



# Connecting with Coach on the Ate app

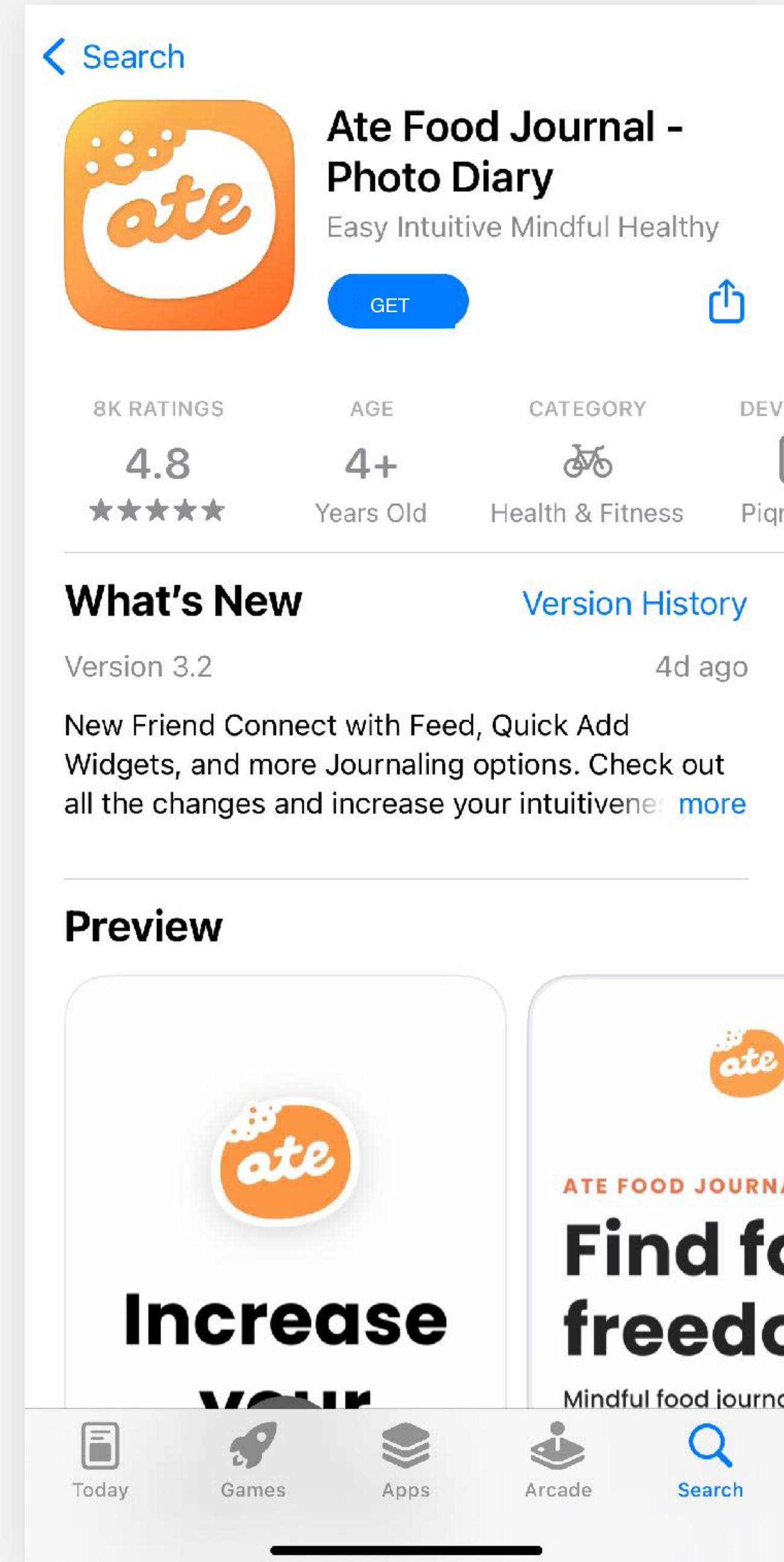
Here's how to have the most  
successful journaling experience!

# If you haven't downloaded Ate

Use the link you have received from your Coach to download the Ate app from the Apple App Store or Google Play Store

OR

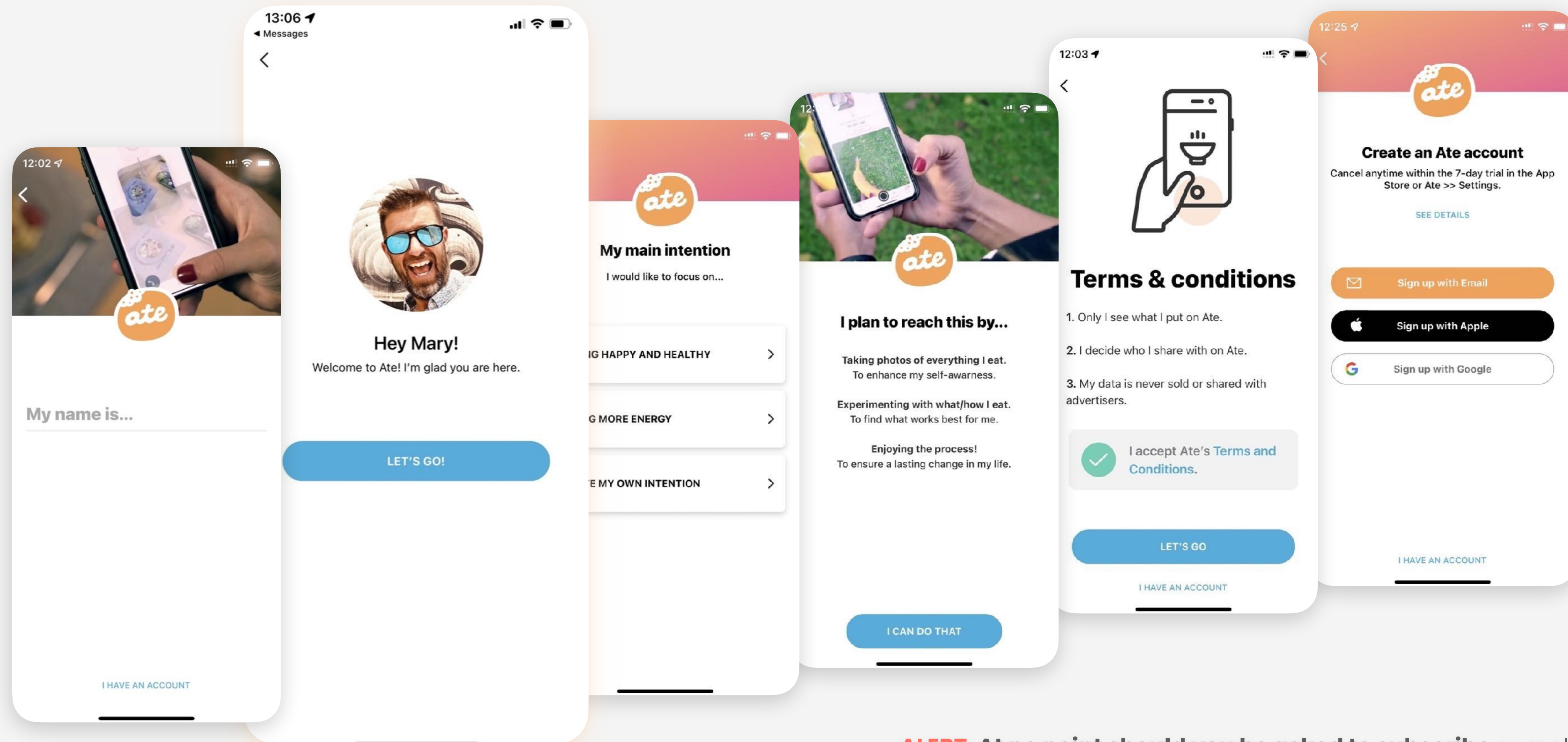
Visit [get.youate.com](https://get.youate.com) from your mobile device to download it yourself.



# Connecting with your Coach once Ate is newly installed on your device

If you received a link, tap on it again to open up the app.

Continue through the regular onboarding flow to create an account with an additional welcome message from your coach.



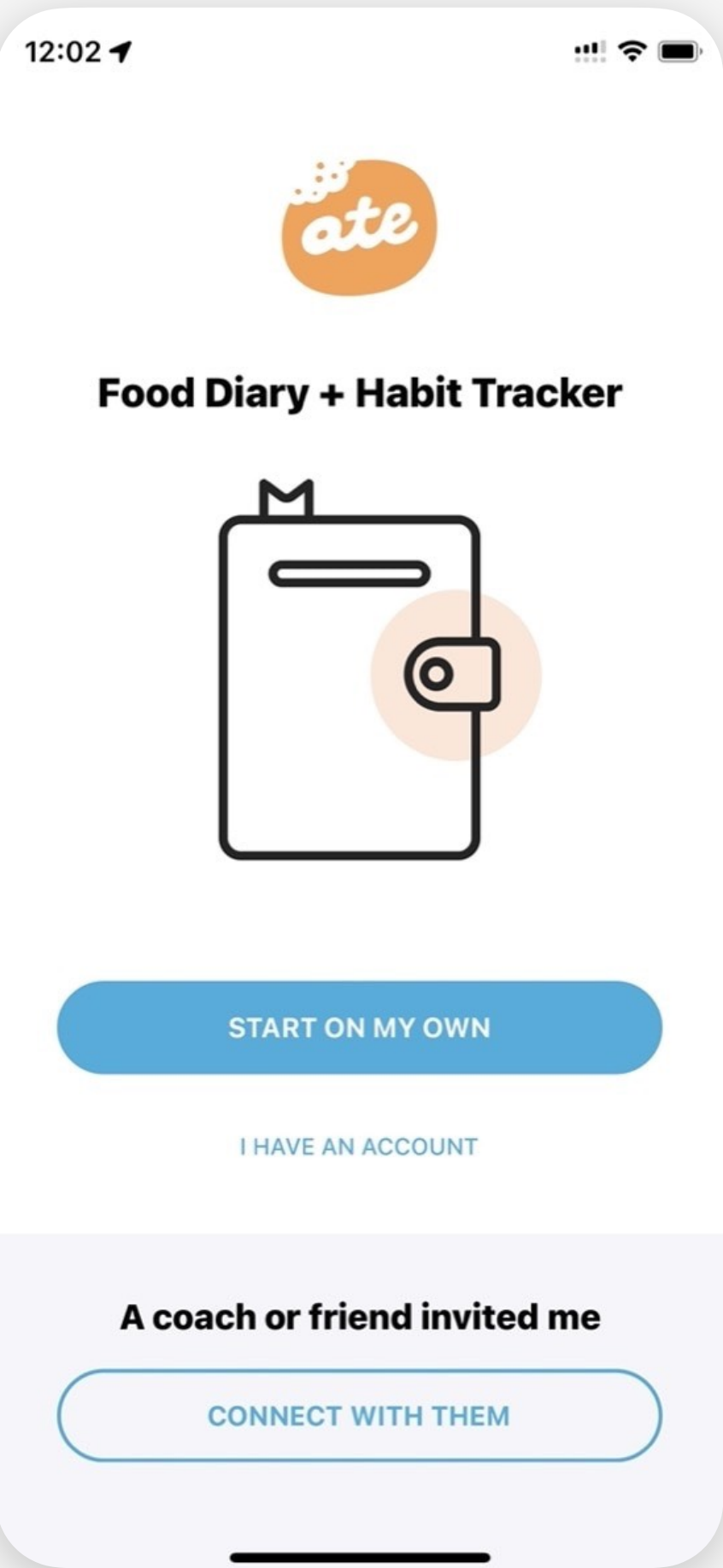
**ALERT:** At no point should you be asked to subscribe or make any payments. If you somehow ended up on the subscription page, please tap on the ... icon on top to access the menu with an option to *Enter Coach invite code*.



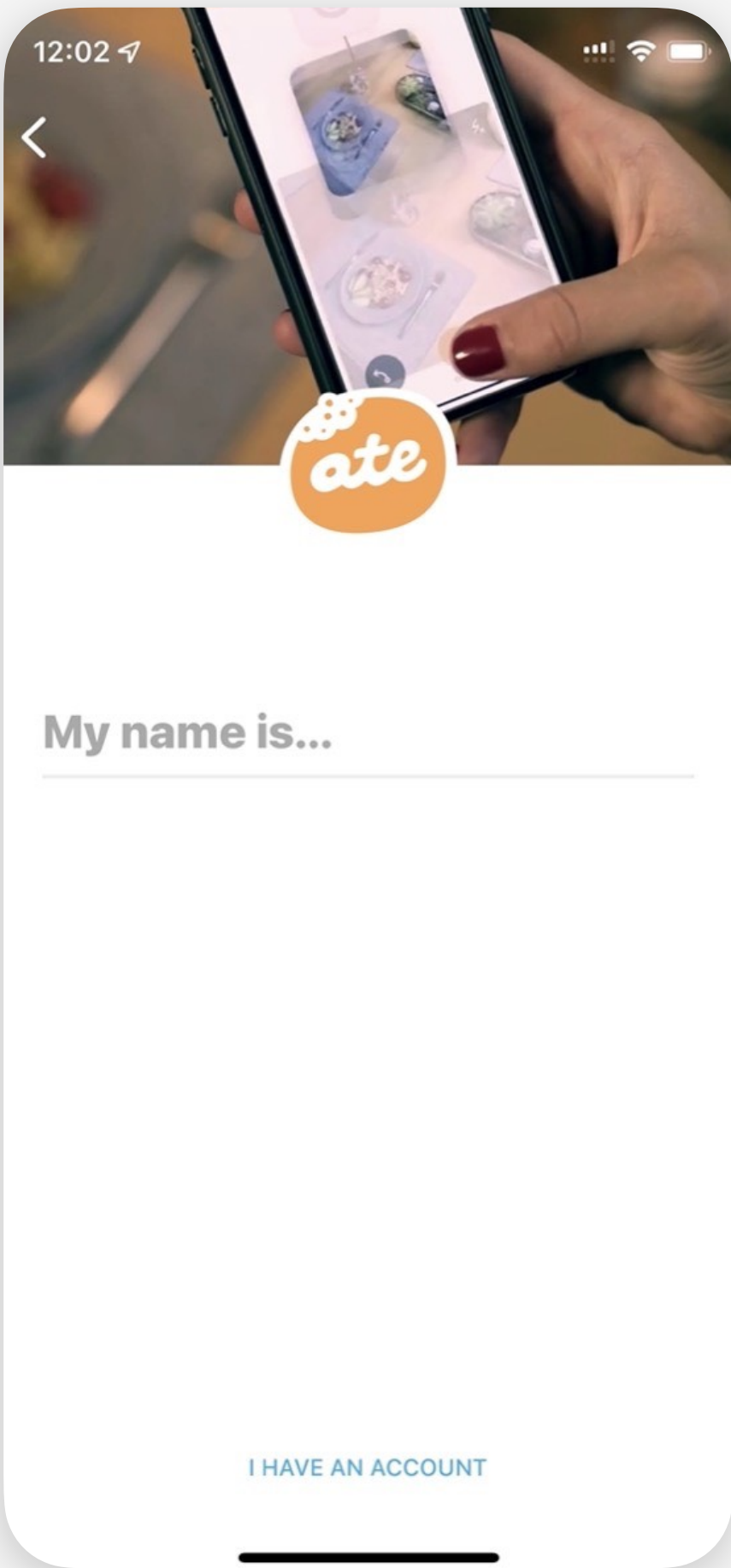


# Connecting with your Coach once Ate is newly installed on your device

If you received a **Coach Code**, open up the app.



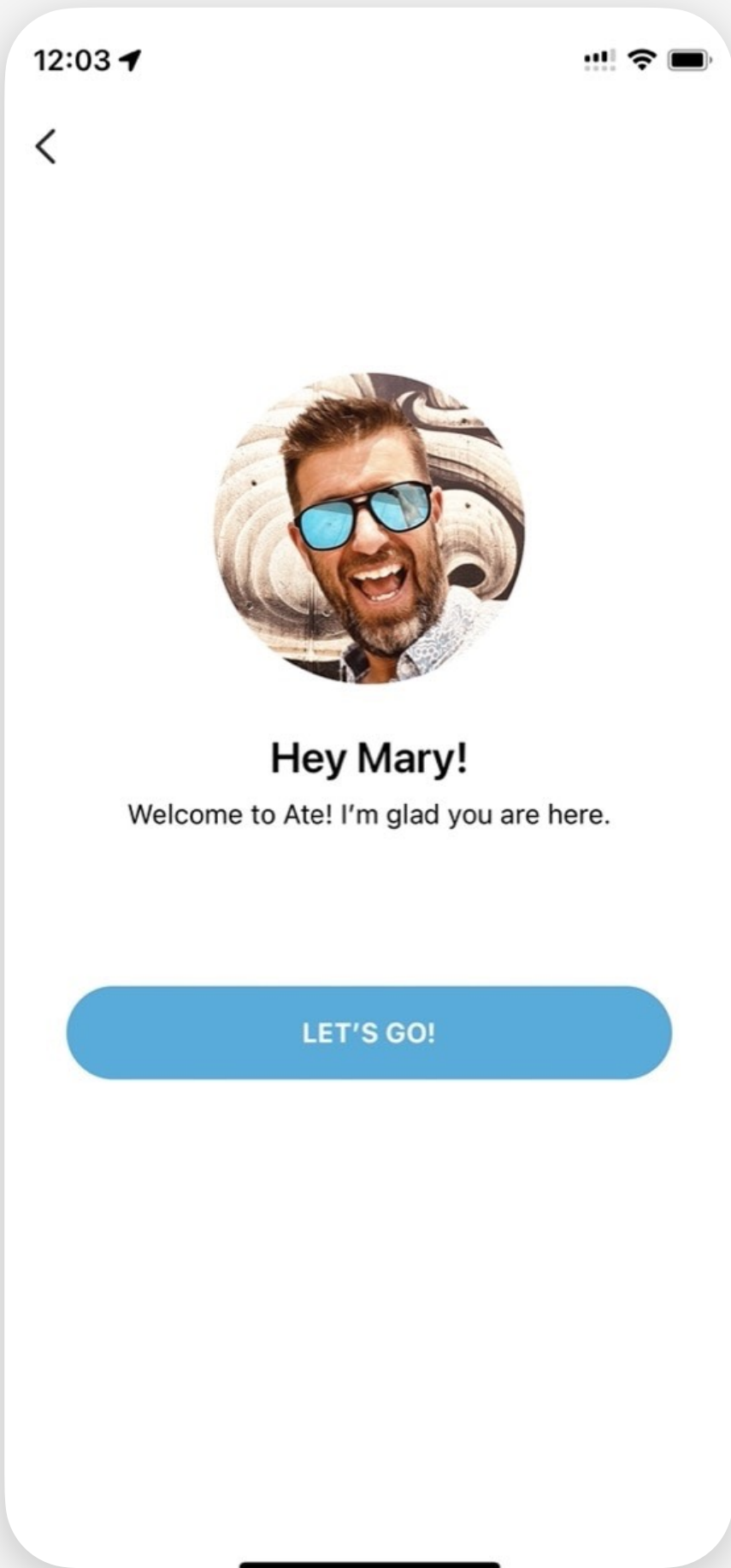
Tap on **CONNECT WITH THEM** on the first screen.



Enter your name so they will know who you are.



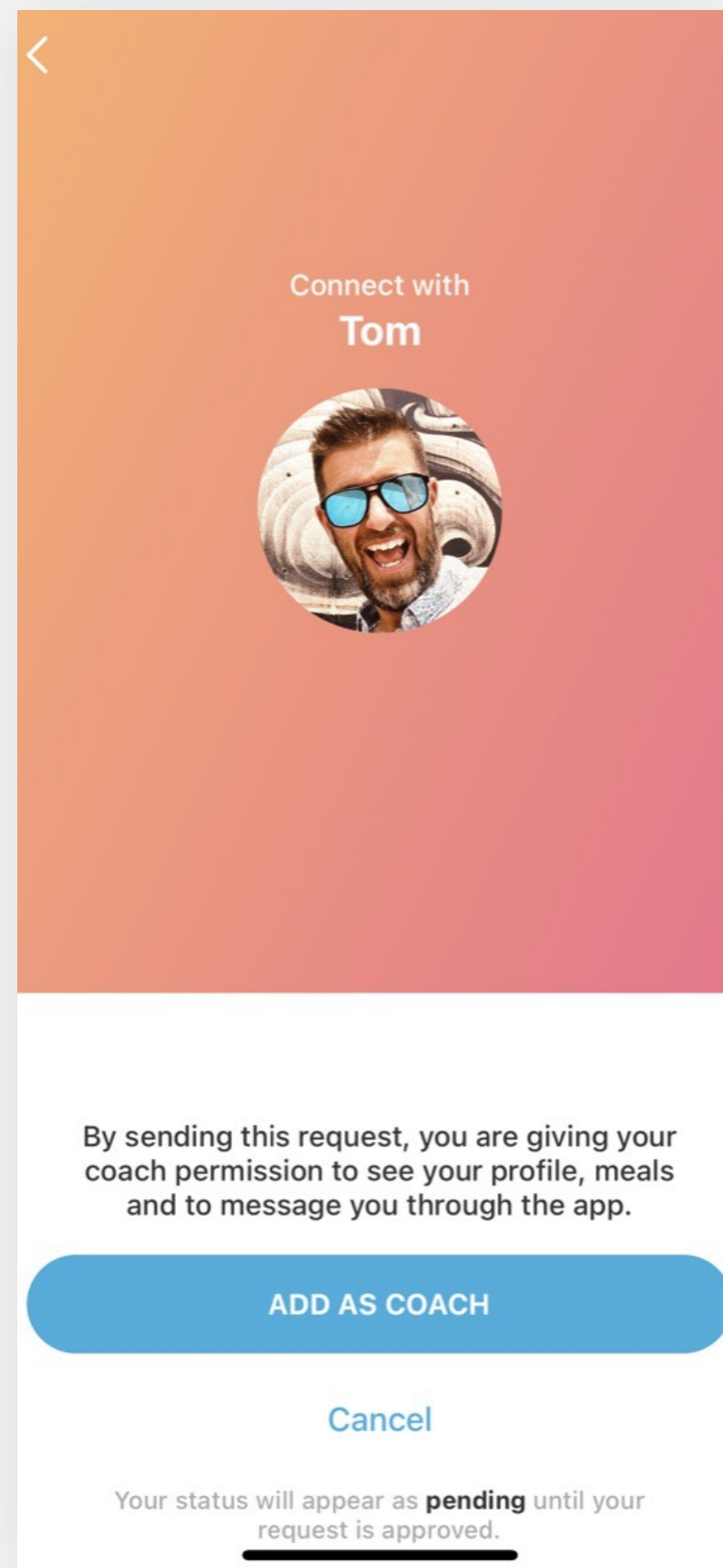
Enter the **Coach Code** that they have shared with you.  
XXXX-XXXX



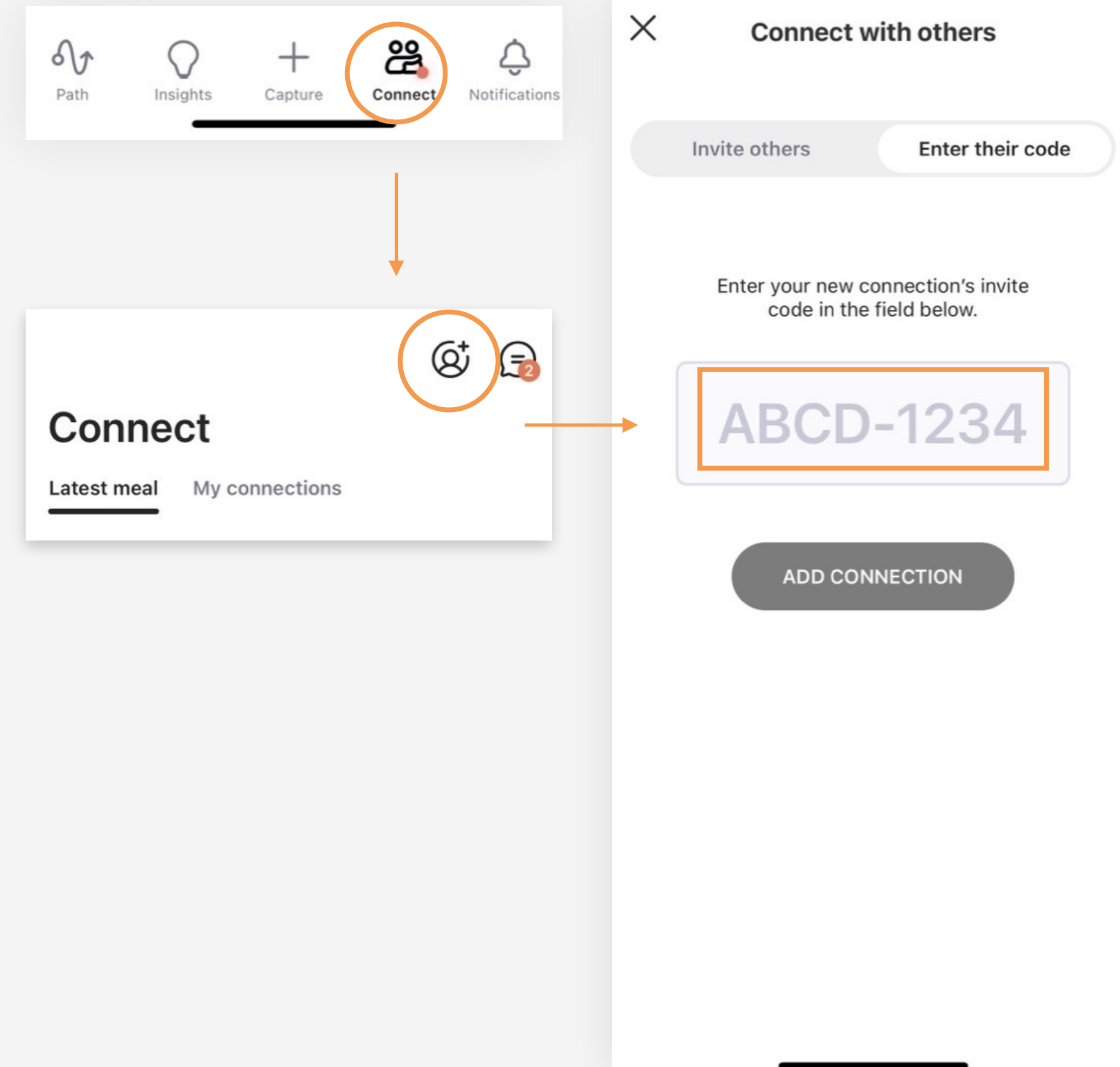
Tap **LET'S GO!** If you recognize your coach.



# Connecting with your Coach if you already have an account



If they sent you a link, open up the Coach Connect page by tapping on the link on the device where Ate is installed. Tap on **ADD AS COACH** to send a connection request.



If they sent you a **Coach Code**, open up the Ate app and go to the Connect page. Tap on the Add icon and enter the Coach Code.

This will open the same view as on the right. Tap on **ADD AS COACH** to send a connection request.

**REMINDER:** If you have an active subscription with Ate through the App Store or Play Store, you can cancel it while you are connected with your coach.





For more info, visit

[howto.youate.com](https://howto.youate.com)

Email us at

[hello@youate.com](mailto:hello@youate.com)