

Living With SPARK

Your Practical Setup Guide

Chapter 1

Welcome to SPARK™

Welcome to SPARK™ — I built this to help you understand yourself, your habits and your health journey.

Whether you've joined through the complete RESET 3·2·1™ Programme or you're starting with SPARK on its own, this guide will help you set everything up correctly and get the most out of it.

I built SPARK around one simple idea:

Lasting change begins with awareness.

Not judgement. Not perfection. Awareness.

Because before you can change a habit, you first need to understand it.

What Is SPARK™?

SPARK is your personal health companion, built around thirteen areas of your daily life:

- **Daily** — your everyday check-in: sleep, meals, movement, and your overnight fast
- **Weekly** — your total score, your bands, and your streaks
- **Charts** — your trends, patterns, and the Wellness Overlay
- **321 Go!** — quick 10-minute movement wins and weekly challenges
- **Food Guide** — a searchable fat-content reference
- **Body** — measurements, calculators, and progress photos
- **Journal** — your diary and life events
- **Goals** — 30/90/365-day goals, affirmations, and a letter from your future self
- **Settings** — your setup: fat allowance, protein target, access, PIN, backups, privacy
- **Timeline** — your day mapped in 30-minute blocks
- **Ask SPARK** — your personal AI adviser, drawing on everything you've logged
- **Health** — vital signs, HRT/medication, period and illness tracking
- **PAUSE** — a tool for the moment before a craving or a reaction
- **Brain** — quick learning and memory games

But SPARK is more than a tracker. A traditional tracker collects information. SPARK helps you understand it.

Over time, your daily entries create your own personal health timeline — helping you recognise patterns, notice progress and make more informed decisions.

SPARK Does Not Judge You

Before you begin, there's something I want you to understand.

I didn't design SPARK to tell you that you've been "good" or "bad." I've built enough systems in my time to know that one difficult day making you feel like you've failed helps no one — least of all you.

Your information is simply information. A high-scoring day gives you insight. A lower-scoring day gives you insight. A missed workout gives you insight. A craving gives you insight.

The goal is not perfection. The goal is awareness. Because when you understand your patterns, you can begin to change them.

SPARK and RESET 3·2·1™

SPARK and RESET work together, but they each have a different role.

SPARK helps you track your daily choices, recognise patterns, measure progress, and build a personal health timeline.

RESET 3·2·1™ explains *why* the framework works — Barry, Larry, insulin, and the science behind the structure. You'll find it covered in full in both *Why Your Body Is Fighting You Now* and the complete RESET 3·2·1™ Programme.

If you haven't read either yet, the short companion primer **Understanding the RESET 3·2·1 Framework** covers the same ground.

SPARK shows you what is happening. RESET teaches you why it happens and how to change it. If you haven't read the framework primer, the book, or the programme, we'd genuinely recommend going back to one of them before Chapter 4 of this guide — the RESET Score will make far more sense once you understand what it's actually measuring.

Opening SPARK for the First Time

The first time you open SPARK, a short welcome screen appears:

- Enter your **name**
- Log in to activate SPARK: **if you have an access code, use that. Otherwise, use the email you paid with — this also connects you to automatic cloud backup across your devices**
- Tap **Start My Journey**

This is what unlocks your access and starts your cloud sync — it's not something to skip past. If you're not sure which you have, the access code was in your welcome email; otherwise your purchase email is enough on its own.

Before You Begin Tracking

Before logging your first meal, there are a few setup steps worth doing — all of them live in **Settings**:

1. **Set your personal fat allowance** — either enter it directly if you already know it from the book, or use the built-in TDEE Calculator
2. **Set your protein target** — choose Maintain, Active, or Build
3. **Record your starting point** — head to **Body** to log your starting weight, measurements, and a first progress photo

Once these are done, SPARK is ready to build your personal health record.

A Note Before You Start Tracking

Your first few days are not about changing everything. They are about learning.

Think of this first week as gathering information. You are discovering what your current habits look like, when your energy changes, when cravings appear, what foods support you best, and how your lifestyle influences your wellbeing.

The most valuable information is honest information. Do not change your behaviour just because you are tracking it. First, understand where you are. Then you can decide where you want to go.

Your Journey Starts Here

The next chapter walks through Settings properly — your fat allowance, your protein target, and everything else that only needs setting up once.

Chapter 2

Setting Up SPARK™ Correctly

Before you begin tracking your journey, take a few minutes to personalise SPARK. Everything in this chapter lives in one place: **Settings**.

These first settings matter because they allow SPARK to understand your starting point and score your days accurately from day one.

Remember: SPARK is not designed to compare you with anyone else. It is designed to help you understand your own patterns.

Your Personal Fat Allowance

This is the single most important number in SPARK — your food score is calculated from your total daily fat against this allowance.

In Settings, under **Your Personal Fat Allowance**, you have two options:

- **Already know your number?** Enter it directly (find it in the tier table in Chapter 17 of the book) and tap **Save**
- **Need to work it out?** Use the built-in **TDEE Calculator** — enter your current weight, height, age, and activity level, choose a daily deficit (300g gentle / 400g moderate / 500g active), then tap **Calculate My Fat Allowance**. Review the result, then tap  **Save This as My Allowance**

Set this once. It stays until you recalculate it — you don't need to touch it again unless your weight or activity level changes significantly.

Your Protein Target

Protein is essential for preserving muscle, especially during menopause. Under **Your Daily Protein Target**, choose the goal that matches you:

- **Maintain** — preserve what I have (0.8–1.0g per kg body weight)
- **Active** — losing fat, protecting muscle (1.2–1.6g per kg body weight)
- **Build** — resistance training regularly (1.6–2.2g per kg body weight)

Your target then appears alongside your fat tracker every day on your Daily Page.

Your Profile and Access

Further down in Settings:

- **Your Profile** — set or update your name
- **Access & Tier** — check your current tier, activate an access code, or check a subscription by the email you paid with (the same login step from Chapter 1 — you can revisit it here any time)

Security and Backups

Also in Settings:

- **App PIN** — optional. Requires a 4-digit PIN every time SPARK opens, even on a trusted device
- **Backup & Restore** — download a full backup of everything you've logged at any time. If you're logged in with your access code or purchase email, your data also syncs automatically to the cloud across your devices — tap  **Sync Now** to force an immediate sync
- **Privacy** — Your health data belongs to you. Under **Privacy**, you can permanently delete everything SPARK has stored about you — on this device and in the cloud — at any time, by tapping **Delete My Data**. This cannot be undone, and it doesn't cancel any subscription or stop billing on its own; you'll need to cancel that separately.

Your Starting Point

Setup isn't quite finished until you've recorded where you're starting from — but this happens on the **Body** page, not in Settings. Head there next to log your starting weight, measurements, and a first progress photo under the **Starting Measurements** checkpoint.

Once your fat allowance, protein target, and starting measurements are all recorded, SPARK is ready to build your personal health record — properly, and accurately, from day one.

Chapter 3

Understanding Your Daily Page

Your Daily Page is where your RESET journey happens. This is your everyday check-in — the choices, behaviours and experiences that make up your life, captured one day at a time.

At first, it may feel like you are simply recording information. Over time, these daily entries become your personal health timeline.

If you haven't yet read Understanding the RESET 3·2·1 Framework, this is a good moment to do so — it explains the "why" behind everything you're about to log.

Navigating Dates

At the top of your Daily Page, ◀ **Prev** and **Next** ▶ let you move to any previous day — there's no limit on how far back. This works for everything on the page: meals, movement, sleep, deductions, all of it. So if you missed a few days, there's no need to lose that information — go back and log it properly once you're ready, rather than trying to squeeze several days' worth into today.

Last Night

Your day begins with understanding what happened before it. Fill this in first thing each morning:

- Set your **Bedtime** and **Wake time**
- Tap how many times you woke in the night: **0 · 1–2 · 3–4 · 5+**
- Tap your night sweats level: **None · Mild · Moderate · Severe**
- Tap how you feel this morning: 😞 Awful · 😞 Poor · 😐 Okay · 😊 Good

Sleep affects energy, mood, motivation, hunger and cravings. Recording it here helps SPARK — and you — connect how you slept with how the rest of your day goes.

Your Overnight Fast

RESET includes 3 meals, 2 snacks, and 1 overnight fast — the time between your last meal of one day and your first meal the next.

- Tap  **Yes (+10pts)** once your fast is complete, or  **No** if it wasn't
- Want to go further? Choose an extended fasting window — **12:12, 14:10, 16:8, 18:6, 20:4, 24hr**
- Or set a **Custom** number of hours — then tap **Start Fast** to begin a live countdown timer

Extended fasting is entirely optional. The standard overnight fast is what the framework is built around; anything beyond that is your choice.

Your Meals & Snacks

SPARK gives you five slots: Breakfast, Morning Snack, Lunch, Afternoon Snack, Dinner.

Tap into each box and type what you ate — suggestions appear as you type. Enter the fat (g) and protein (g) for each meal or snack.

Here's the part worth understanding properly:

- Your food score — up to 50 points — is calculated from your total daily fat against your personal allowance, not meal by meal.
- There's no separate pass/fail per meal. What matters is your fat total across the whole day compared to the allowance you set in Chapter 2.

Stay within your allowance, and your food score stays at the full 50 points. Go over, and 10 points come off for every 10g over:

- 1–10g over scores 40,
- 11–20g over scores 30,
- 21–30g over scores 20,
- 31–40g over scores 10,
- and more than 40g over scores 0.

It's not about the fat content of any single meal — it's your fat total for the whole day that decides where you land.

This is not about creating a perfect food diary. It's about learning from your own experience.

Movement

Under Movement, describe what you did and log either or both of the following — SPARK takes whichever scores higher:

Minutes at elevated heart rate — 10 points per 10 minutes, with no cap.

This is uncapped deliberately: elevated heart rate means your body is genuinely working harder, so there's no ceiling on rewarding that effort.

Step count — scored on a tiered scale:

- under 4,000 = 0
- 4,000–5,499 = 10
- 5,500–6,999 = 20
- 7,000–8,999 = 30
- 9,000–10,999 = 40
- 11,000+ = 50

Steps are capped, because a high step count can just as easily mean a full day of low-intensity movement — pottering around the house, an amble round the shops — rather than sustained effort. It still counts, and counts well, but it's rewarded differently to genuine elevated-heart-rate activity.

Log whichever fits your day. A structured workout, a long walk, or simply a more active day than usual — all of it counts, and SPARK gives you credit for the version that scores higher.

Resistance Training Bonus

Tap **20 min (+10pts)**, **30+ min (+20pts)**, or **None**. This sits on top of your movement score and recognises strength work specifically — maintaining muscle matters more, not less, as we age.

Deductions

Anything eaten outside your 3 meals and 2 snacks — alcohol, sugary extras, confectionery — gets logged here, not in your meals.

Type the item name and its kcal, then tap +. SPARK deducts 10 points per 100kcal automatically. Alcohol is deducted separately at 10 points per unit.

This isn't a reprimand. If it's something sugary, it's likely keeping Barry busier for longer than your planned meals would have.

Either way, it's also simply extra energy on top of what your day already accounted for.

Awareness here helps you see what you're really consuming, separate from your fat total.

End of Day

Takes about 30 seconds, filled in each evening:

- Rate your day: 😞 Low · 😐 Okay · 😊 Good · 😄 Great
- Rate your starchy carbs: ● Low · ● Medium · ● High
- Quick yes/no: nuts today? Oily fish today? **Sat 3+ hours today?**
- Optional: add a written reflection

That last question carries its own small deduction if you tick yes — your body was designed to move, not sit still for hours at a stretch.

30 Plants This Week

Tap the **30 Plants This Week** bar to expand it and tick off what you've eaten against your weekly count. The aim isn't perfection — it's simply noticing the variety of plant foods across your week.

Chapter 4

Understanding Your RESET Score™

Your RESET Score™ gives you feedback on your daily habits. It brings together the key behaviours tracked within SPARK and helps you understand your consistency over time.

Your score is not a judgement. It is information.

Your Daily Score

Your daily score is built from four parts, all covered in Chapter 3:

- **Nutrition** — up to 50 points, based on your total daily fat against your personal allowance
- **Movement** — 10 points per 10 minutes of elevated heart rate, with no cap; or step count on a tiered scale up to 50 points at 11,000+ steps — whichever scores higher. Elevated heart rate is uncapped because it reflects genuine effort; steps are capped because a high count can just mean a low-intensity day of moving around
- **Resistance Training Bonus** — up to 20 points, on top of your movement score
- **Overnight Fast** — a flat 10 points for completing it

Then any deductions — extras eaten outside your meals and snacks, alcohol, or sitting 3+ hours — come off the total.

Your Maximum Daily Score

There's no fixed ceiling here, because your movement score has no cap when it's based on elevated-heart-rate minutes — the more sustained effort you log, the more points you earn. Add your nutrition (up to 50), resistance bonus (up to 20), and fast (10) on top, and most realistic days will land well below 150 — but the system itself doesn't stop you going higher.

Don't fixate on hitting any particular number. Consistency across all four areas is what matters, not maxing one out.

Your Weekly Score Matters Most

One day tells you very little. A week begins to show patterns.

Your Weekly Page — covered in the next chapter — brings together your total weekly score, your average, your best day, your streaks, and your consistency. This helps you move away from judging individual days and towards understanding your overall progress.

Your Weekly Bands

Your weekly total places you within one of five bands:

700+ — Exceptional Progress

You are demonstrating excellent consistency across your RESET habits.

600–699 — Excellent Progress

You are building strong routines and maintaining positive momentum.

500–599 — Good Progress

You are reaching a level where many people begin to notice meaningful improvements.

400–499 — Steady Progress

You're maintaining ground. This is a stable place to build from, not a step back.

Below 400 — Opportunity to Reset

This is not failure. It is information. It highlights where small changes may create a bigger impact.

Your Streaks

SPARK tracks more than numbers. It recognises consistency.

Logging Streak — how consistently you're recording your journey, day after day.

Consistency Streak — days where you score 75+ points, tracked as an ongoing streak.

This is a fixed bar, not a percentage — 75 is comfortably above the bare minimum, so this streak reflects genuinely strong days, not just scraping by.

Bounce-Back Power — this tracks how quickly you recover after a genuinely tough day. Specifically: if you score under 50 points on any day, SPARK watches the next two days. If either of them hits 70 points or higher, that counts as a bounce-back. So it's not asking "did you have a bad day" — everyone does. It's asking "when you had one, did you let it turn into two or three?"

Recovering within 48 hours is what gets counted and celebrated here.

It's arguably one of the most encouraging numbers in SPARK, because it turns a setback into evidence of resilience rather than failure — the metric only exists at all *because* you had a rough day and then didn't let it stick.

Total Awareness Days — every day you log something, however the day went, counts here. Every day you pay attention is a day you learn more about yourself.

Continue your learning

The complete RESET 3·2·1™ Programme explores the deeper science and psychology behind the scoring system, including why awareness, feedback and behaviour change are powerful tools for transformation.

Chapter 5

Your Weekly Review & Charts

Tracking is the beginning of your journey. Understanding is where transformation begins. A single day can tell you what happened. A week starts to show you patterns.

Your Weekly Page

Your Weekly Page brings together the last seven days automatically — your total score, your band, your average, your best day, and your streaks, all calculated from what you've already logged on your Daily Pages. There's nothing extra to fill in here.

Weekly Bonuses

On top of your daily totals, SPARK adds bonus points for two things, tracked across the whole week:

- **Steps** — 70,000+ weekly steps earns +20 points, 90,000+ earns +40, 110,000+ earns +60
- **Fasting** — completing your overnight fast on all 7 days earns a flat +10 bonus

These sit on top of your seven daily scores, so they can meaningfully lift your weekly band even on a week where individual days weren't perfect.

Send Report to Coach

This button only appears if you've joined the complete RESET 3·2·1™ Programme, which includes personal coaching. Tapping  **Send Report to Coach** compiles your week's scores into an email, ready to send straight to your coach.

If you're using SPARK on its own, or with the Ask SPARK subscription, you won't see this button — it's specific to the coached programme, where someone is actually reviewing your weekly reports.

Understanding Your Charts

Numbers are useful, but sometimes seeing your journey helps you understand it differently.

SPARK Insights appear automatically once you've logged at least 7 days — there's nothing to switch on, they simply populate once there's enough data to find a pattern.

Use the **Chart Month** dropdown to view your current month or look back up to 3 months.

Weight Loss Progress and **Inches Lost Progress** charts populate automatically from what you've logged on the Body page — no separate entry needed here.

Day Rating and **Morning Feeling** charts do the same, pulling from your End of Day and Last Night entries.

Wellness Overlay

This is where SPARK becomes particularly powerful. Pick any two metrics from the dropdowns — Daily Points, Day Rating, Morning Feeling, Exercise, Hot Flashes, Cravings, Wake Episodes, or Water — and SPARK plots them together on one graph.

The purpose isn't to diagnose. It's to notice. You might compare sleep and energy, stress and cravings, movement and mood, or fasting and how you rated your day. Sometimes the answer isn't hidden in one piece of information — it's hidden in the relationship between two.

Your Activity Timeline

Some of what you're comparing in the Wellness Overlay — hot flushes, cravings, wake episodes — comes from a different page entirely: your **Activity Timeline**. This is where that data actually gets logged.

Most trackers focus on isolated numbers. Your Timeline captures something different: your life as it happens, hour by hour.

- Switch between the  **Lifestyle** and  **Symptoms** tabs
- Use **◀ Prev** and **Next ▶** at the top of the Timeline to move to any previous day, the same way you can on your Daily Page — so a missed day here isn't lost either, just waiting for you to go back and fill it in.
- Select an activity or symptom, then click time slots across your day to mark it

- For symptoms, click again on an active slot to cycle through **mild** → **moderate** → **severe**, and again to clear it
- Right-click any active cell to add a note
- Tap  **Save** when you're done, or  **Weekly** for a rolled-up summary

The more consistently you log here, the more meaningful your Wellness Overlay comparisons become — you can't spot a pattern between hot flushes and sleep if the hot flushes were never recorded in the first place.

Continue your learning

The complete RESET 3·2·1™ Programme explores the deeper psychology behind behaviour change, including why awareness, habits and small daily decisions create lasting transformation.

Chapter 6

Your SPARK Toolkit

Beyond daily tracking, SPARK includes tools designed to support your body, your mind, and your moments of decision.

PAUSE

Cravings peak at 3–5 minutes. The PAUSE tool exists to help you wait them out — and it works for any strong feeling that could lead you somewhere you don't want to go, not just food cravings.

- Tap **START THE 3-2-1 PAUSE**
- Select what you're feeling: 🍪 Craving food or snack · 🍷 Want alcohol · 😡 Angry · 🤯 Stressed · 😟 Anxious · 😵 Overwhelmed · 😞 Sad · 😴 Bored · 🧸 Lonely · 💭 Just checking in
- Breathe along with the on-screen circle for as long as you need — there's no fixed timer, so take the time the moment actually requires
- Tap **I'm ready to continue** when you are
- Choose **1 Thing**: a 5-minute walk, a glass of water, waiting 5 more minutes, or a healthy alternative
- Afterwards, tell SPARK whether it helped — **Yes, I do** or **Not really**

The value isn't in getting it "right." It's in creating a gap between the feeling and the reaction, so the next choice is a conscious one rather than an automatic one.

321 Go! — Small actions create momentum

One of the biggest barriers to movement is often not ability. It's getting started.

- Tap any of the **9 Quick Win** boxes to reveal a 10-minute movement idea — things like Walk Stairs, Squats & Lunges, or a Dance Party
- Tap ✓ **Done!** once you've completed it, or ✎ **Edit** if you'd rather swap it for something else
- Tap 🔄 **Reset All Quick Wins** whenever you want a fresh set

- Pick **one** Weekly Challenge — Studio Class, Nature Hike, or Swimming — and tap ✓ **Completed!** once you've done it

No full workout required. Just one small action that gets your body moving.

This Week's Movement Stats — a running tally at the bottom of the page: how many Quick Wins you've completed, and how many Weekly Challenges, for the current week.

The Brain — Two minutes a day, sharper thinking

The Brain is a memory-matching card game, built around content that's actually useful to know.

- Choose a theme:  **RESET Science**,  **Brain Foods**,  **Menopause Facts**, or  **Just for Fun**
- Choose a level: **1** (6 pairs), **2** (8 pairs), or **3** (12 pairs)
- Tap ► **Start Game** and flip cards to find matching pairs
- Your time, flip count, and matches are tracked, along with your personal best for each level

It's not about getting everything right. It's about a couple of minutes of genuine mental engagement, with facts worth picking up along the way.

Food Guide — Your quick reference library

Use the **search box**, or pick a category from the dropdown — Vegetables, Fruits, Fish, Meats, Eggs, Cereals, Breads, Pasta, Potatoes, Nuts, Cheese, Dressings, Complete Meals, Biscuits, Sweets, Puddings, Coffees

- Most categories show **fat content per 100g**.
- Meats, fish, nuts and cheese also show **protein**, since these are your main protein sources.
- Cereals show **sugar and fibre** instead of fat, so you can compare on the metrics that actually matter for breakfast choices.
- Sweets and coffees also show **calories**, alongside fat

Check something here before you log it on your Daily Page, if you're not sure what it'll cost you

Your Journal — Your Transformation Diary

- Navigate with ◀ **Yesterday** / **Tomorrow** ▶, or jump straight back to  **Today**
- Write freely under **Dear Diary** — it autosaves as you type
- Stuck? Tap 💡 **Need inspiration?** for a writing prompt
- Under **Life Events**, log things like holidays, illness, or bereavement — Ask SPARK checks these automatically when it looks for patterns in your data

Your Goals — Looking Forward

- Fill in your **30, 90, and 365-day goals**, along with a reward for each, then tap **Save Goals**
- Under **Daily Affirmations**, write up to 5 in the present tense — "***I am***", not "*I will be*"
- Under **Letter from My Future Self**, write as though you're looking back a year from now, at the person you've become

Chapter 7

Your Body Journey

Your body tells a story. Sometimes the changes you make are visible on the scales. Sometimes they appear in measurements, photographs, strength, confidence, or the way your clothes fit.

The **Body** page is where SPARK tracks all of this.

Recording Your Measurements

- Choose a **Checkpoint**: Starting Measurements, Month 1, Month 2, Month 3, or Final Measurements
- Set the **date taken** using the day/month/year adjusters — you can enter any past date, so it's fine to catch up if you've missed a checkpoint
- Enter what you have: weight, chest, waist, hips, upper arm (right and left), thigh (right and left), calf (right and left), and body fat % if you know it
- Tap  **Save These Measurements**

You don't need every field filled in — record what you have, and add more at your next checkpoint.

Your Progress Tracking Table

Once you've saved at least two checkpoints, this table builds itself — showing Start, Month 1, Month 2, Month 3, and Final side by side, with a **Lost** column calculated automatically for each measurement. This is where you'll see the full picture: inches lost, changes in shape, progress the scales alone won't show you.

Quick Calculators

Three calculators live here, each independent of your saved measurements:

- **BMR & Calorie Calculator** — enter your age, height (cm or feet/inches), weight (kg or stone/lbs), and activity level, then tap **Calculate My Calorie Needs**.

You'll get your BMR (calories burned at rest), your maintenance calories (TDEE), and a healthy weight-loss calorie range. This is a safety net, not something to obsess over — if you're consistently scoring 80+ points but not losing weight, this is what to check your portions against.

- **BMI Calculator** — enter height and weight, tap **Calculate BMI**.
- **Body Fat Calculator** — enter height, waist, hips, and neck measurements, tap **Calculate Body Fat %**.

Progress Photos

- Choose a **Photo Label**: Starting Photo, Week 1–4, Month 1–3, or Current Progress
- Tap **Choose Photo** to upload, then  **Save Photo**
- For the most useful comparison: same location, same lighting, same pose, each time

Your photos build into a **Photo Timeline** automatically. You can also select any two photos under **Before & After Comparison** to view them side by side — this doesn't have to be your very first and most recent photo, you can compare any two checkpoints you like.

Your Transformation Is Bigger Than a Number

Tracking your body isn't about creating pressure — it's about recognising progress in all the forms it takes: weight lost, inches gone, strength gained, confidence restored, habits changed, energy improved.

The scales are one measurement among several. This page was built to show you the rest.

Chapter 8

Your Health Journey

Your health is influenced by many factors — food, movement, sleep, stress, hormones, symptoms, life experiences. Often these are looked at separately.

Your body doesn't experience them that way. The **Health** page brings them together in one place.

Vital Signs

For personal logging only. SPARK does not interpret these values or provide medical advice — always discuss readings with your healthcare professional.

- **Blood Pressure — Morning and Evening:** enter systolic/diastolic separately for each
- **Fasting Glucose** (mmol/L)
- **Resting Heart Rate** (bpm)
- Tap  **Save Vital Signs**

Recording morning and evening blood pressure separately, rather than just one reading a day, gives you a fuller picture over time — and something more useful to bring to a healthcare appointment than a single number.

HRT & Medication

- Enter your **HRT Type** (e.g. Patch, Gel, Tablet, Spray) and **HRT Dose** (e.g. 50mcg, 1 pump)
- Under **Other Medications & Supplements**, add each one by name, dose/time, and the date you started it, then tap **+ Add**
- Each day, tap ✓ **Select All Taken Today** as a quick way to confirm you've taken everything on your list
- Tap  **Save HRT Details**

This isn't about SPARK interpreting your treatment — it's about you having your own accurate record.

Supplements and anything bought over the counter won't appear on any prescription record, so this may be the only place they're tracked at all.

And even for prescribed HRT or medication, having the date alongside how you were feeling at the time is useful in a way the prescription record alone isn't — 'my hot flushes settled about three weeks after my last dose change' is a much more useful thing to bring to an appointment than a vague sense that things got better 'sometime this year.'

Period Tracker

Particularly useful during perimenopause, when cycles become irregular.

- Navigate months with ◀ and ▶
- Tap any day to log your flow — tap again to cycle through **Spotting** → **Light** → **Medium** → **Heavy**, and again to clear it

Illness Tracker

- Navigate months with ◀ and ▶
- Tap a day you felt unwell, keep tapping each day it continues, tap again once it's passed
- **Double-click** the first day to add a note on what it was

At the time, logging a cold or a bad week might feel like a small detail. Months later, being able to see how many times you were unwell, how long each lasted, and what else was happening around those dates becomes genuinely useful — both for your own pattern-spotting and for a healthcare conversation.

Your Body, Your Health, Your Story

SPARK brings together information that's often scattered across notes on your phone, old diaries, or memory alone. None of these numbers diagnose anything.

Together, they give you — and, if you choose to share it, your healthcare professional — context. And context matters.

Chapter 9

SPARK Remembers™ — Ask SPARK

The longer you use SPARK, the more valuable it becomes. Your meals, movement, sleep, symptoms, measurements, and reflections all build into a personal health memory.

Ask SPARK is where that memory becomes something you can actually talk to.

Ask SPARK is part of the Ask SPARK subscription — if yours has lapsed or wasn't purchased, you'll see a banner with a link to subscribe or reactivate. Everything else in SPARK works exactly the same either way; this feature specifically needs an active subscription.

How Much History SPARK Looks At

At the top of the page, choose how far back SPARK should search when answering you:

- **Auto-detect** — SPARK decides based on your question (the default)
- **Last 30 Days** — for quick, current questions
- **Full History** — for pattern questions spanning months

The longer you've used SPARK, the more insightful Full History becomes — a question asked in your first week can only draw on your first week, but the same question asked after six months of logging can surface real patterns.

Quick Questions

A row of ready-made prompts sits above the input box — tap any of them to ask instantly:

- "How am I doing today?"
- "What should I eat for dinner?"
- "Weekly target — what do I need?"
- "Sleep and cravings — any pattern?"
- "Alcohol and next-day symptoms"
- "What made my best days?"
- "Protein check"

- "Water check"
- "Exercise and mood pattern"
- "What pattern should I know about?"

Asking Your Own Question

Type anything into the box — SPARK already knows what you've logged, so you don't need to repeat it. For a quick question, that might just mean today's entries. For a pattern question like the one below, it means drawing on your history over weeks or months, however far back you choose under "How Much History SPARK Looks At."

"Have my hot flushes actually got worse since my sleep started slipping — or does it just feel that way?"

This is a genuine example of the kind of thing you can ask. Tap ✨ **Ask SPARK**, or tap 🎤 to speak your question instead of typing it.

Tap **Clear conversation** whenever you want to start fresh.

Supporting Better Health Conversations

Ask SPARK doesn't diagnose, and it doesn't replace medical advice.

What it does is organise everything you've logged — symptoms, lifestyle patterns, measurements, medication timelines — into something you can actually query, so you're better prepared for conversations with your healthcare professional, and better able to notice things about your own patterns that would otherwise stay buried in months of entries.

Chapter 10

Your Journey Starts Now

You've now seen everything SPARK has to offer — your Daily Page, your RESET Score, your Toolkit, your Body and Health records, and Ask SPARK holding it all together. What's left isn't a feature. It's a few honest things I want you to know before you begin.

You Don't Need Perfect Data

One of the biggest mistakes people make when they begin tracking is believing they have to record everything perfectly.

You don't. I didn't design SPARK to expect perfection. It simply asks for honesty.

Some days you'll forget. Some days life will get in the way. Some days you'll make choices you're not proud of.

Record them anyway. Because SPARK isn't keeping score to judge you. It's helping you understand yourself.

Trust The Process

During your first week, you may simply be learning where everything is. During your first month, you'll begin noticing patterns. After several months, you'll have something many people never have: a personal history of your health and habits.

Give yourself time. Awareness grows gradually.

Your Information Belongs To You

Everything you record is part of your own journey — your measurements, your reflections, your symptoms, your progress. If you've logged in with your access code or purchase email, it's backed up automatically to the cloud, so it's there whenever you need it, on whichever device you're using.

Whether you use it for your own reflection, to ask, Ask SPARK a question, or to support a conversation with your healthcare professional, it remains your story.

One Small Choice

RESET has never been about changing everything overnight. It's about changing the next choice. The next meal. The next walk. The next pause. The next conversation with yourself.

Those small moments become habits. Habits become patterns. Patterns become transformation.

Welcome To Your Future

One day you'll ask SPARK a question about something that happened months — or even years — ago. And instead of trying to remember, SPARK will.

Because every meal you logged, every walk you took, every symptom you noticed, every photograph you captured, every journal entry you wrote, every challenge you overcame — became part of your story.

And stories have power.

Where To Go From Here

If you haven't already, open **Settings** and set your fat allowance and protein target — everything else builds from there. Then head to your **Daily Page** and log today. That's it. That's the first entry in your personal health memory.

If at any point you'd like more than SPARK alone — a guided, coached path through the complete RESET 3·2·1™ Programme is there, for whenever you're ready for it.

Welcome to SPARK. Your journey starts now.

Chapter 11

Troubleshooting & Common Questions

Below is a selection of the questions that come up most often — split into three kinds of "stuck," because they're not all the same problem. Some are technical, some are about making sense of what SPARK is showing you, and some aren't really about SPARK at all.

One thing worth knowing upfront: **Ask SPARK can't help with anything in the first section below.** It only knows what you've logged — your meals, movement, sleep, symptoms — not your account, your PIN, or how SPARK works behind the scenes.

For anything technical, this chapter (or a real person) is the right place to look, not Ask SPARK. If nothing here solves it, email us at info@RESET321.com and we'll help directly.

Section 1: Technical & Account Questions

I've forgotten my App PIN

Tap **Forgot your PIN?** on the lock screen. SPARK sends a fresh verification code to the email linked to your account — the same verification method used when logging in on a new device — and once you confirm it, your PIN is cleared and you're back in. You can then set a new PIN from Settings if you want.

(This only works because an email is now required before you can set a PIN in the first place — so there's no way to lock yourself out with no way back in.)

My access code isn't being recognised

Double-check it against your welcome email — access codes are case-sensitive. If it still isn't working, try checking your subscription by the email you paid with instead, under Settings > Access & Tier.

Ask SPARK says my subscription has lapsed

This means your Ask SPARK subscription specifically has ended — everything else in SPARK continues to work exactly as before. You'll see a banner with a link to subscribe or reactivate whenever you're ready.

I've switched phones or got a new device — is my data still there?

If you were logged in with your access code or purchase email, yes — your data syncs to the cloud automatically, and logging in again on a new device brings it all back. Log in the same way you did originally, then use Sync Now in Settings if anything looks out of date.

I want to delete my data

Go to Settings > Privacy > Delete My Data. This permanently removes everything you've logged, on this device and in the cloud. It cannot be undone, and it doesn't cancel any subscription or stop billing — you'll need to do that separately.

I missed a few days of logging — does that break anything?

No. Your Logging Streak resets, but nothing else is affected. And you don't have to just move on and leave those days blank — your Daily Page, Activity Timeline, and Journal all let you go back using ◀ **Prev** (or ◀ **Yesterday** on the Journal) to log them properly, however many days back you need. There's no limit, so nothing is ever really lost, just delayed.

Section 2: Making Sense of Your Data

SPARK isn't just a place to log numbers — it's designed to show you the story behind them. A few things come up often. Here's how to read them.

"I had a bad weekend and ruined everything"

No, you didn't. Open your week in SPARK and look at the actual total — not how the weekend felt, but what it added up to. Five decent days can carry two rough ones further than you'd think. The numbers usually tell a calmer story than the guilt does.

Quick tip: Log the bad days honestly. SPARK will do the maths so you don't have to do it in your head at 11pm feeling defeated.

"The scale went up this week"

This shouldn't really come up inside SPARK itself — weight is only recorded at your monthly checkpoints, deliberately. That's not a limitation, it's the design: daily or weekly weighing invites exactly this kind of panic over numbers that don't mean what they feel like they mean.

The RESET Programme steers you toward measurements, body fat, energy levels, mood, and how your clothes fit — because together, they tell a far truer story than one figure on a scale.

If you're weighing yourself more often than that anyway and watching it move around, know that none of what you're seeing is fat gain — it's water retention, hormones, salt, new exercise, poor sleep, or constipation, shifting day to day for reasons that have nothing to do with your progress.

If that's a pattern for you, the most useful thing isn't to interpret the number — it's to put the scale away between checkpoints and let your monthly measurement do the job it's actually built for.

Quick tip: If you're tempted to weigh in more often, use SPARK's measurement and trend view instead — inches and patterns tell the truth sooner, and won't send you into a spiral over something that reverses itself in 48 hours.

"I've hit a plateau"

Plateaus follow a rhythm — steady loss, a pause, then a drop. It's physiology, not failure.

Quick tip: Check your SPARK score trend over the full plateau period, not just this week. If your scores have stayed strong, the pattern is doing exactly what it should — give it time.

"I hate tracking everything"

Fair. But two to three minutes a day is the whole ask, and SPARK is built to make even that lighter — log simply, not perfectly.

Quick tip: Used consistently, SPARK starts doing the noticing for you — patterns in mood, energy, sleep, and food choices emerge on their own. That's the payoff for two minutes.

Section 3: When It Gets Emotional

Some struggles aren't really about logging or numbers at all. SPARK can show you what's happening — but not always why. A few show up often enough to name here. If you recognise yourself in any of them, that's worth sitting with.

"I keep self-sabotaging"

This one is internal, and it's more common than most women admit. Often it isn't laziness — it's fear of change, or of what happens if this actually works.

This is exactly the kind of pattern that's hard to untangle alone with an app, but is a natural focus for the one-to-one coaching inside the Complete Programme.

"My partner or family is undermining me"

Treats "for you," comments about separate meals, "one won't hurt" — rarely malicious, often just discomfort with change. Still exhausting to navigate solo.

Working through how to have that conversation — and how to hold your ground without conflict — is exactly where personal coaching earns its place.

"I'm menopausal and nothing seems to work"

Slower metabolism, water retention, sleep disruption, mood swings — none of it is in your head, and none of it means change isn't happening. It usually just means a different pace and a different approach.

Pacing this properly, with someone who can adjust the plan around your specific stage and symptoms, is where the Complete Programme's coaching does its best work.

SPARK will always show you what's happening. Sometimes what you need next is someone to help you work out why — and what to do about it. That's what the Complete Programme is there for, whenever you're ready.