

## Annual Meeting – Panel Discussion Loselt and Loselt Ascend mHealth app

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**Ascend**  
for Lose It!

HOW IT WORKS

LOG IN

Know more.  
Coach smarter.

Easily review food logs, monitor progress, and connect with clients to keep them on track for successful weight loss.

Sign up today!

GET STARTED

Client	Change Pt	Weight	Health Score	Cal	Meal	Notes
Charlotte Williams 127 lbs	↓ 0.0 lbs	↓ 891 cal	Today	400 cal	for Breakfast	Maintaining
Sheryl Smith 118 lbs	↓ 2.0 lbs	↓ 456 cal	Today	200 cal	for Snacks	↑ 23 days
Shirley Kaplan 162 lbs	↑ 4.0 lbs	↑ 353 cal	Today	200 cal	for Snacks	↓ 61 days
Jackson Thompson 158 lbs	↓ 1.6 lbs	↓ 886 cal	Today	200 cal	for Snacks	Maintaining
Katie Benjamin 144 lbs	↓ 0.2 lbs	↑ 143 cal	Today	100 cal	for Snacks	↓ 314 days
Jan Davis 144 lbs	↓ 0.8 lbs	↓ 980 cal	Today	200 cal	for Lunch	↑ 3 days
Michelle Foye 153 lbs	↓ 1.5 lbs	↓ 557 cal	Yesterday	100 cal	for Snacks	↑ 5 days
Janick Werhette 163 lbs	↓ 1.5 lbs	↑ 534 cal	Today	400 cal	for Snacks	↓ 802 days
David Brennan 160 lbs	↑ 2.0 lbs	↓ 989 cal	Yesterday	400 cal	for Snacks	↓ 14 days

### Invite Clients to Ascend

**Share your URL**  
As an Ascend coach, you have a custom landing page that your users can use to connect with you. Copy the following URL to the clipboard and share it with users. When the user signs up for your coaching using this URL, you will be sent a request to accept them as a client.

<https://www.loseit.com/wellnessprofessional/rebecca-jolin/>

**Email an Invitation**  
Send invitations to your clients email addresses. Clients who respond to your invitation will appear in your requests list below.

Requests (0) **Invites (1)**

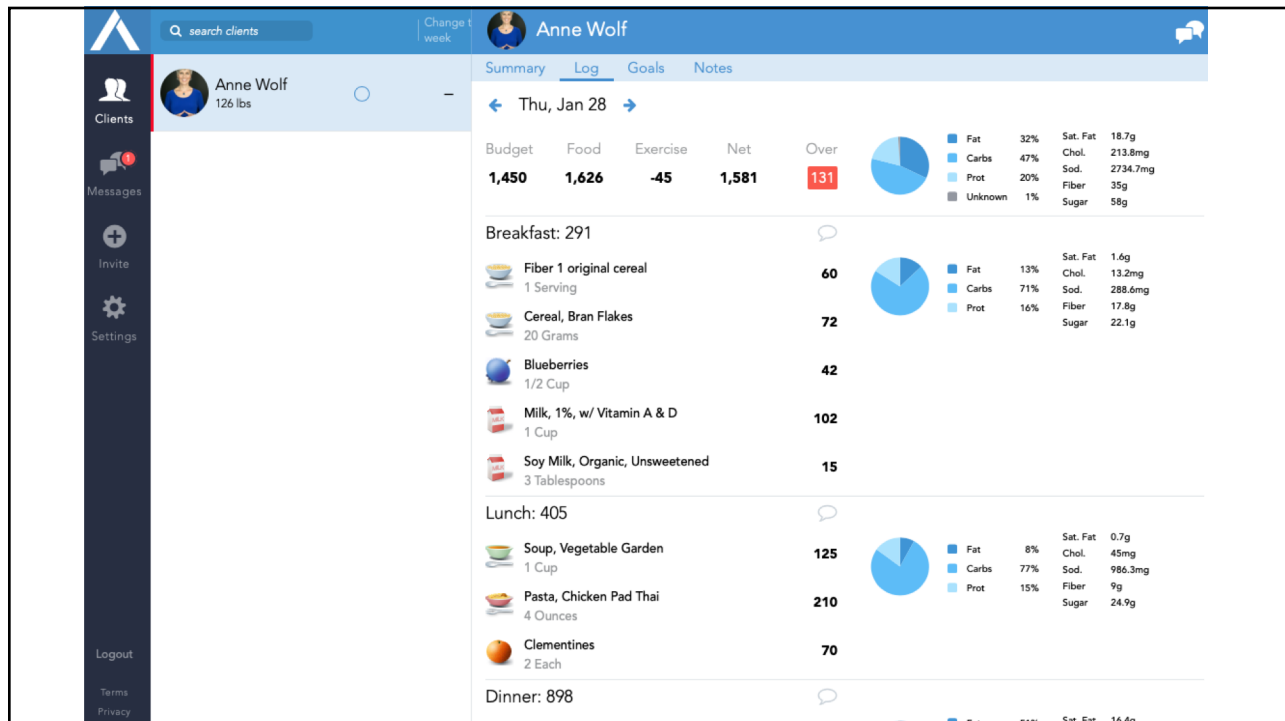
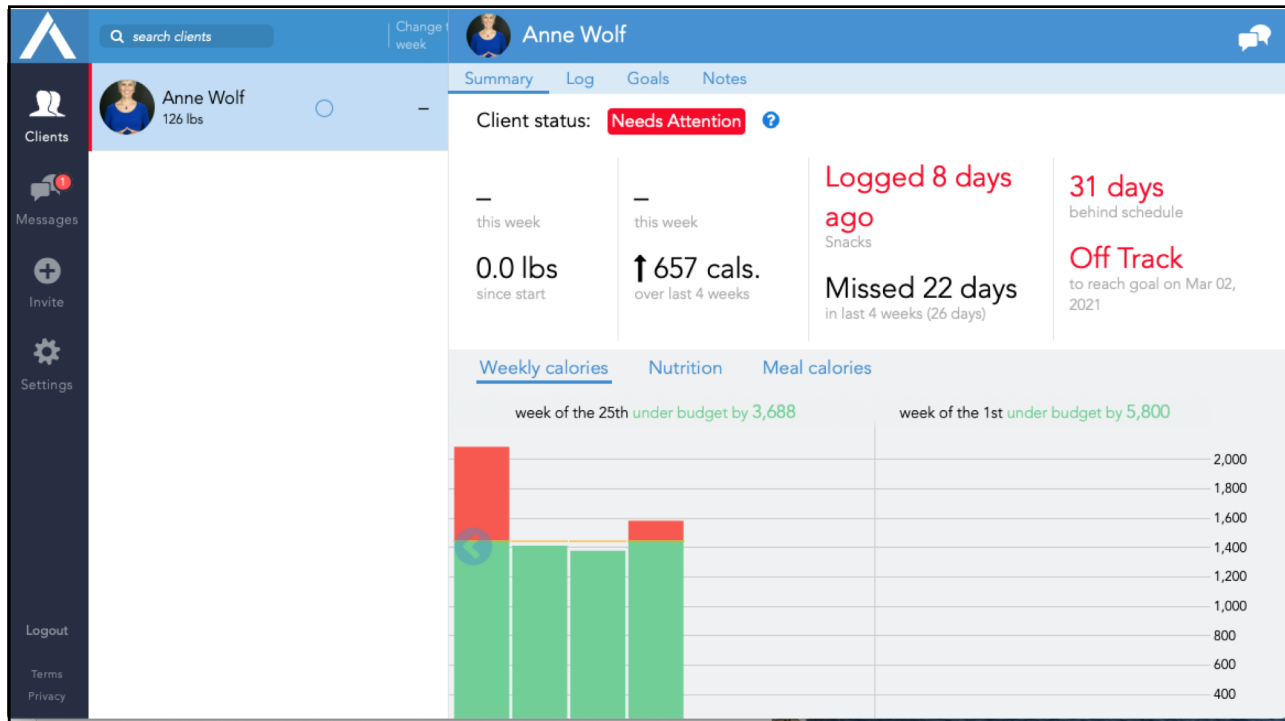
Client Name	Email Address	Birthday
You have no outstanding requests		

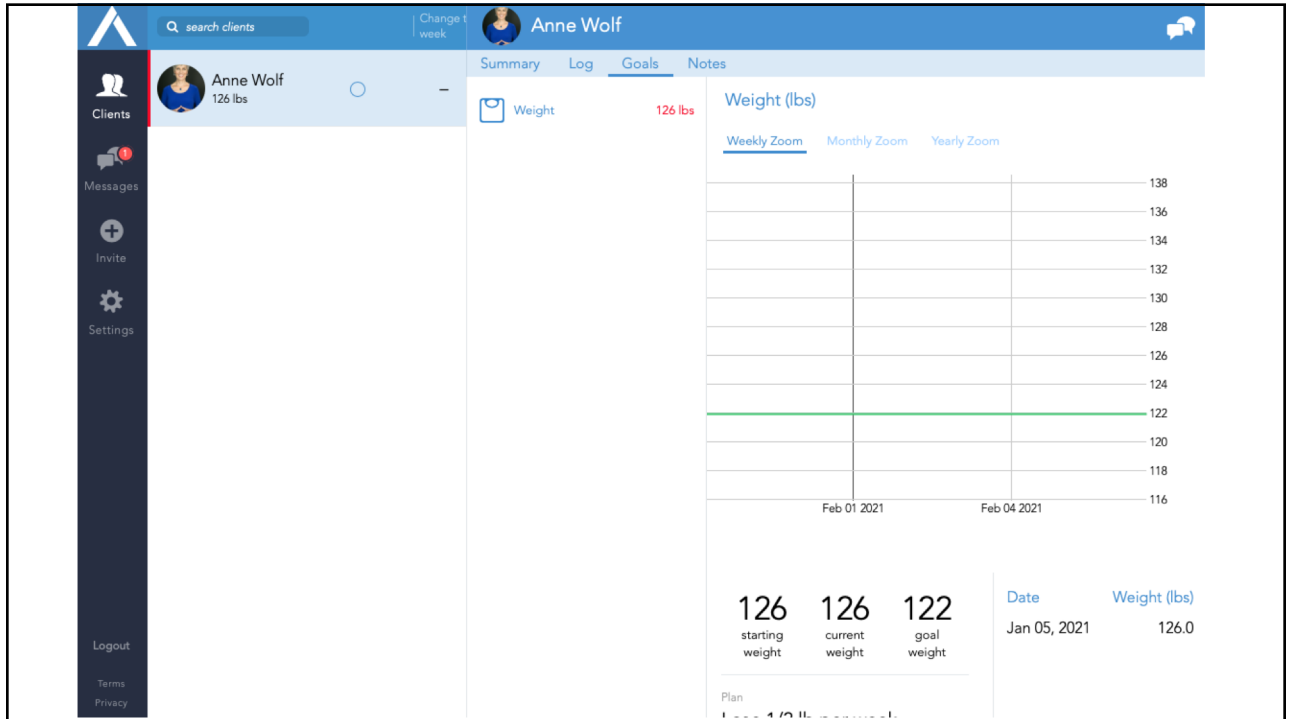
Logout  
Terms  
Privacy

search clients | Change this week | Weekly budget over/under | Last Logged | Ahead / Behind Plan | Sort | Default View

**Clients**  
Anne Wolf  
126 lbs  
8 days ago  
33 cals. for Snacks  
↓ 31 days

Messages  
Invite  
Settings  
Logout  
Terms  
Privacy





The screenshot shows the 'Notes' tab for Anne Wolf's profile. It features a text input field with the placeholder text 'write a note' and a 'Save' button. Below the input field, a message states: 'Notes are for your own record keeping and cannot be viewed by your client'.

Login with SSO - Zoom Ascend | Nutrition & Weight Loss Coaching Software

**Anne Wolf** Conversation

**Anne Wolf**  
oh, i forgot to log my water intake. I drink 7 cups of water during the day (I have a 7 c pitcher and that is

**Rebecca** Feb 03 1:55PM  
Anne -  
You have so many great vegetables logged in at lunch and dinner. Those are giving you a lot of good fiber and nutrients! I'm wondering about your water / beverage intake. Tell me about your water / beverage intake during a given day.

**Anne** Feb 03 2:47PM  
oh, i forgot to log my water intake. I drink 7 cups of water during the day (I have a 7 c pitcher and that is how I keep track) and I drink an extra glass of water at dinner, plus my \*juice-water (which is 4 oz light cranberry juice and 8 oz of seltzer. Thanks for letting me expand my log.

write a message Conversation

Logout  
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