

Day2

Getting started — a short guide for testers

Thank you for helping us test Day2, your daily companion for living well with Parkinson's. This takes about five minutes and covers everything you need.

The app lives at: day2-app-prototype.netlify.app

There is nothing to download from an app store — it runs from the web and installs straight to your home screen.

1. Put Day2 on your phone (one-off, 1 minute)

Day2 works best installed on your home screen, like a normal app. Do this once and you will never need to type the address again. Reminders only work properly this way.

On iPhone or iPad

1. Open **Safari** — not Chrome — and go to **day2-app-prototype.netlify.app**
2. Tap the **Share button** — the square with an arrow pointing up, at the bottom of the screen
3. Scroll down the list and tap “**Add to Home Screen**”
4. Tap **Add** (top right). A Day2 icon appears on your home screen
5. **From now on, always open Day2 from that icon** — not from Safari

On Android

1. Open **Chrome** and go to **day2-app-prototype.netlify.app**
2. Tap the **three dots menu** (top right)
3. Tap “**Add to Home screen**” (on some phones: “Install app”)
4. Confirm. A Day2 icon appears on your home screen — open it from there

2. Setting up — your first time in

The first time you open Day2 it asks a few quick questions so it can build sessions that fit you. There are no wrong answers, and you can change everything later.

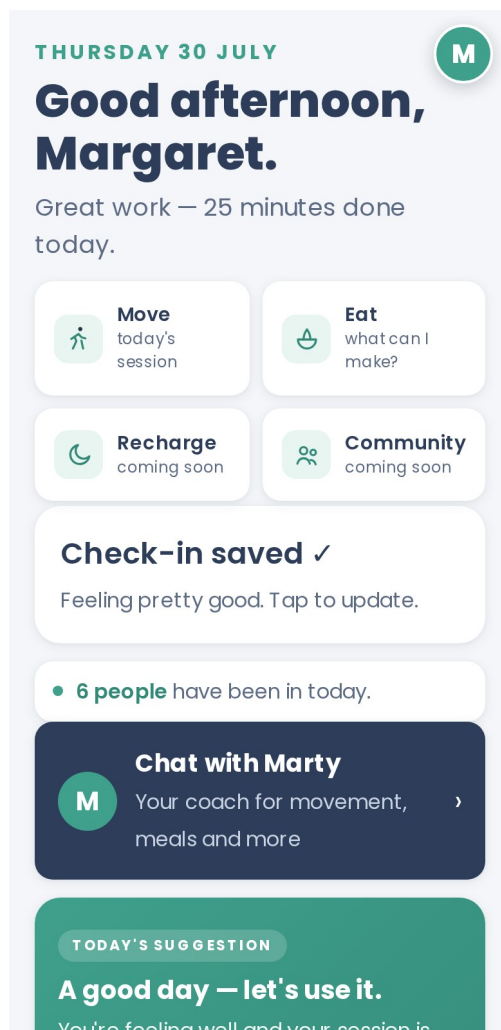
1. Enter your **first and last name** and tap Continue. *Use the same name every time — it is how the app finds your profile.*
2. Answer the setup questions, one screen at a time:
 - Your age group and where you are on your Parkinson's journey — so information fits your stage of life
 - How you usually exercise — seated, standing with support, or standing freely
 - Which symptoms affect you, and any injuries or joints to protect — the app avoids moves that would strain them
 - What you would like to focus on, your current fitness, and your weekly goal
 - What equipment you have — you will only ever be shown videos you can actually do

Then the app builds your plan. If you are newer to exercise it starts you on the Get Started programme with Sally and Maria — eleven levels, with three sessions at each level before you move up. That works out at roughly three sessions a week.

Before you start, there is a short safety note to read and tick. It is worth reading properly — the gist is: have a word with your GP, Parkinson's nurse or physiotherapist if you are at all unsure, work at your

own pace, and stop if anything hurts or makes you dizzy. You can read it again any time from your profile.

3. Day to day — the Today screen



Today: the four pillars, your check-in, and a suggestion shaped around how you feel.

This is your home screen, and the only one you really need each day. It greets you by name and works down from there.

- **The four pillars** — Move, Eat, Recharge and Community. Move and Eat are ready now; Recharge and Community are being built and are marked “coming soon”
- **Your check-in** — tap how you are feeling. If something is sore or stiff today, say so: the session adapts around that area without changing your profile
- **How the community is doing** — one quiet line showing what everyone testing Day2 has done between them. No names, just the total — you are not doing this on your own
- **Chat with Marty** — your coach for movement, meals and more (see section 6)
- **Today's suggestion** — once you have checked in, Day2 suggests one next thing, chosen for how you said you feel. On a good day that is your full session; if you are running on empty it might be just the first video. Each suggestion says why it was chosen
- **This week, your playlist and Out & about** — further down: your minutes and streak, the full session video by video, and a “Log an activity” button so a walk, a swim or a class counts towards your minutes too

4. The other screens, briefly

Move — your session, your way



Move: why movement matters, your session, plus options when it does not suit.

- Why movement matters — the evidence, in plain English, at the top of the screen
- Your progress and today's session, same as Today
- **Choose my own session** — short on time or fancy something different? Pick how long you have (10 to 60 minutes), what you want to work on, and whether you would rather have a class or individual exercises
- **Browse all videos** — the full library, filtered to what works for you. You can build your own playlist as you go

For You — information matched to you

For You

Chang **M**

Powered by  **Parkinson's UK**

LIVING WITH PARKINSON'S · EARLY STAGE

Building routines that will carry you.

Little and often is the goal — steady routines that keep you strong, mobile and independent.

DID YOU KNOW?

Constipation is one of the most common Parkinson's symptoms — it's the condition, not you. Fluids, fibre and movement help, and your nurse has seen it a thousand times.

[Read more · Parkinson's UK →](#)

[Ask Marty about this](#)

Your next steps

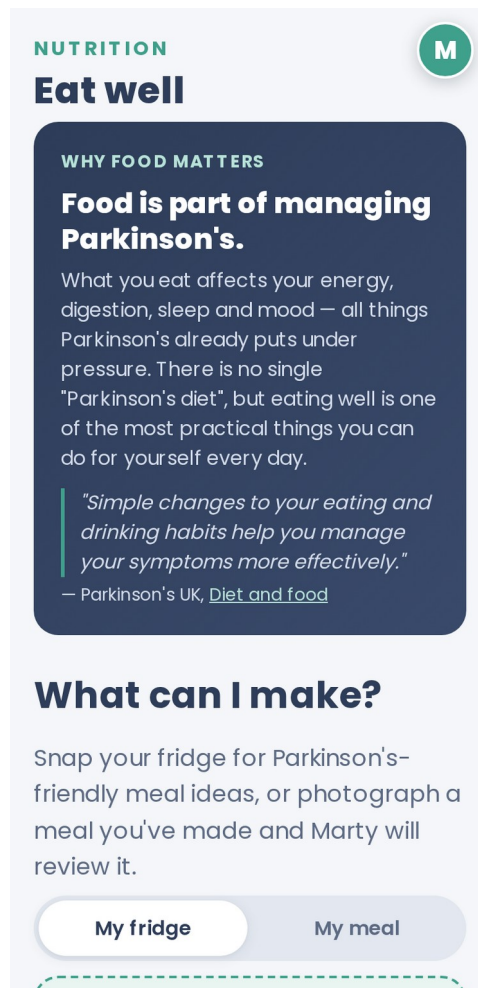
 **Aim for 150 active minutes**

For You: a fact worth knowing, then Parkinson's UK information chosen for your age and stage.

Powered by Parkinson's UK. Suggested next steps plus articles chosen for where you are — and nothing meant for a very different stage of the journey. Tap any card to read it on the Parkinson's UK website.

At the top you will find “Did you know?” — one fact a day about living with Parkinson's, the sort of thing nobody thinks to tell you at diagnosis. Each one links to the full Parkinson's UK page, and you can tap “Ask Marty about this” to talk it through.

Eat — food and Parkinson's



Eat: why food matters, meal suggestions with recipes, and Marty's feedback on your plate.

- Why nutrition matters in Parkinson's — and how it affects energy, sleep and symptoms
- **Today's meal suggestions** — tap any meal to see the full recipe. Tell it about allergies and it leaves those out
- **What can I make?** — photograph your fridge and get ideas from what you actually have
- **My meal** — photograph your plate and get friendly, practical feedback

Resources — real help near you

Local Parkinson's-friendly exercise classes, support groups, pools and NHS services. Tap "Use my location" or pop in your postcode.

Coming soon

A preview of what is next: Recharge (sleep, relaxation and energy) and Community (connecting with others living with Parkinson's). Both are being built now, shaped by what testers tell us.

Your profile — the round button, top right

Tap it on any screen to add a photo of yourself, change your plan or injuries, adjust the text size (three sizes — do make it comfortable), turn reminders on or off, and send us feedback.

5. Turn on gentle reminders (recommended)

If you have been away a couple of days, Day2 sends one warm nudge to help you get moving again — never more than that, and never anything about medication.

1. Make sure you are using Day2 from the **home-screen icon** (see section 1)
2. Tap your **profile button, top right**, and tap “**Turn on reminders**”
3. When your phone asks, tap **Allow**

6. About Marty — please read this bit

Marty is an app, not a person. He knows a great deal about exercise and nutrition for Parkinson’s and is there whenever you want him — but there are important things he cannot do.

- Nobody at Day2 reads your conversations with Marty — they stay on your phone and are not monitored
- Marty is not a medical service, and nothing in Day2 is medical advice
- He will not answer questions about medication, doses or timing — that is for your GP, Parkinson’s nurse or consultant, who know your history
- He cannot help in an emergency or a crisis

If something is worrying you, please talk to a person:

- Your GP, Parkinson’s nurse or consultant — for anything about medication or symptoms
- NHS 111, or 999 in an emergency — for urgent health problems
- Parkinson’s UK free helpline 0808 800 0303 — for information and a friendly ear
- Samaritans 116 123, any time day or night — if you are struggling to cope

If your conversation gets long and you would rather start fresh, tap “Clear chat” at the top of Marty’s screen — it asks you to tap twice, so it cannot happen by accident. Marty keeps your plan and profile; only the old messages go.

And if you would like someone from the Day2 team to check in with you, just email matt@day2health.com — we would be glad to hear from you.

7. What we can see

While Day2 is being tested we can see how often the app is used, so we know what is working and what is not.

- **We can see:** your name, the days you have been active, sessions completed, minutes moved, your streak, and which area you chose for local resources
- **Other testers can see:** anonymous totals only — the combined minutes and sessions of everyone testing, shown as one line on the Today screen. Never your name, and never your own numbers
- **We cannot see:** your check-ins, your symptoms, your conversations with Marty, your photos, or anything you enter about food. Those stay on your phone
- **How Marty answers:** when you send Marty a message, or photograph your fridge or a meal, that message or photo is sent to an AI service to write the reply, then discarded. It is not stored by us and is not used to train anything. Please do not send anything you would not want leaving your phone

If you would like to stop at any point, or have your record removed entirely, just say the word — no questions asked.

8. Good to know

- Your profile lives on your phone — always use the same device and the same name
- Videos need an internet connection (Wi-Fi is fine)
- Skip days without guilt. Little and often beats big occasional efforts, and a missed day is not a failure
- Stuck, or spotted something wrong? Tap your profile button, top right, and choose “Send us feedback” — a screenshot of what you see helps enormously

That is it — open the app, do your check-in, and press play.

Your honest reactions are the most useful thing you can give us, especially the critical ones. Enjoy it!