



STEP 3: Tap "All"

Cancel **Diary Report** Send

To: alyse@anappleaday.net.au

Cc/Bcc

Subject: Diary Report

Attached is a copy of your
mySymptoms Food Diary report.



mySymptomsDiary.pdf

STEP 4: Email PDF to
alyse@anappleaday.net.au 😊