

Brain Camp PDF Mobile Tracking



Below are the steps to begin using your PDF version of “*I CAN & I WILL Brain Camp: 100-Day Action Plan Journal*” as a daily tacker on your phone or tablet.

1. **Download the PDF file to your phone** in a file folder (**from your purchase**)
2. Go to the Google Play Store
3. Search for **ilovepdf (Yes, it’s free!)**
4. Save the app on your mobile or tablet device
5. You ***don’t have to*** update to the pro version... just ignore that prompt
6. Open the app – **Click on the Files icon** on the menu
7. **Search for “Brain”** and click to open the file
8. Now you can scroll through the book/journal
9. To make a note, **click on the pencil icon on the top menu**
10. Depending what type of phone you have, the annotation options are **either at the top or the sidebar**:
 - a. Samsung, **hold down the conversation chat looking icon** and more options will show underneath. Then you can **click on a “T” icon** and then anywhere on the page that you want to add your annotations.
 - b. For iphone, the menu options are on **popup sidebar. Click on the “T” icon.** Then click anywhere on the page you want to add your notes and start typing. You can move your notes around.
11. **For the iphone, you can also add voice notes!** Voice notes may not be allowed on Android.
12. This is a fun way to track your daily progress on your phone or tablet!