How to use Heftic

Where everything is, and where to start.

Heftic is simple. Here is where everything is.

Start with the health check

Eight quick questions: start now, or see a doctor first. Take the health check.

Pick a plan

Pick one goal in Plans, print the plan and start this week. All free.

Learn the moves

Not sure how a move goes? Watch it in Exercise videos.

Read a little

Short articles on food, strength, cardio and ageing well.

Add a template

Templates: free planners, meal sheets and run logs for your week.

Go further

Free tools: food targets, run pace, your next weight and steps.

Track your progress

Pro adds the Daily log: log your day, set goals, watch the graphs.

Ask us

Stuck? Ask a question. We read every message.