



Fast Tract Diet Android App



User Guide for Existing Users

If you are already using the Fast Tract Diet app, these major updates are available without any cost to you!

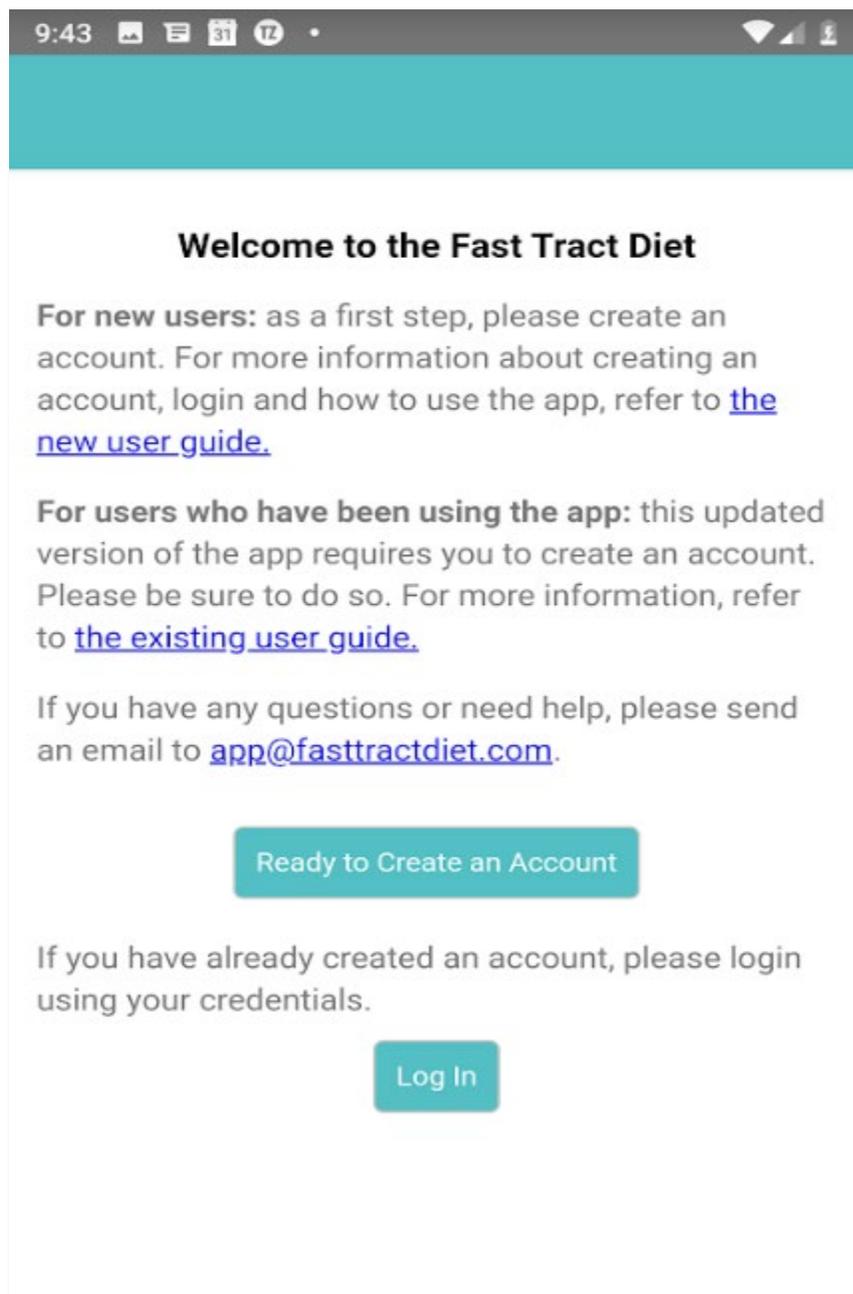
The new features include:

1. able to sync your data on multiple devices as well as transfer it from one device to another when purchasing a new device
2. 200 plus new food items added
3. able to add your own (custom) symptoms in the Tracker
4. able to add your notes in the Tracker
5. able to add multiple food items from the food list while in the Tracker
6. able to update your name for your profile and change your password

Once your app is updated, you will see the following screen. [Go to the next page, please.](#)

ATTENTION: This is a new welcome screen.

If you have already created an account, please login by using your credentials. If you have not created an account, please create an account by tapping the “Ready to Create an Account” box. If you are unsure, please send an email to app@fasttractdiet.com.



Register your account and Create log in

Please take the following steps to register your account and create your log in.

2:51

← Create an Account

Fast Tract Diet

 Norm

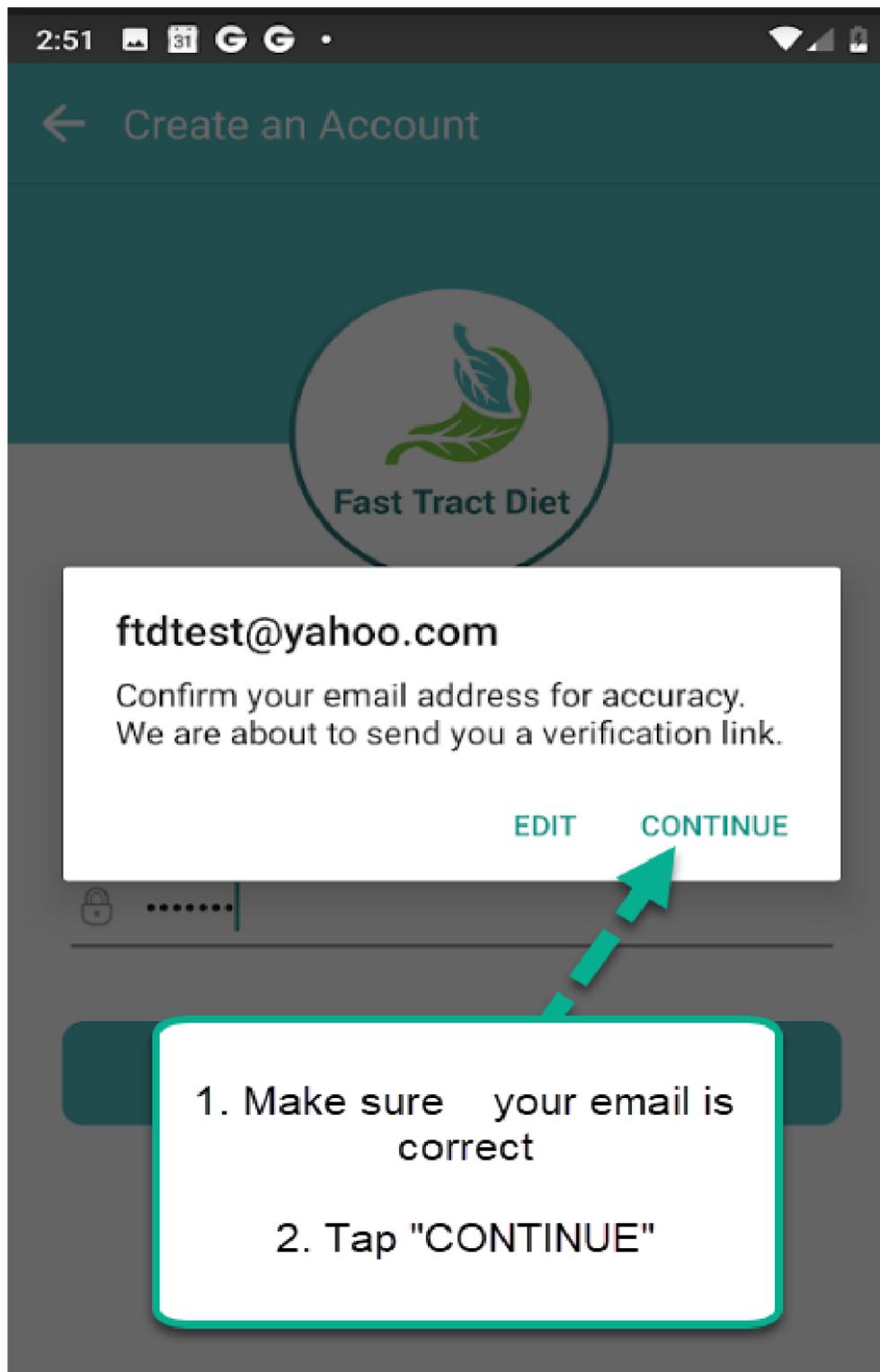
 ftdtest@yahoo.com



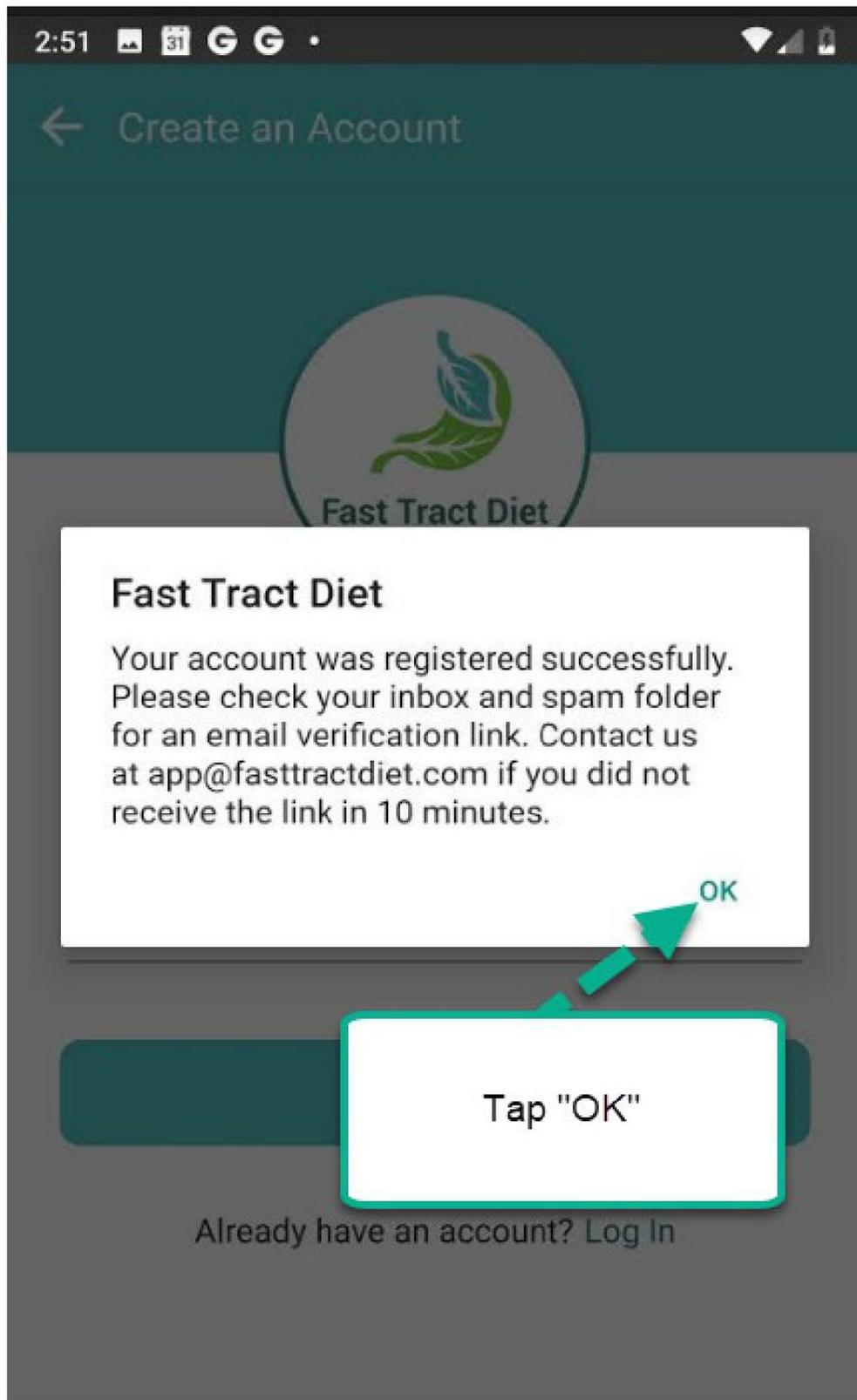
Sign Up

Tap "Sign Up"

You will see this pop-up message. Make sure that your email is correct then tap "CONTINUE".



You will see this pop-up message. Tap "OK".



Please check your email in your Inbox as well as spam folder and click the verify box. If you do not receive the email within 10 minutes, send an e-mail to app@fasttractdiet.com with your name and email address used for creating your account.



03, Oct 2019

Hello Norm,

Thank you for registering with us.

Click on the below button to verify your email address.

Verify

Upon clicking "Verify", a verification screen will automatically appear. If you don't see the screen, please disable your pop-up blocker to complete registration.

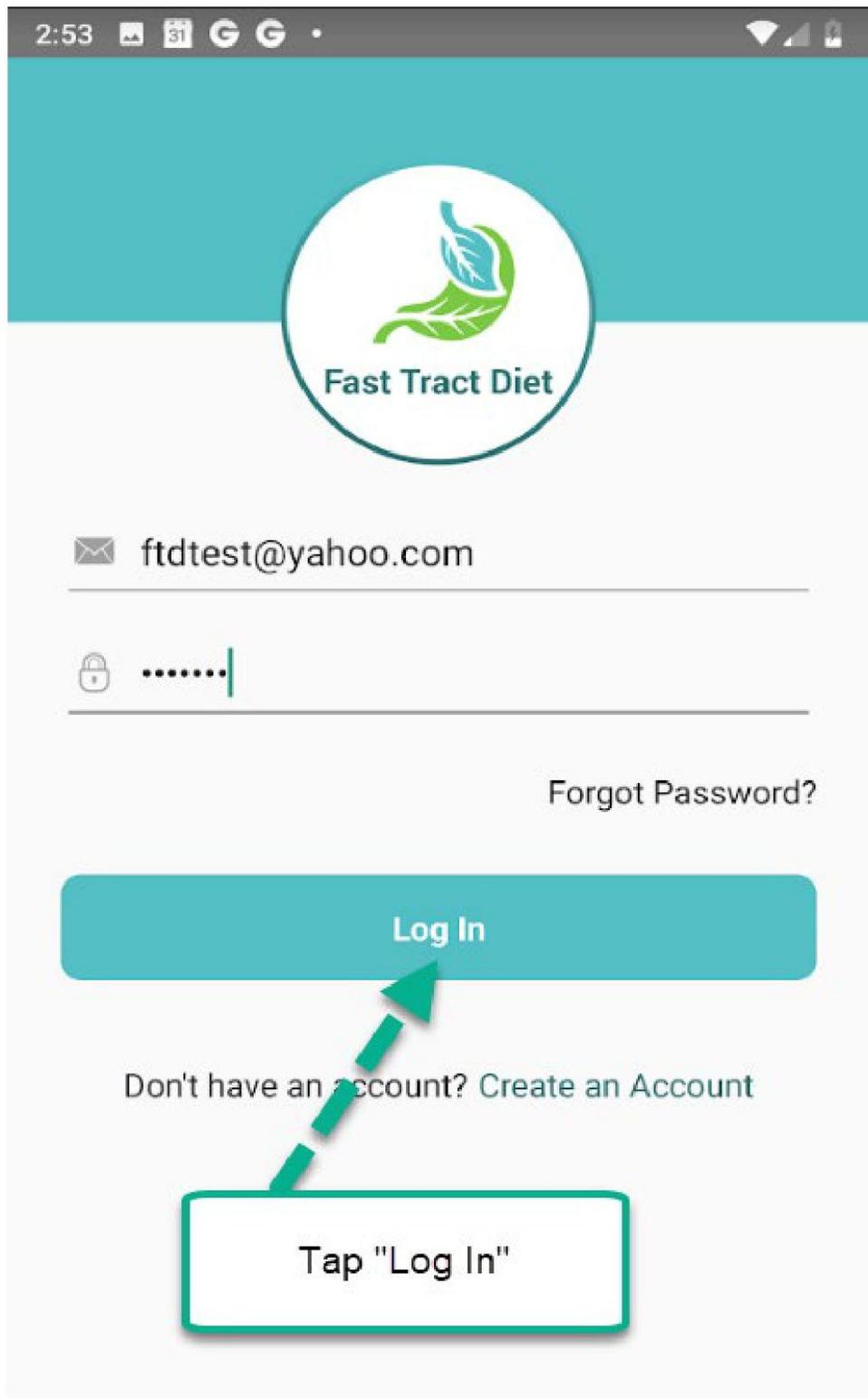
If you encounter an issue while logging-in or other technical issues, please send an email to app@fasttractdiet.com.

If you have questions on the Fast Tract Diet or how to use the app, please join the Fast Tract Diet Facebook group at <https://www.facebook.com/groups/FastTractDiet> and post your questions.

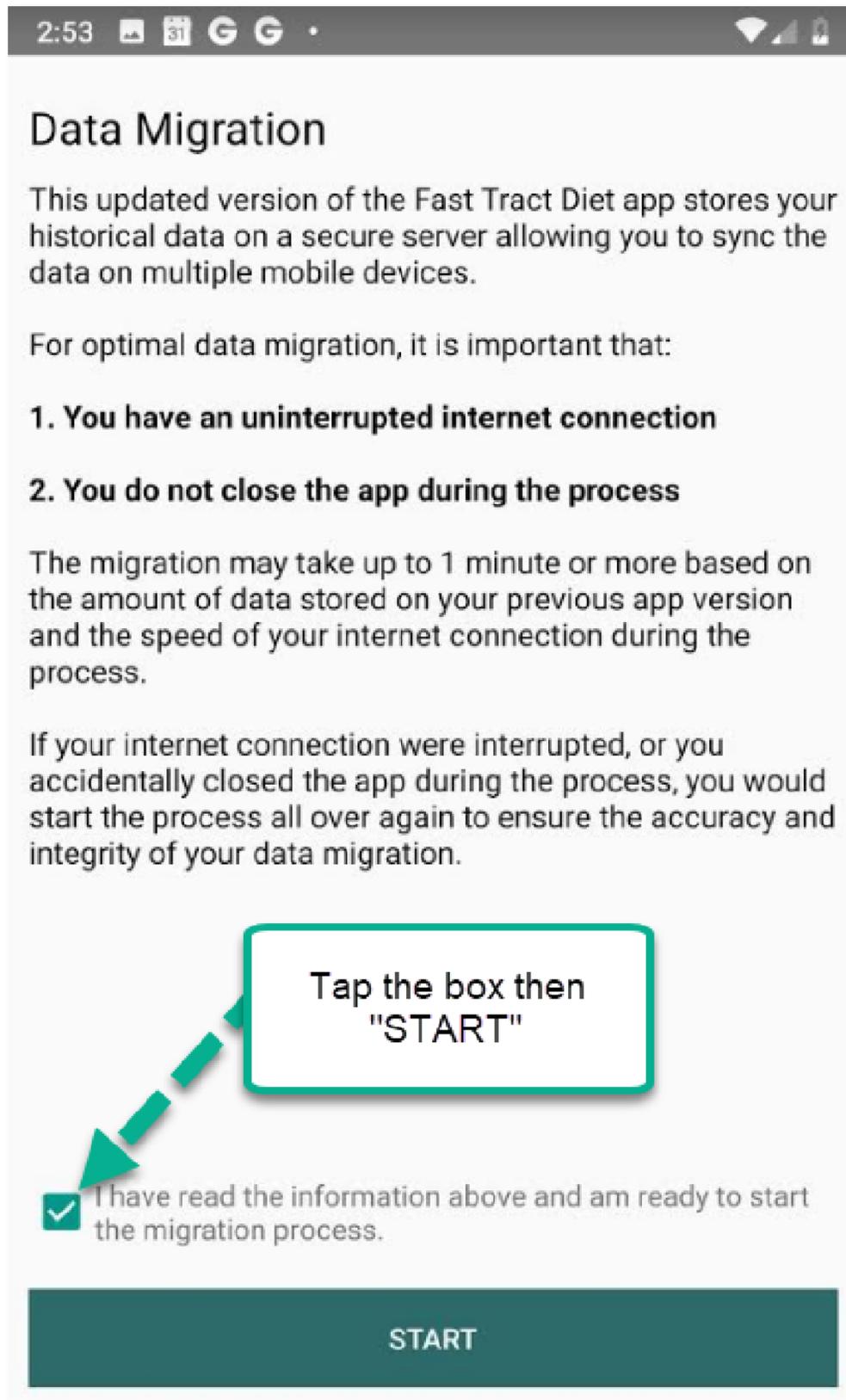
Be well,
Fast Tract Diet App Team

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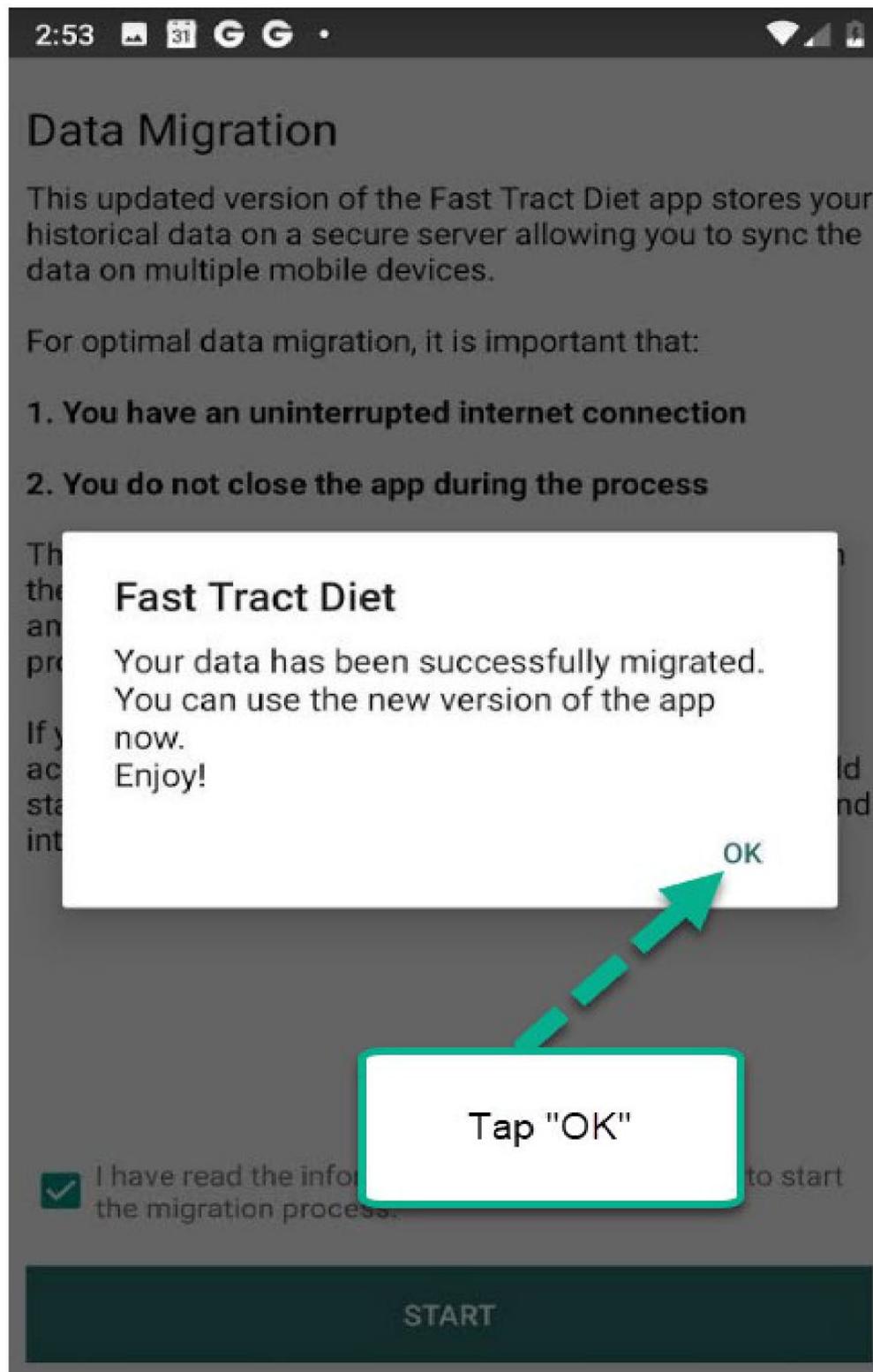
Enter your email and password then tap “Log In”.



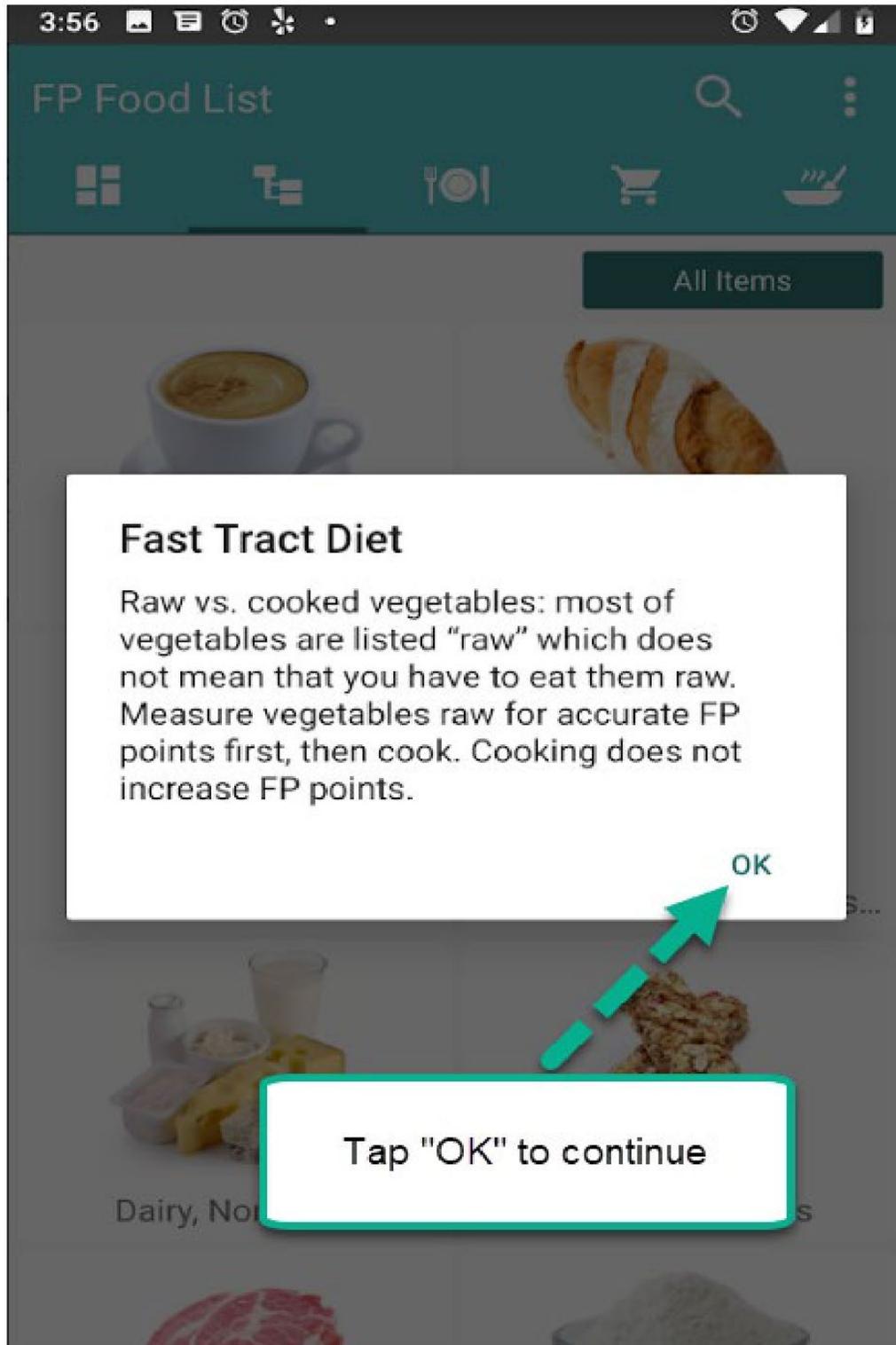
Once Logged in, you will see this screen. Tap the box then “Start”.



This screen opens once your data is migrated.
Tap "OK" to continue.

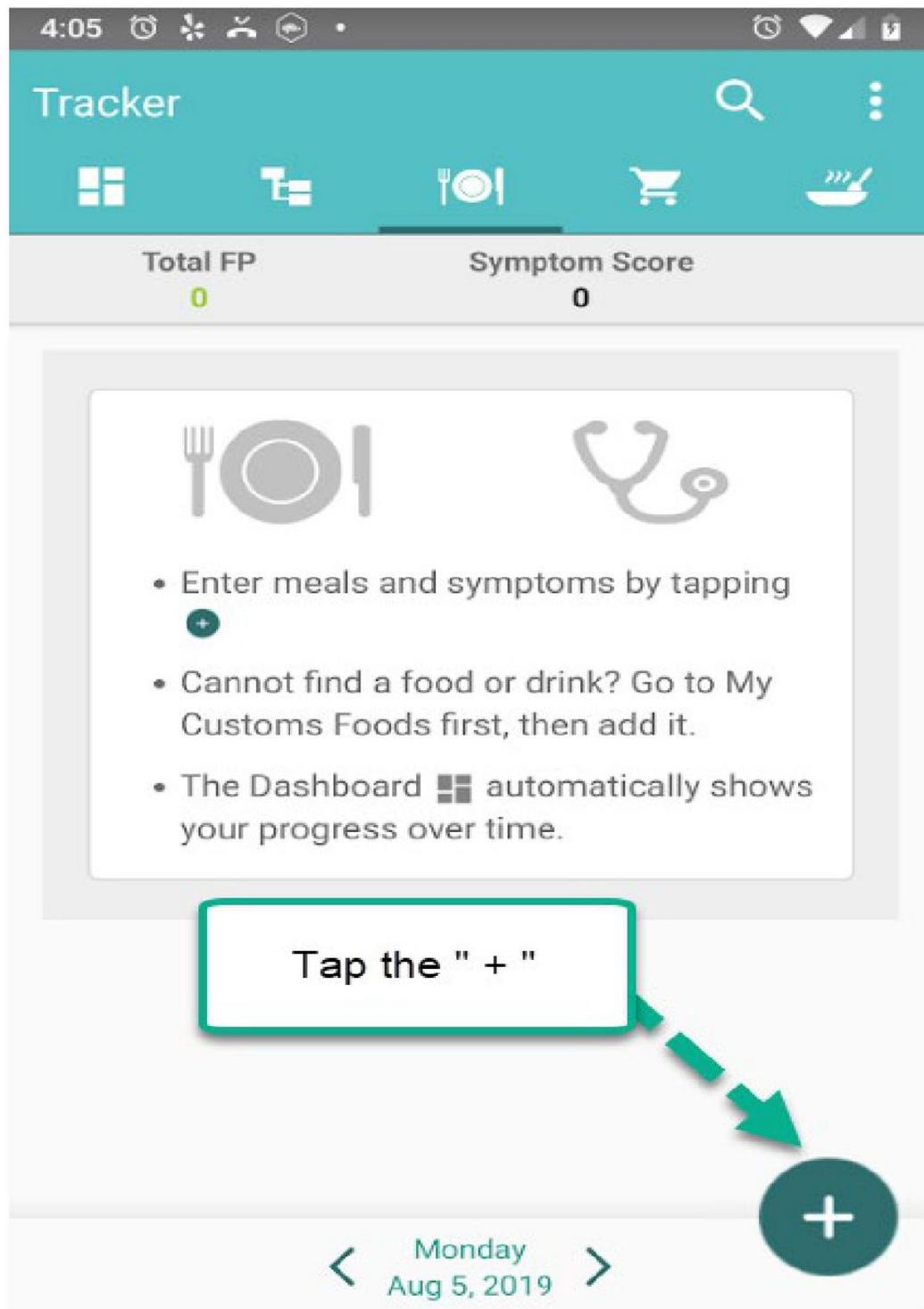


200 extra food items are newly added to the FP Food List

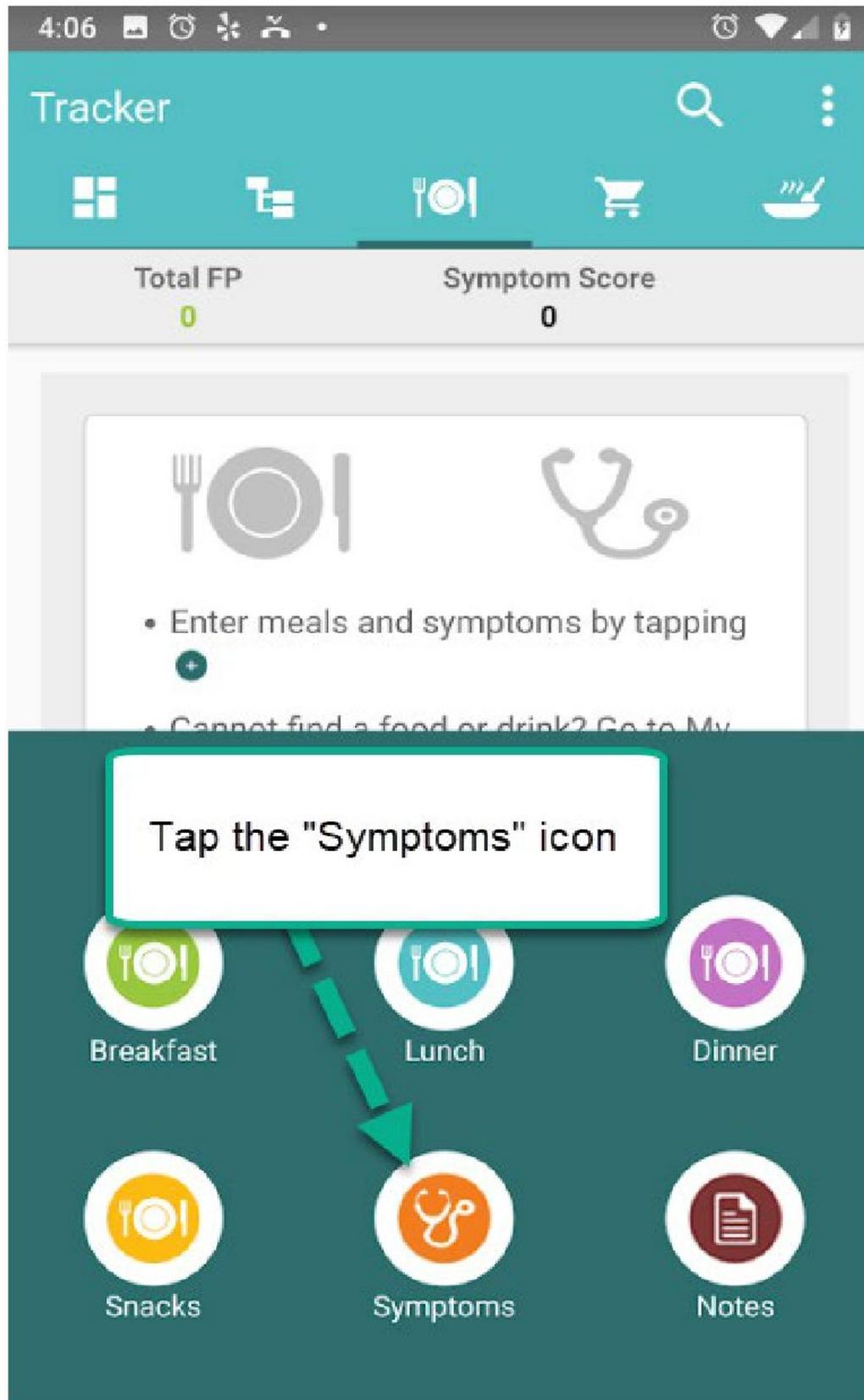


Add your own symptoms in the Tracker

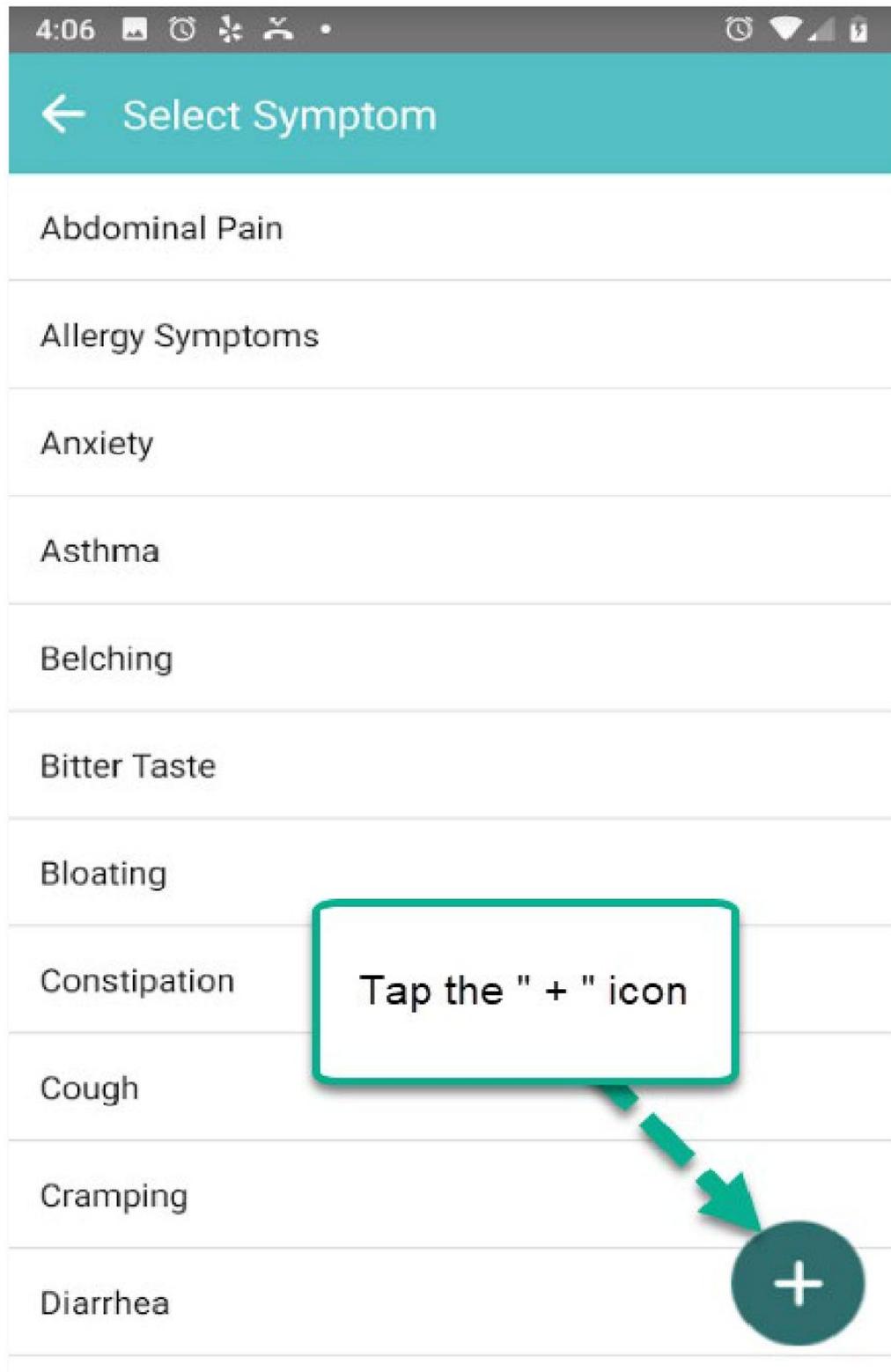
There is a list of symptoms available to choose from, but if you want to add your own symptom, you can do so by following the steps.



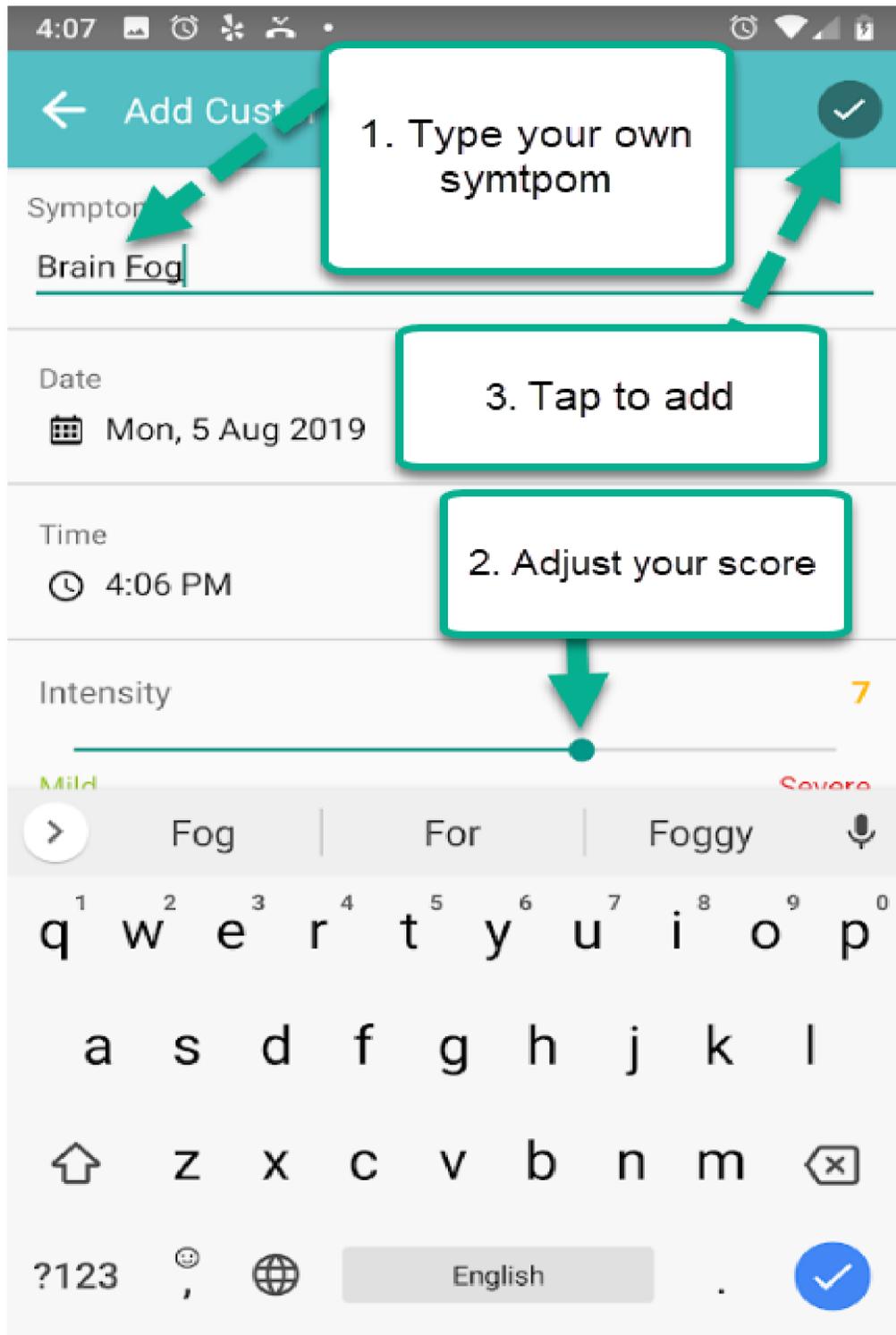
Tap the Symptoms icon.



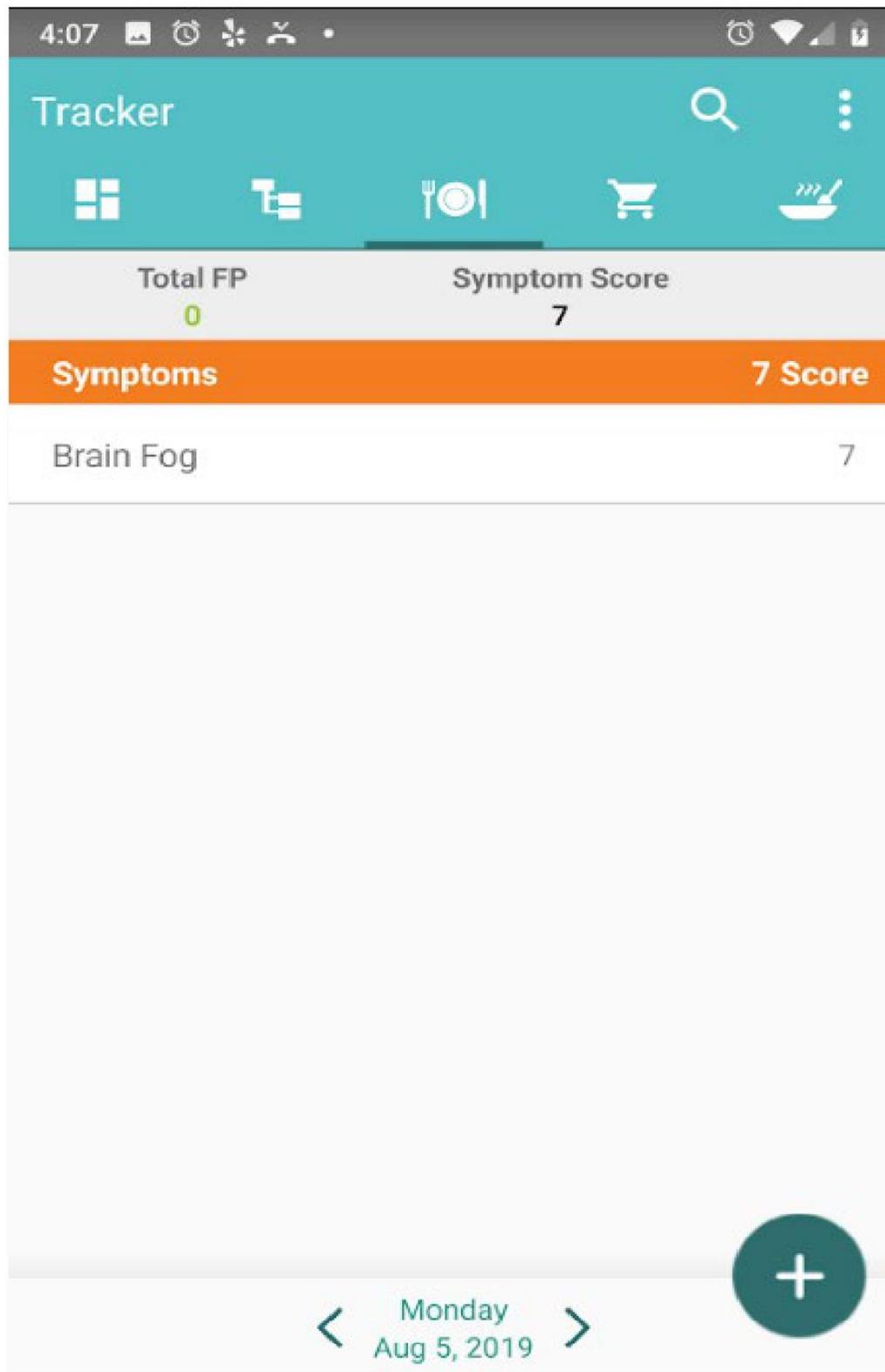
Tap the “ + ” icon for adding a symptom that you do not find on this list. If your symptom(s) is listed, tap the symptom and follow the steps.



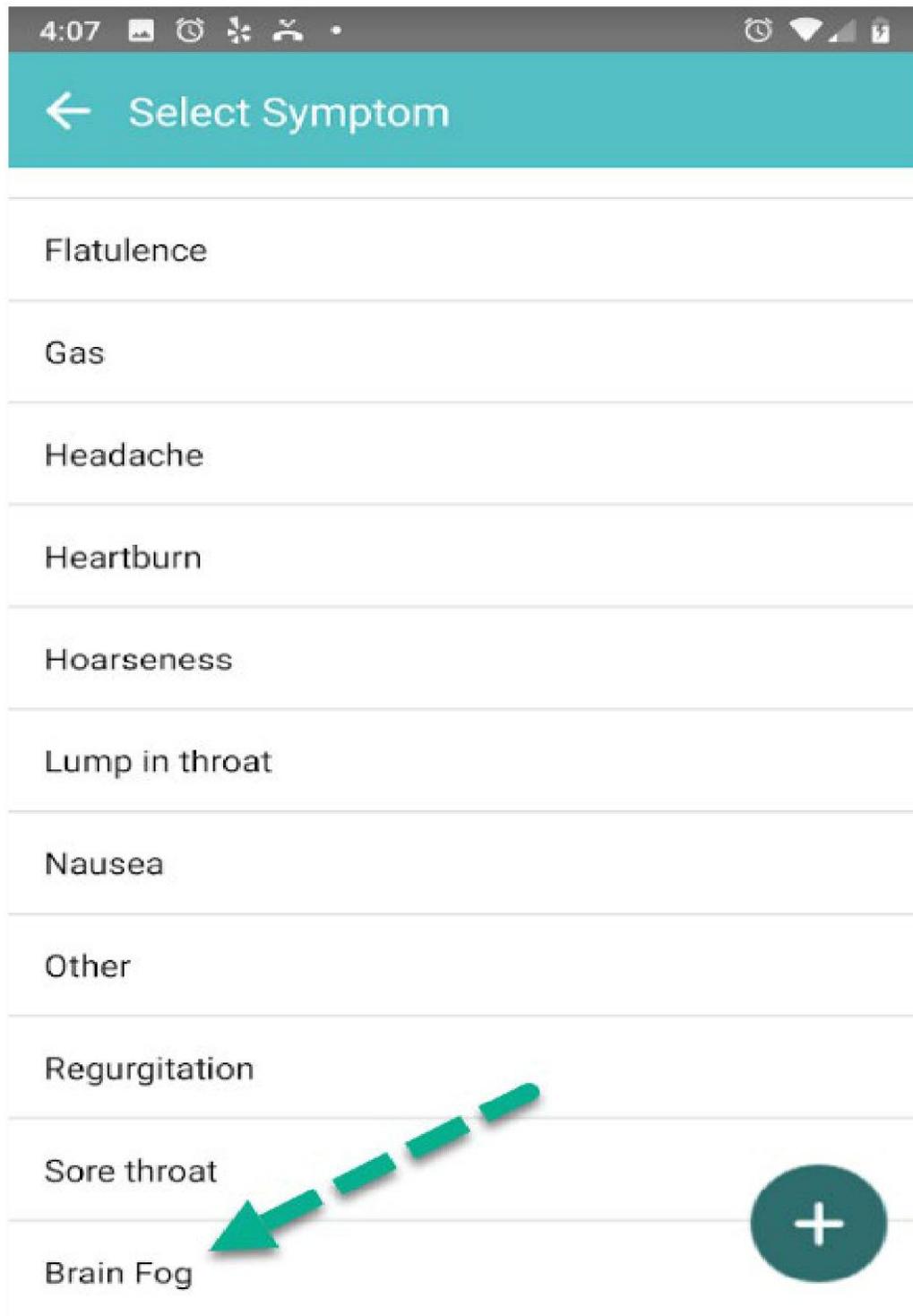
Enter the name of your own symptom, adjust the score and tap the icon to add. The Date and Time can be changed by tapping each item also.



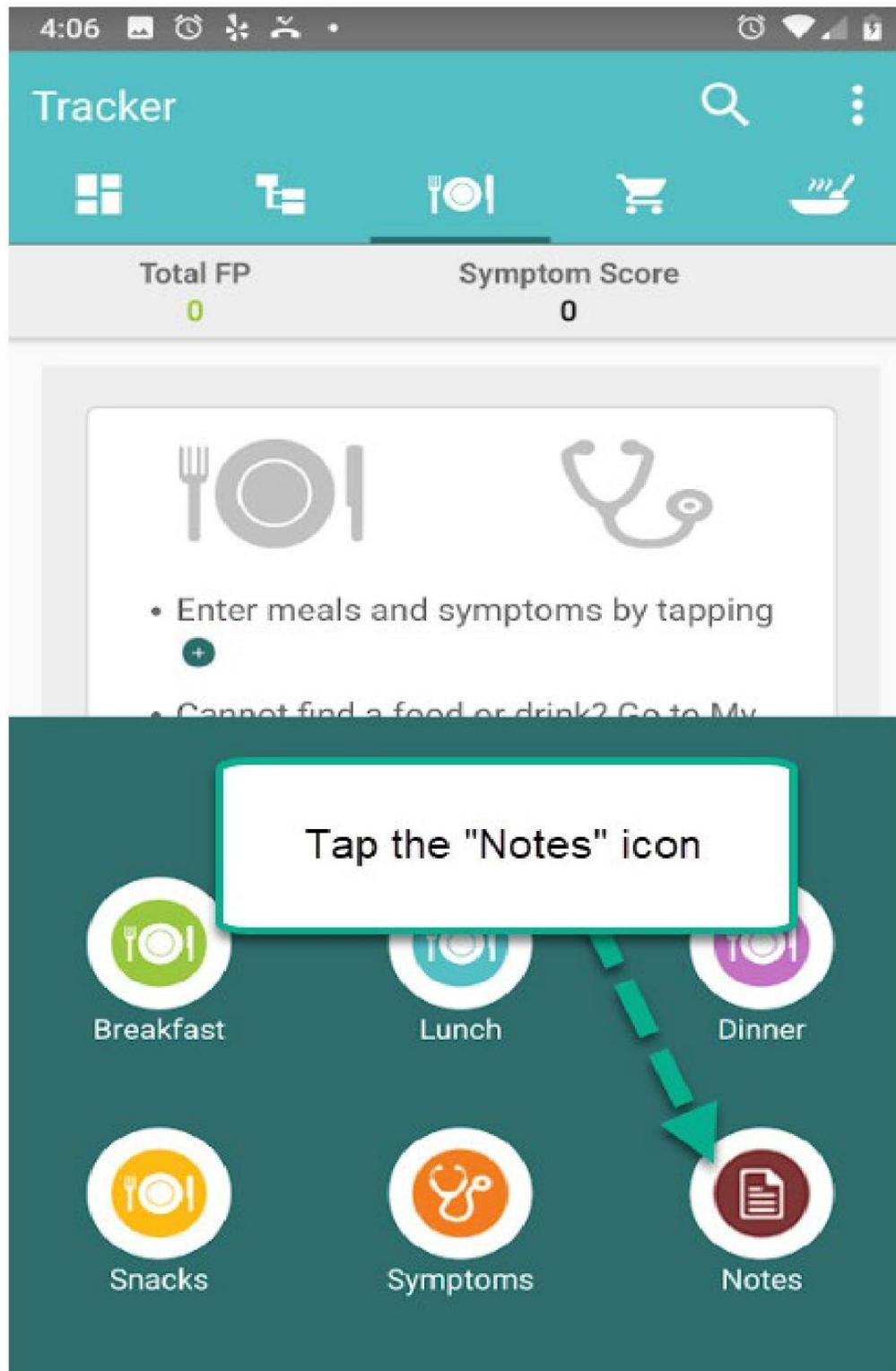
Your symptom is added to the Tracker.



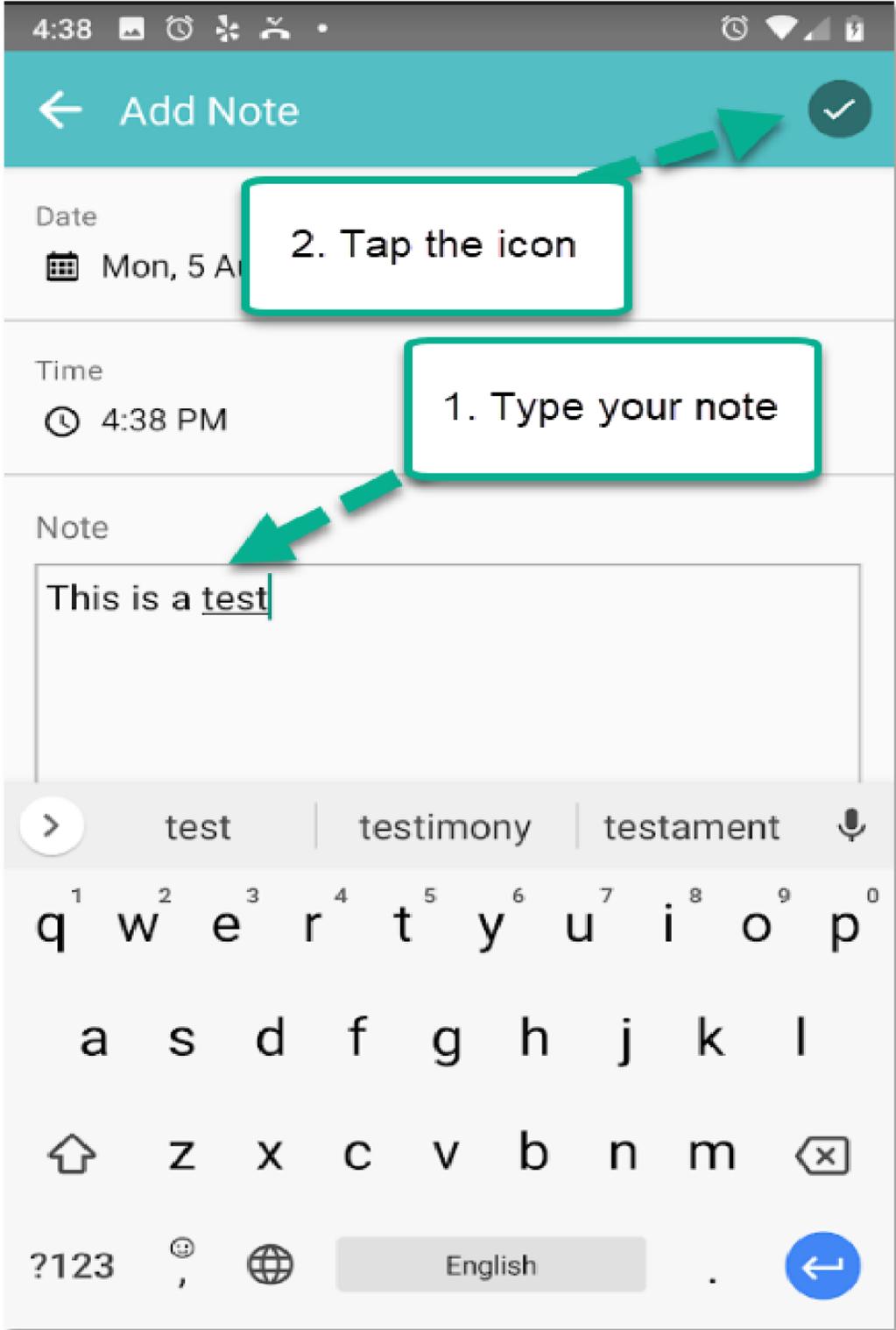
Your symptom is also added at the bottom of the symptom list for future use.



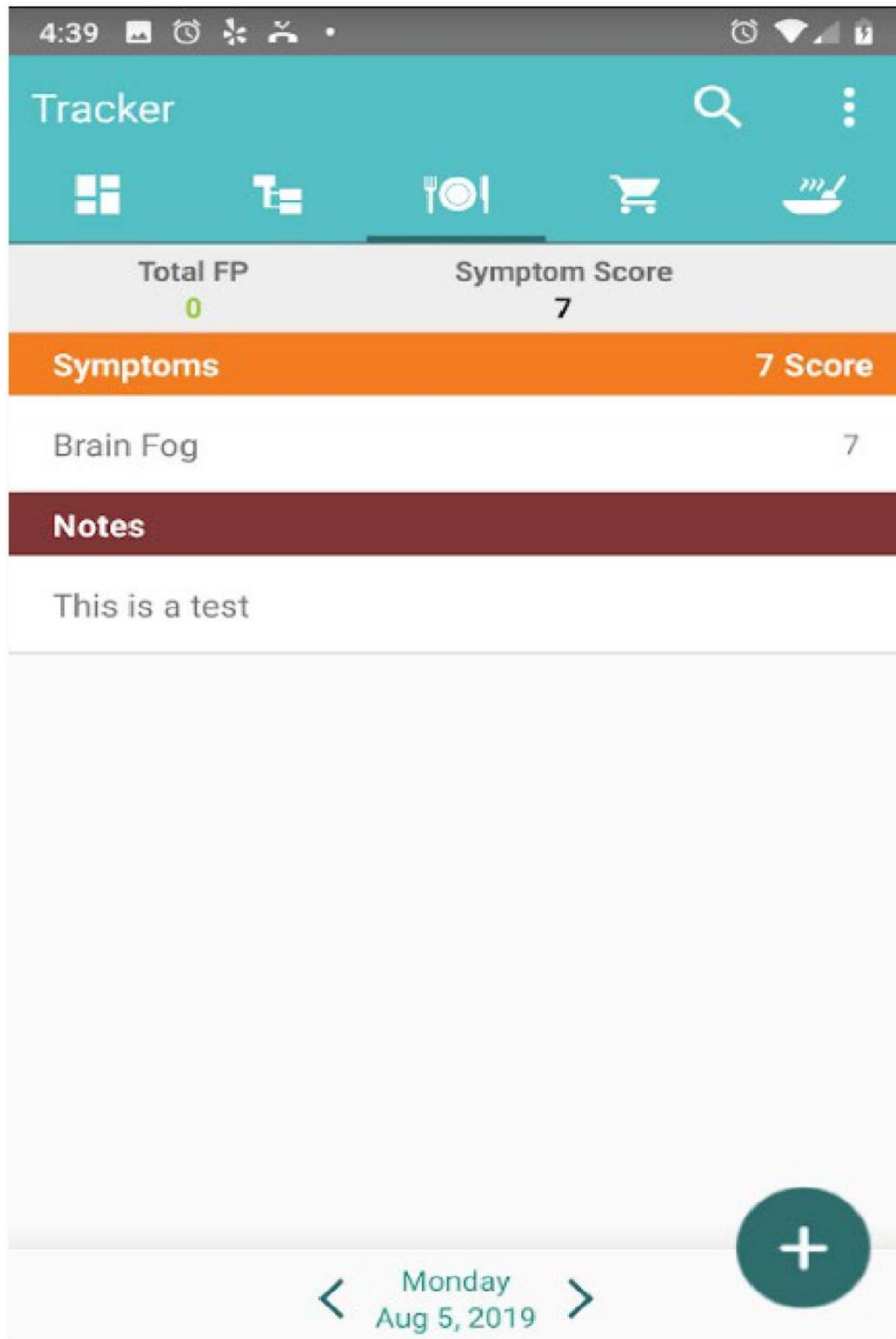
Add your notes in the Tracker



Type your note and tap the icon. The Date and Time can be changed by tapping each item also.

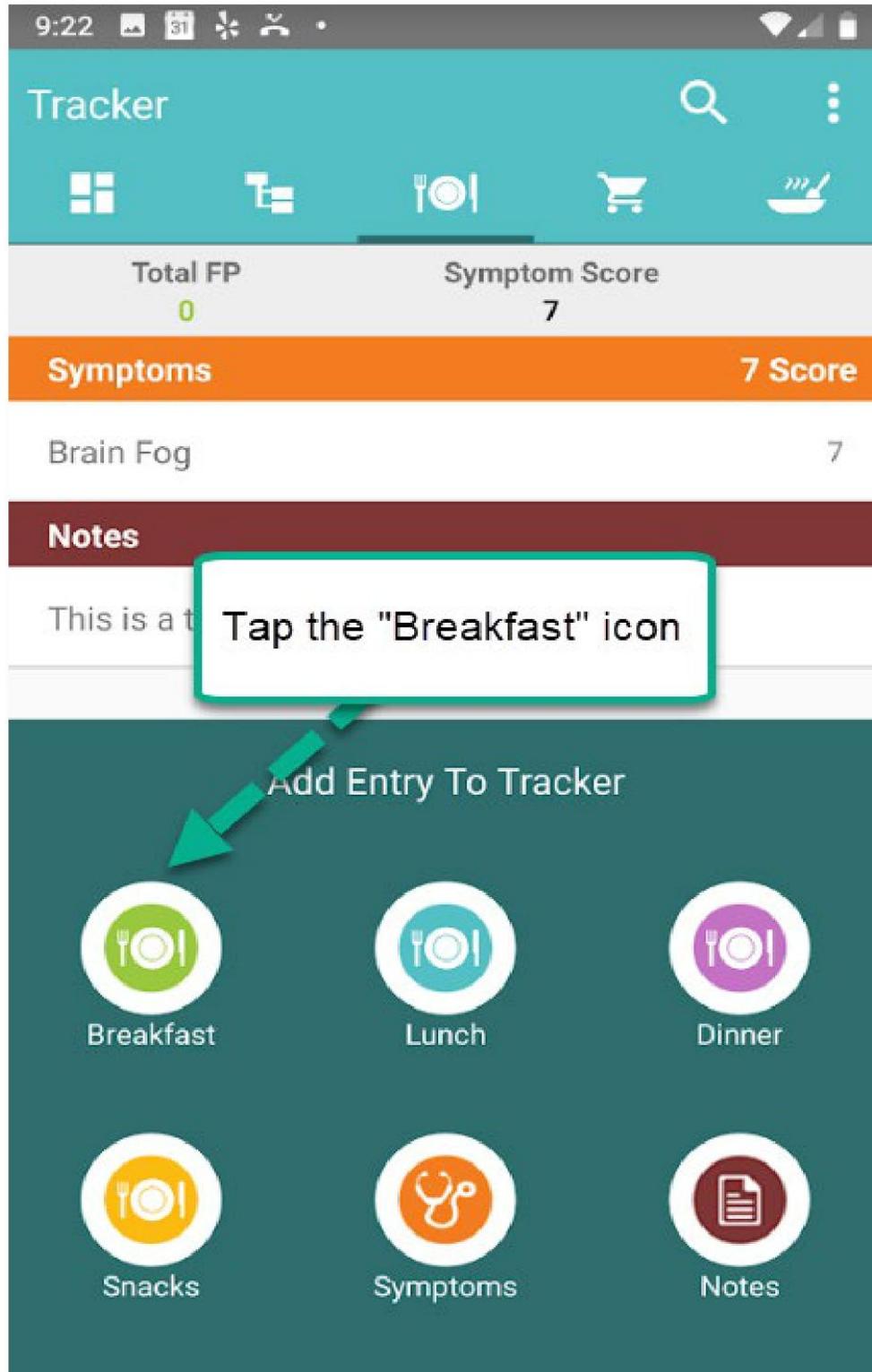


Your note is added to the Tracker.

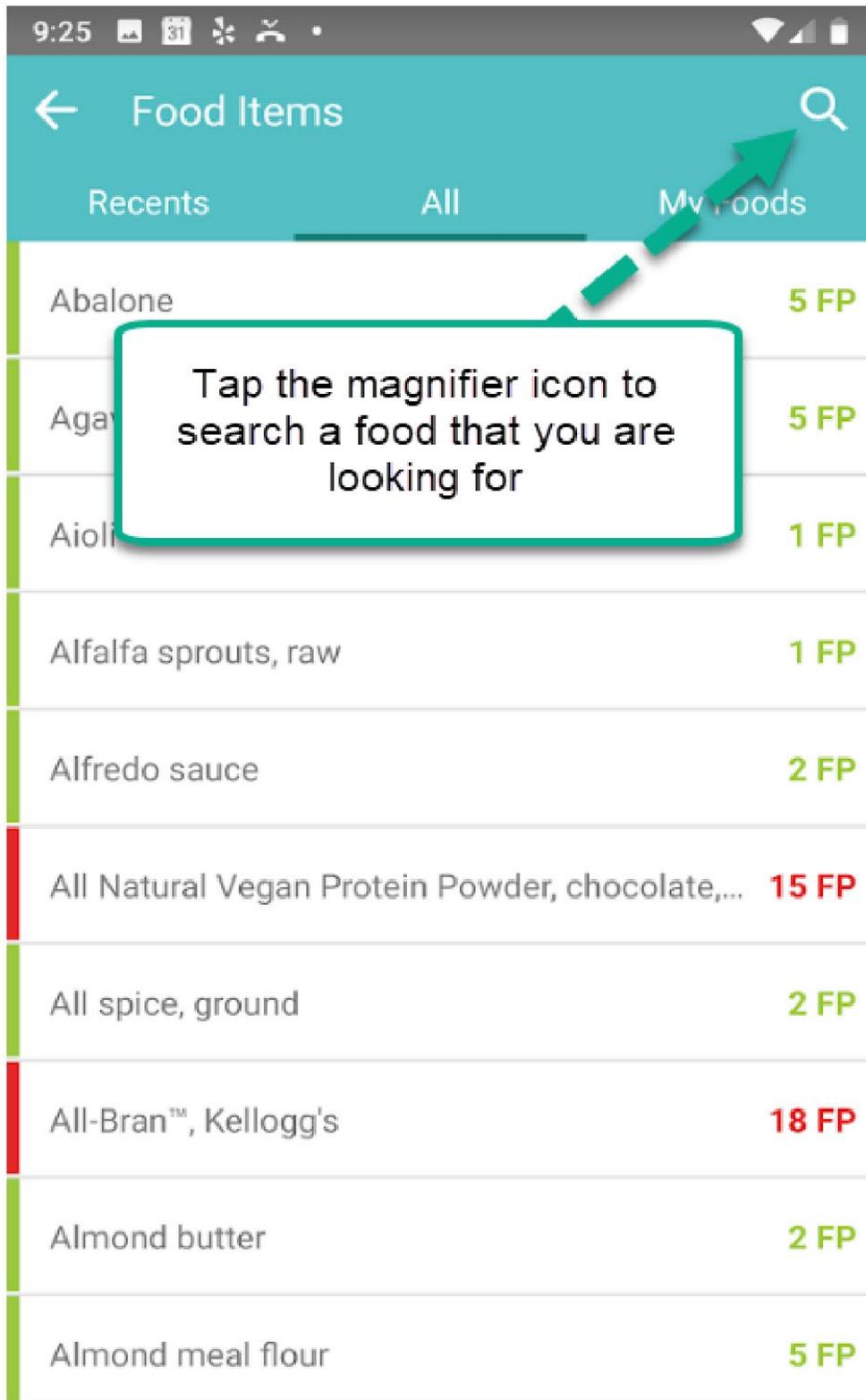


Add multiple food items within the food list while in the Tracker

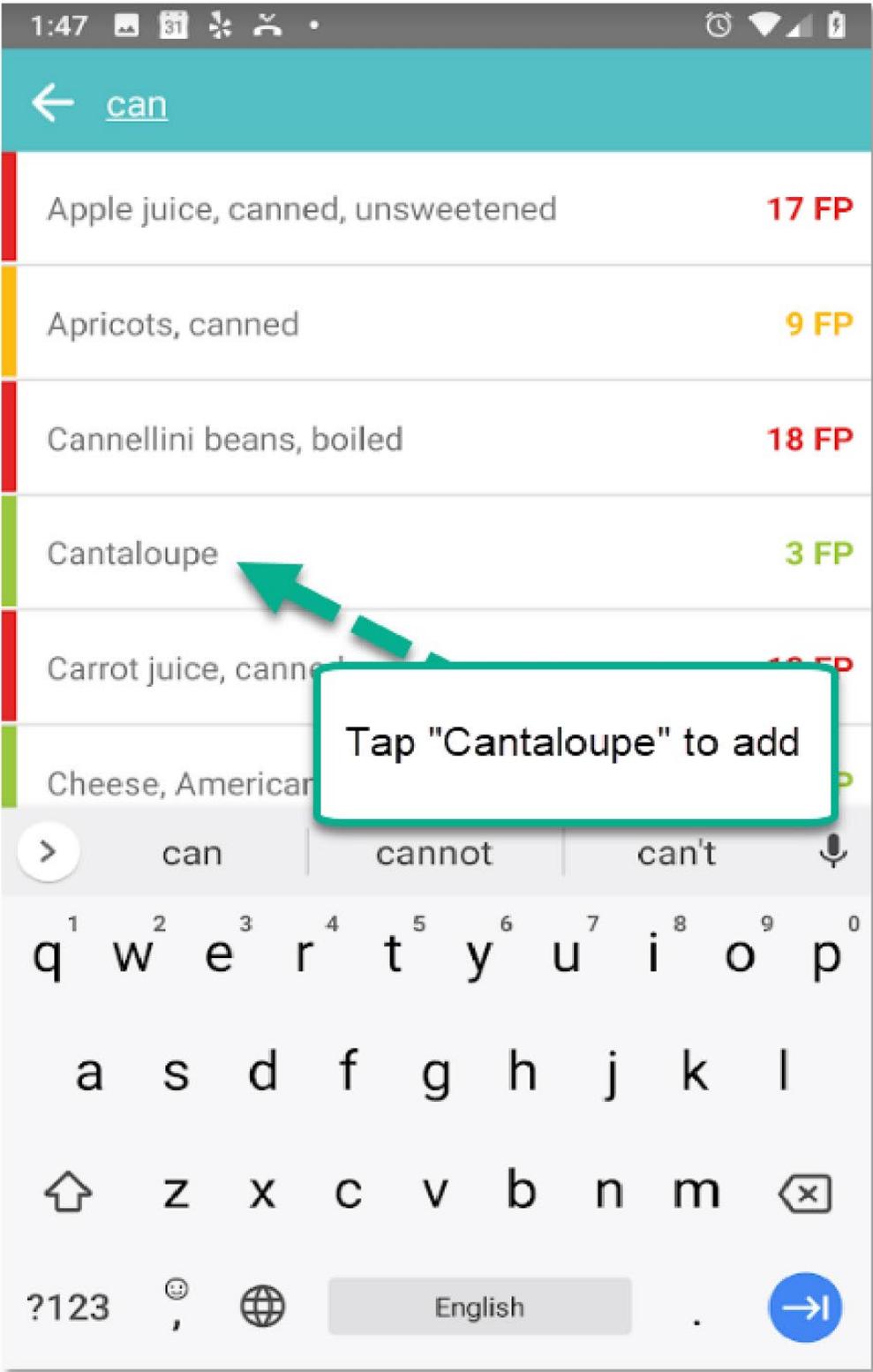
Adding Breakfast as an example.



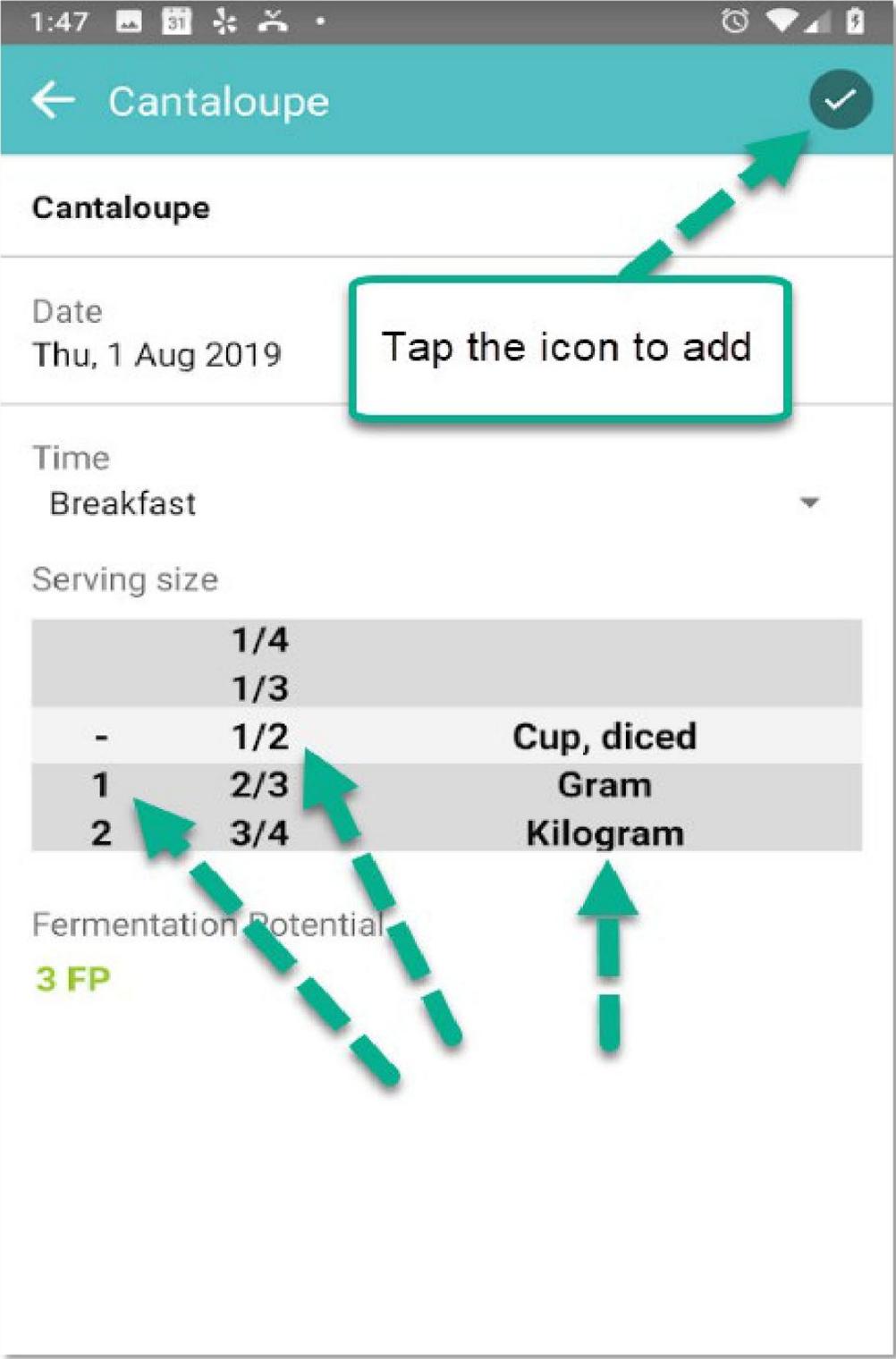
Search a food item you are looking for.



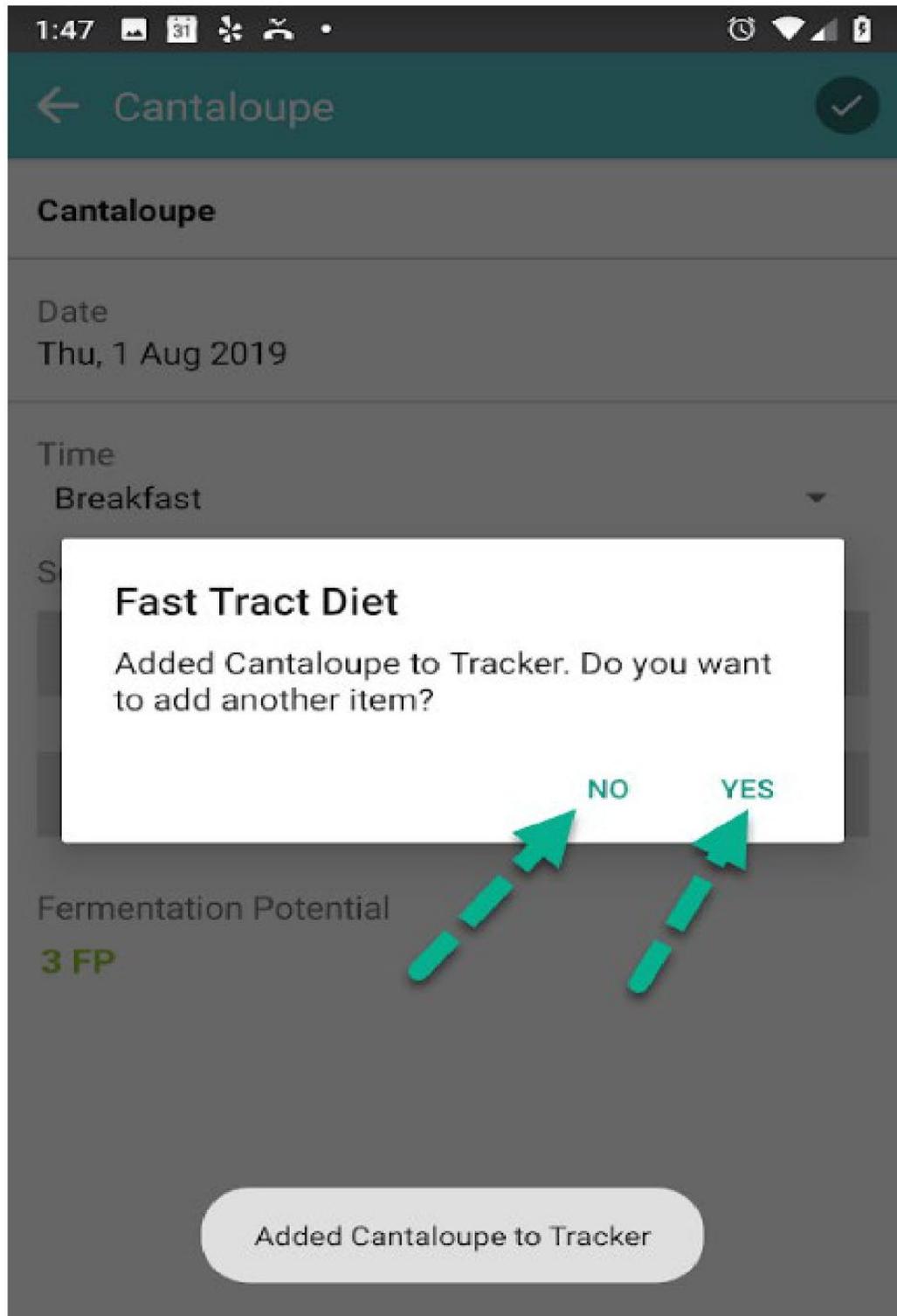
Type the name of the food. In this case, it's cantaloupe. Then tap "Cantaloupe".



Adjust the serving size to what you are eating and tap the icon to add to the Tracker.

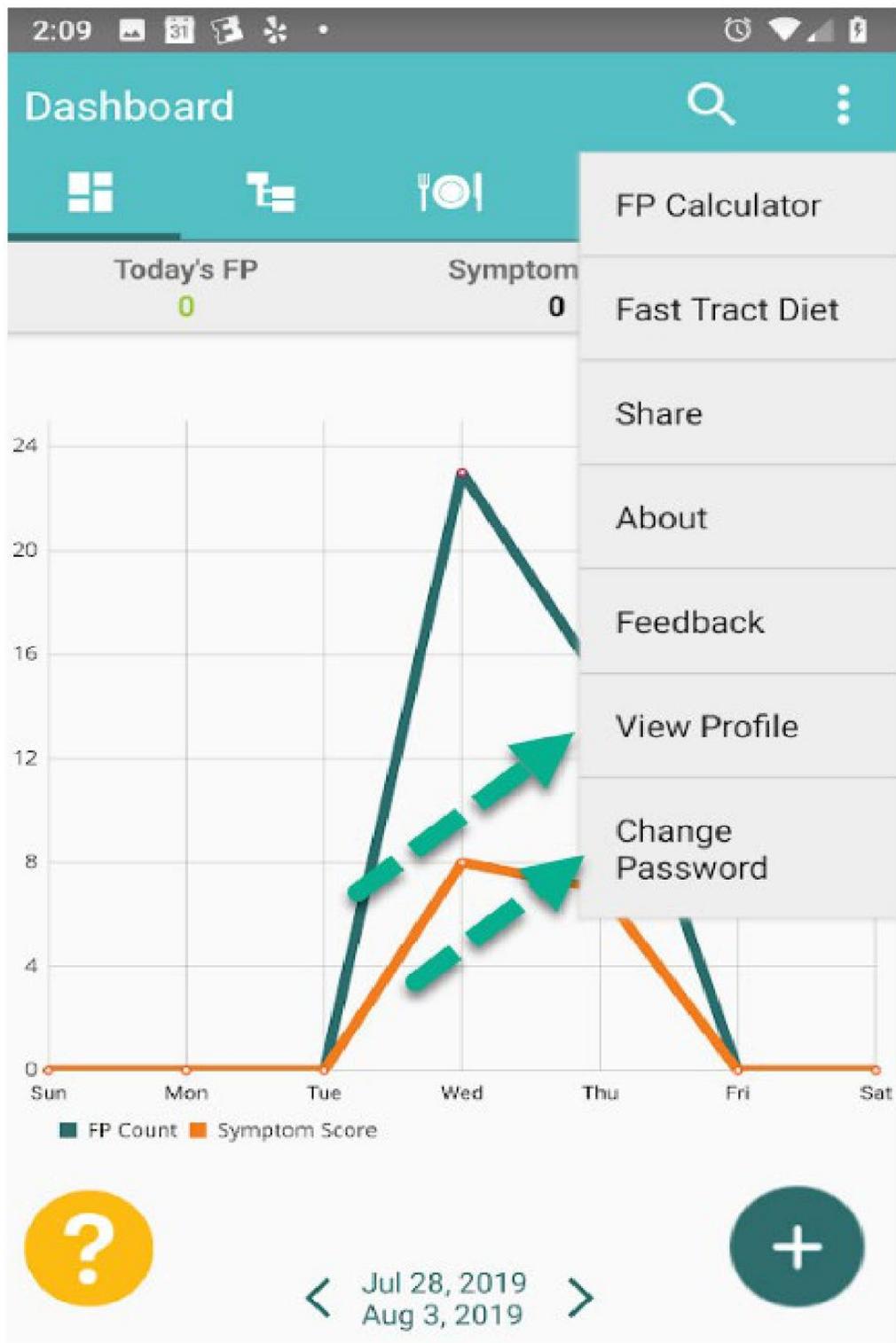


Tap NO if you do not have another food item to add. Tap YES if you want to add another food item in the Tracker.



Update your name and change password

Tap each item and follow the steps.



For more information about the Fast Tract Diet and Dr. Norm's individual consultation

- [Dr. Nom's online masterclass on SIBO and functional GI issues](#)
- [Fast Tract Digestion Heartburn book](#) for heartburn, acid reflux, GERD, LPR (silent reflux) and SIBO (small intestinal bacterial overgrowth) / dysbiosis.
- [Fast Tract Digestion IBS book](#) for IBS (irritable bowel syndrome) and SIBO (small intestinal bacterial overgrowth) / dysbiosis.
- The books and app are for general public. To address your individual case of functional GI issues including SIBO and dysbiosis, individual consultation is available with Dr. Norm based on the following 3 pillar approach:
 - Identifying and addressing underlying causes
 - Dietary modulation and supplementation
 - Behavioral modification

Please contact via [our contact form](#) or call (844)495-1151 US.



Fast Tract Diet

Your health depends on the
bacteria in your gut

