



## SETTING UP A METRONOME APP FOR THERAPY



1. Scan the QR code (for iPhones only. Otherwise search 'Pro metronome' wherever you usually get your apps).
2. Download and open the app (NOTE: you don't need to upgrade to the paid version to get what you need from this app)
3. Tap the purple bars towards the top of the screen until each is the same height



4. Touch the settings icon (the icon with a spanner crossed with a screwdriver, to the top left of the middle wheel)



5. Click on **Tones and volume** on the drop down menu
6. Choose '**Wood2**' from the available options under 'Tone:'
7. Tap away to **return to the main page**
8. Use the wheel to **set the number** in the top left to the one your therapist has recommended (the number should be listed in your assessment report)
9. **Set the volume for very low** using your phone's volume control (so that you almost can't hear it at all)
10. Press the '**play**' triangle button in the middle of the screen

