

# Start your mental fitness journey.

MyMindPal is a mental fitness app that helps every day people to stress less and enjoy life more.

*Follow these simple steps:*

1. Go to the App Store (Apple) or Play Store (Android) and search for **MyMindPal**.
2. Install the app.
3. Once installed, open the app and follow the in-app setup instructions to register and create your account.
4. Enter your access code **BHEA2SFP**.
5. Begin your first mental fitness workout.

