

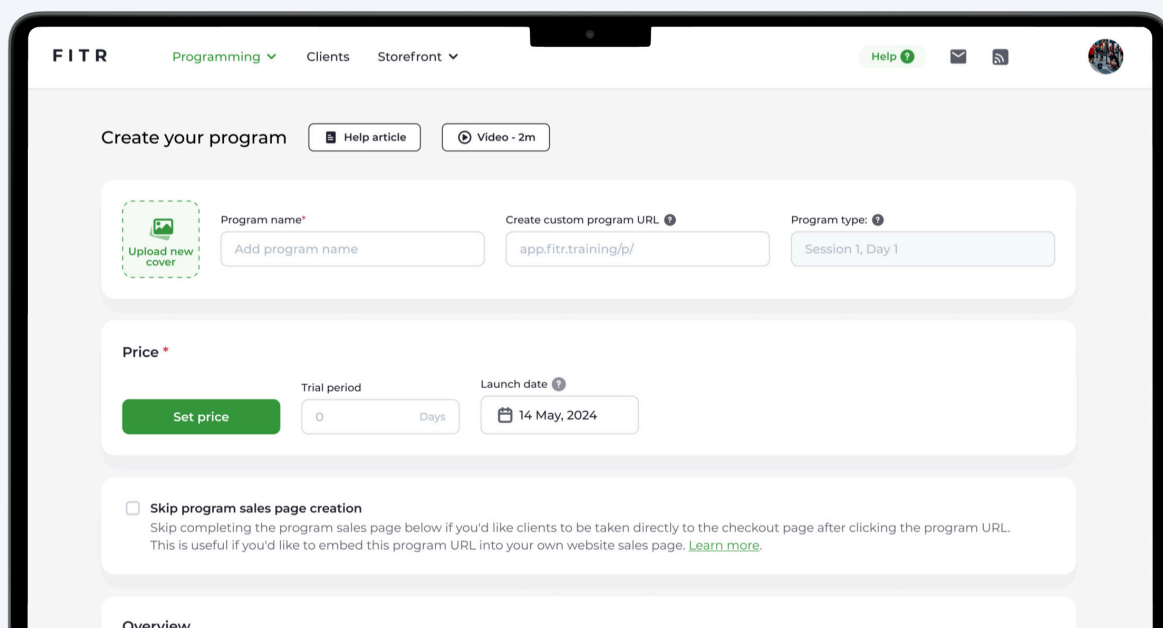
FITR

CREATING A SESSION 1 DAY 1 PROGRAM

Every subscribed client starts from the first day of the program and moves forward from there.

1. Select "Session 1, Day 1 program".

2. Add program details including its name, price and description.



The screenshot shows the 'Create your program' interface in the FITR app. The top navigation bar includes 'FITR', 'Programming' (selected), 'Clients', and 'Storefront'. On the right, there are links for 'Help', a mail icon, a social media icon, and a user profile. The main form area is titled 'Create your program' and includes links for 'Help article' and 'Video - 2m'. The form is divided into several sections: 1. 'Program name*' with a text input field containing 'Add program name'. 2. 'Create custom program URL' with a text input field containing 'app.fitr.training/p/'. 3. 'Program type:' with a dropdown menu showing 'Session 1, Day 1'. 4. 'Price*' section with a green 'Set price' button, a 'Trial period' input field with '0' and 'Days' unit, and a 'Launch date' input field with a calendar icon and '14 May, 2024'. 5. A checkbox option 'Skip program sales page creation' with a description: 'Skip completing the program sales page below if you'd like clients to be taken directly to the checkout page after clicking the program URL. This is useful if you'd like to embed this program URL into your own website sales page. [Learn more.](#)' 6. An 'Overview' section at the bottom.

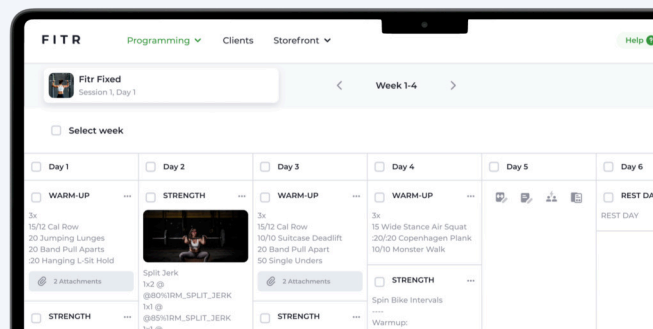
3. Once the program information is complete, click "Next" to start programming.

1 Info & Pricing

2 Start programming

3 Sign up clients

4. Once you've added programming, click "Next" to sign up clients.



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5. Inviting clients using the below options will provide instant access to the program once they subscribe.

Option 1: Email

Simply send a link to the program via an email. Type in the address and click "Send email invite".

Email

Client's email

Send email invite

Option 2: Program URL

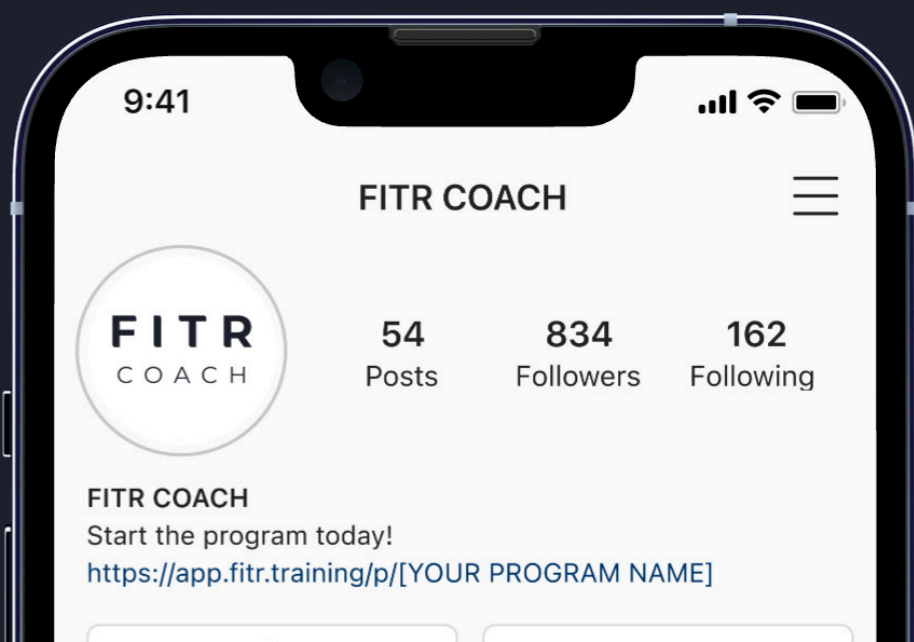
Just click "Copy link" and then paste the unique URL. Then click "Next".

Copy This URL to Share

[https://app.fitr.training/p/\[YOUR PROG...\]](https://app.fitr.training/p/[YOUR PROG...])

Copy link

The URL method is a great way to draw potential clients to your program without any admin. Once there they'll be guided on how to subscribe.



Copy your program's unique URL and share it anywhere you want. E.g. email lists and social media.

[Find out more about program types here.](#)

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