

## Quick Start

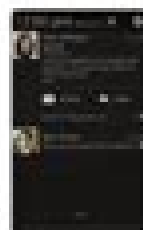
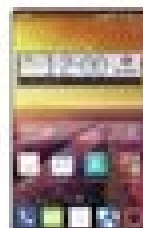


## Touch Screen and Navigation

Your phone features a capacitive touch screen, so you can gently tap, quickly swipe, or pinch with two fingers to navigate.

### Navigating Your Phone

- Use your fingertip to lightly touch the screen.
- Use quick flicks of your finger on the touch screen to swipe up, down, left, and right.
- Spread two fingers apart or pinch them together on the screen to zoom in or out on a web page or a gallery image.
- The Notifications bar at the top of the screen provides quick access to alerts including new messages, email, and voicemail. Swipe down on the black bar to see more details.
- To return to the previous screen, press **Back**.
- Press **Home** to return to the main home screen. Press and hold **Home** to access Google Now™.
- Press **Menu** to access menu options for the screen you are on. Press and hold **Menu** to access your recent apps.
- Tap **App Drawer** to access applications on your phone.



## Customize a Home Screen

Change the wallpaper, add shortcuts to apps and widgets to the home screen, and create folders to organize and personalize your phone.

### Set the Wallpaper

- 1 Press and hold a blank part of the home screen and tap **Wallpaper**.
- 2 Tap **Wallpaper** for home screen or **Wallpaper** for lock screen.
- 3 Tap **Gallery**, **Live**, **Photos**, or **Wallpapers** and choose the image or animation you want to use as the wallpaper.
- 4 Tap **OK** (for Gallery images) or **Set wallpaper**.

### Add Shortcuts to the Home Screen

- 1 Press and hold a blank part of the home screen and tap **Widgets** or **Apps**.
- 2 Press and hold the icon of the item you wish to add and then drag it to a home screen thumbnail at the bottom.
- 3 To move an icon, press and hold it and drag it to a new location. To delete it, drag it to **Delete** and release your finger.

### Organize Your Home Screens

- 1 Press and hold an icon and drag it to **Folder**.
- 2 To add apps, drag additional icons to the folder.
- 3 To rename a folder, tap it and then tap the name to bring up the keyboard. Enter a name and tap **Done**.

## GoPhone Account

### Auto Refill

Take the hassle out of refilling your account by enrolling in Auto Refill.

### From Your Device

- 1 Call 611 from your phone.
- 2 From the main menu, say "More options," and then say "Set up auto-pay."

### Online

- 1 Visit [att.com/mygophone](http://att.com/mygophone).
- 2 Under Auto Refill, select **Sign Up > Manage My Account > Auto Refill**.

### Add Money with a Credit Card, Debit Card, or Checking Account

- 1 Call 611 from your phone and say "Add money."
- 2 Go to [att.com/mygophone-us](http://att.com/mygophone-us) and select the **Credit Card Payment** link.

### Add Money by Purchasing a GoPhone Refill Card

- Add money by purchasing a GoPhone Refill Card, which is available at authorized retail locations nationwide. With most refill cards, you can add the value directly from your phone.
- 1 Call 611 from your phone and say "Add money."
  - 2 Enter "6666", followed by your PIN, the # key, and then press **Send**.
  - 3 Go to [att.com/mygophone](http://att.com/mygophone) and select the **Refill** link.

## Camera and Video Recording

Take pictures and record videos right from your phone with the camera and camcorder and then share them with friends and family.

### Take a Picture

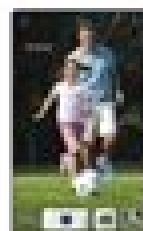
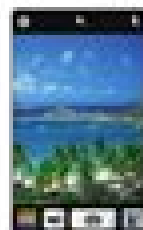
- 1 From the home screen, tap **Camera**.
- 2 Tap **Settings** to adjust your camera settings. Zoom in and out by pressing the volume key.
- 3 Tap **Shutter** to take a photo.

### Record a Video

- 1 From the home screen, tap **Camera**.
- 2 Tap **Video** to start and tap **Shutter** to stop recording video.

### Share a Picture or Video

- 1 From the home screen, tap **App Drawer** > **Gallery**.
- 2 Tap an album and then tap a photo or video. Tap **Share** and select an option for sharing.



## Contacts and Phone Calls

Keep the contact information of your favorite people in the address book. Call friends and family and check voicemail in just a few simple steps.

### Import Contacts from SIM card

- 1 From the home screen, tap **Contacts**.
- 2 Press **Menu** > **Import/Export** > **Import from SIM card**.
- 3 Tap **Export to phone**, tap the contacts you wish to import and tap **OK** or tap **Menu** > **OK** to import all contacts.

### Edit a Contact

- 1 From the home screen, tap **Contacts**.
- 2 Tap a contact name, then press **Edit**.
- 3 Change details as needed and tap **Done**.

### Make a Call

- 1 From the home screen, tap **Phone**.
- 2 Spell the name or phone number of a contact in the search box at the top of the screen, or tap **Recent** and enter a phone number. Tap the contact or tap **Call** to place the call.

### Check Voicemail

- 1 From the home screen, tap **Phone**.
- 2 Press and hold the **1 Key**.
- 3 Follow voice prompts to listen to messages.

# Go Phone Manual

**DP Hallahan**



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web jul 27 2022 a bagel with butter or one with peanut butter and banana a fruit smoothie a peanut butter and jam sandwich with pretzels or fruit rice cakes with nut butter and a cup of berries a hard boiled egg and sliced banana with almond butter you may have noticed how often bananas and nut butters get suggested and for good reason

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web sep 27 2023 pre run the night before a long run or race the night before a long effort aim for a balanced dinner with roughly 50 carbs 25 protein 25 fruits and vegetables limit your consumption of foods that are high in fat and fiber which may cause stomach issues during your run

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web jan 24 2022 daily this runner consumes carbohydrates 35 of total daily fuel these carbohydrates are a mix that includes run of the mill carbs such as bread and oatmeal dairy such as yogurt and milk and fruit such as berries and bananas protein 35 of total daily fuel healthy fats 15 of total daily fuel