

Hey Guys!

Here are quick steps how to save my ebook file in any of your devices.

Save a PDF of your file on your mobile device

You can use Office mobile apps on your Android or Windows mobile device to save your Word documents, Excel workbooks, and PowerPoint presentations as PDF files. To do this, you use the Print option.


Note: You can't save an Office file as a PDF from your iPad or iPhone.

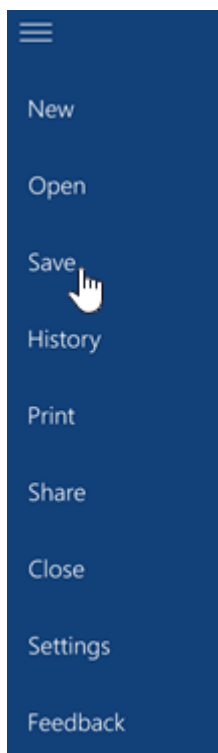
Save as tagged PDF

You can use Word on your mobile device to save your documents as tagged PDF files. Tagged PDF files make it easier for screen readers and other assistive technologies to determine a logical reading order and navigation for the file as well allowing content reflow when using mobile phones.

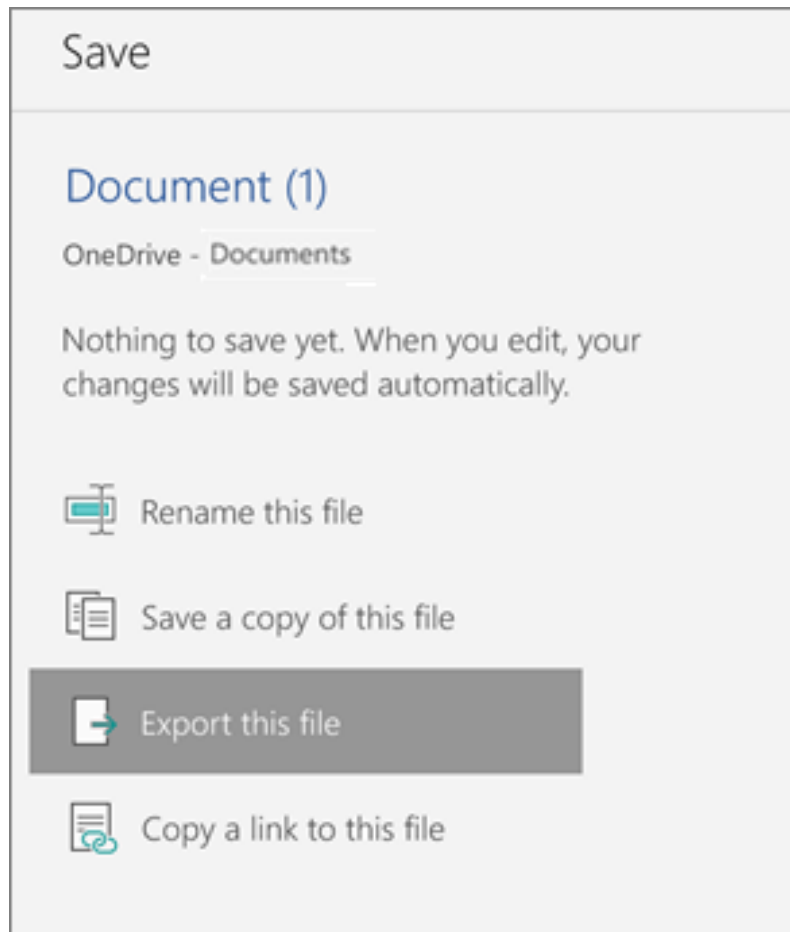
On your Windows Phone

Note: Save as tagged PDF is only available for Word on Windows Phone.

1. Open the Word file that you want to save as a tagged PDF, and then tap the File icon  on your phone.
2. On the **File** menu, tap **Save**.

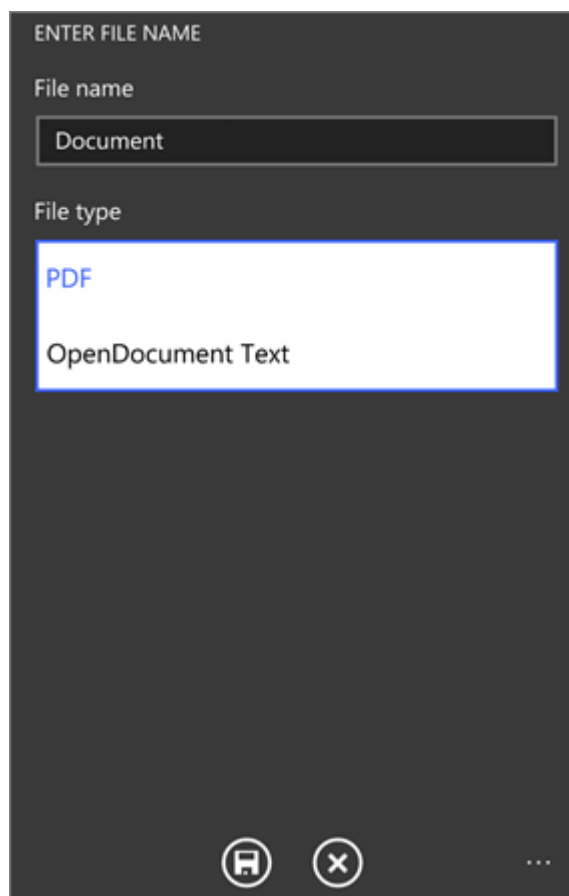


3. On the **Save** menu, tap **Export this file**.



4. Choose a location for your PDF and tap .

5. Enter a **File name** for the PDF, and tap and select **PDF** from the **File Type** drop down.




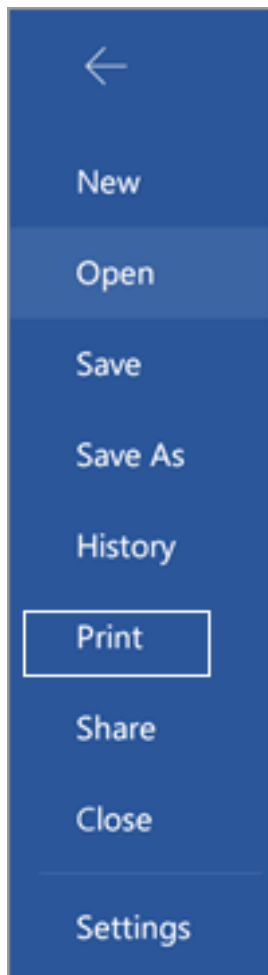
6. Tap Save  .

Your Word document will be saved as PDF in the location you chose in step 4.

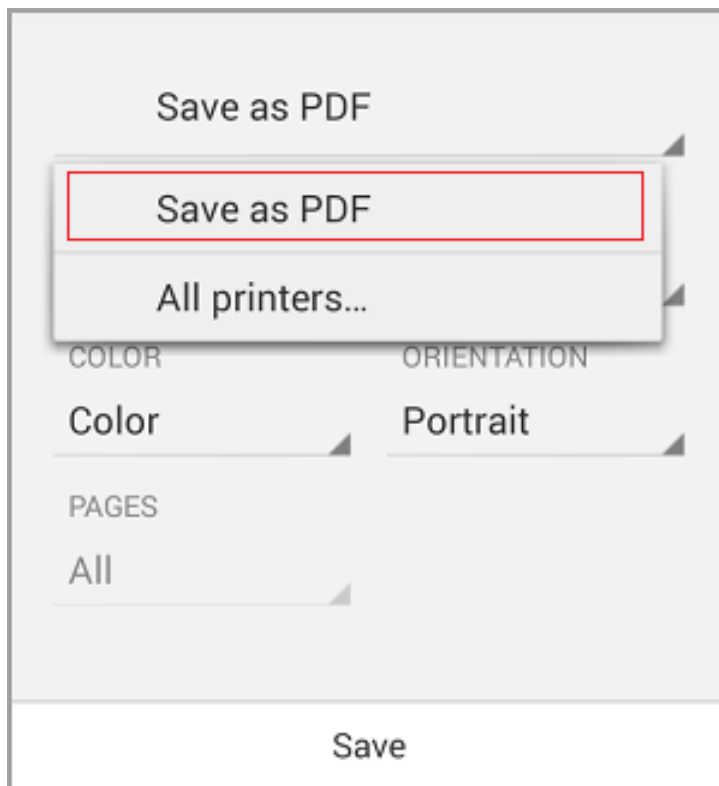
Save as PDF

On your Android tablet or phone

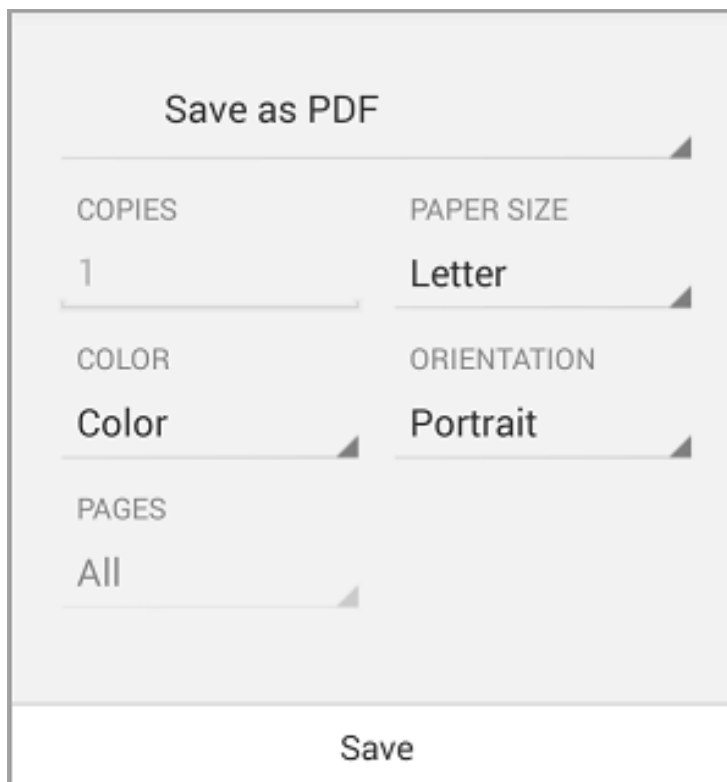
1. Open the file that you want to save as a PDF, and then tap **File** on your tablet or tap the File icon  on your phone.
2. On the **File** tab, tap **Print**.



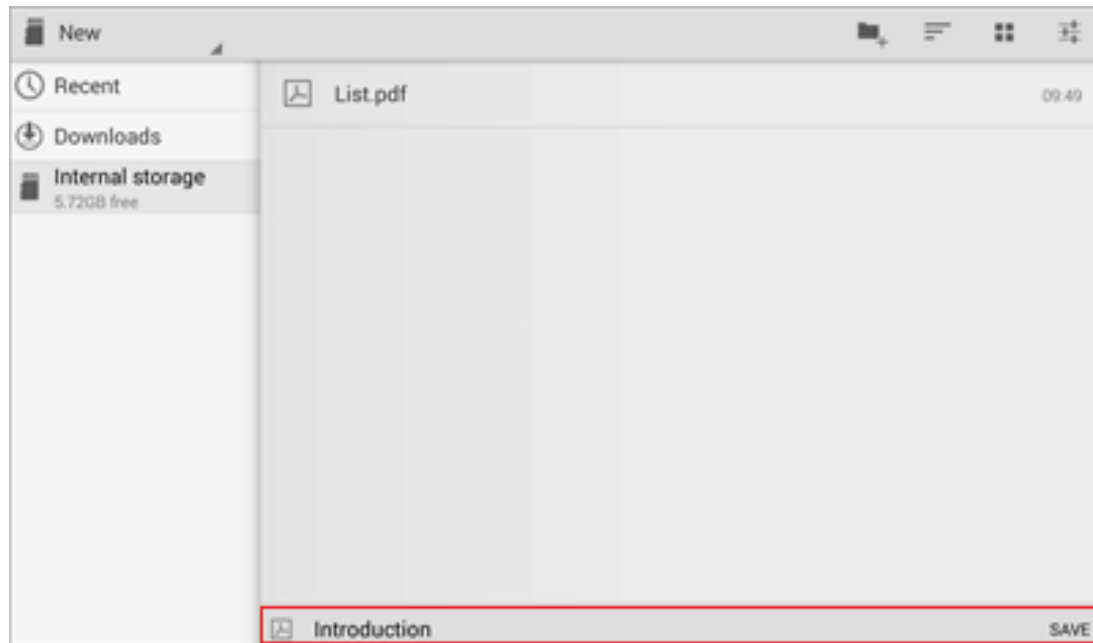
3. If not already selected, tap **Save as PDF** on the drop-down list, and then tap **Save**.




4. Tap **Save**.

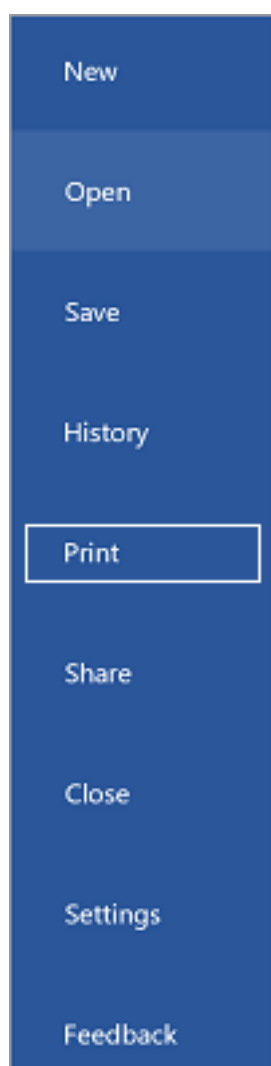


5. Choose a location for your PDF, enter a new name (optional), and then tap **Save**.

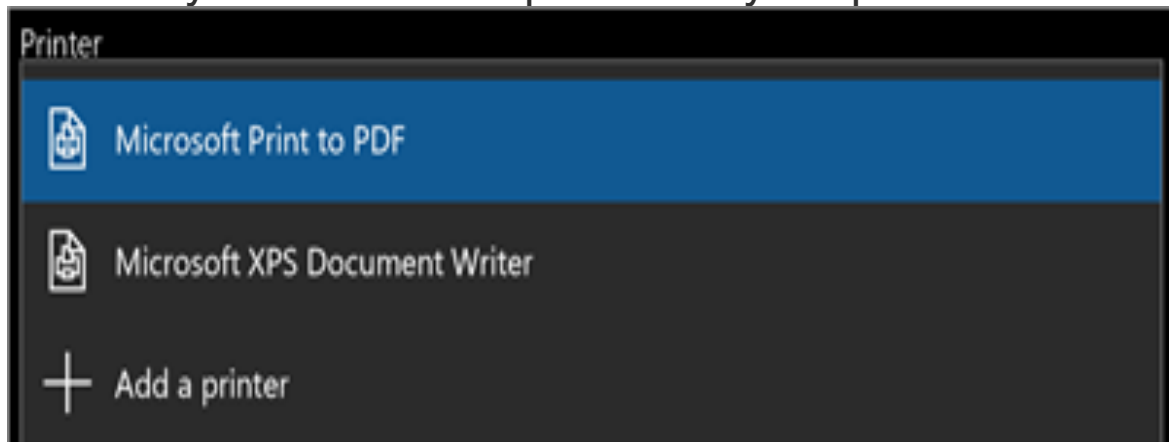


On your Windows tablet or phone

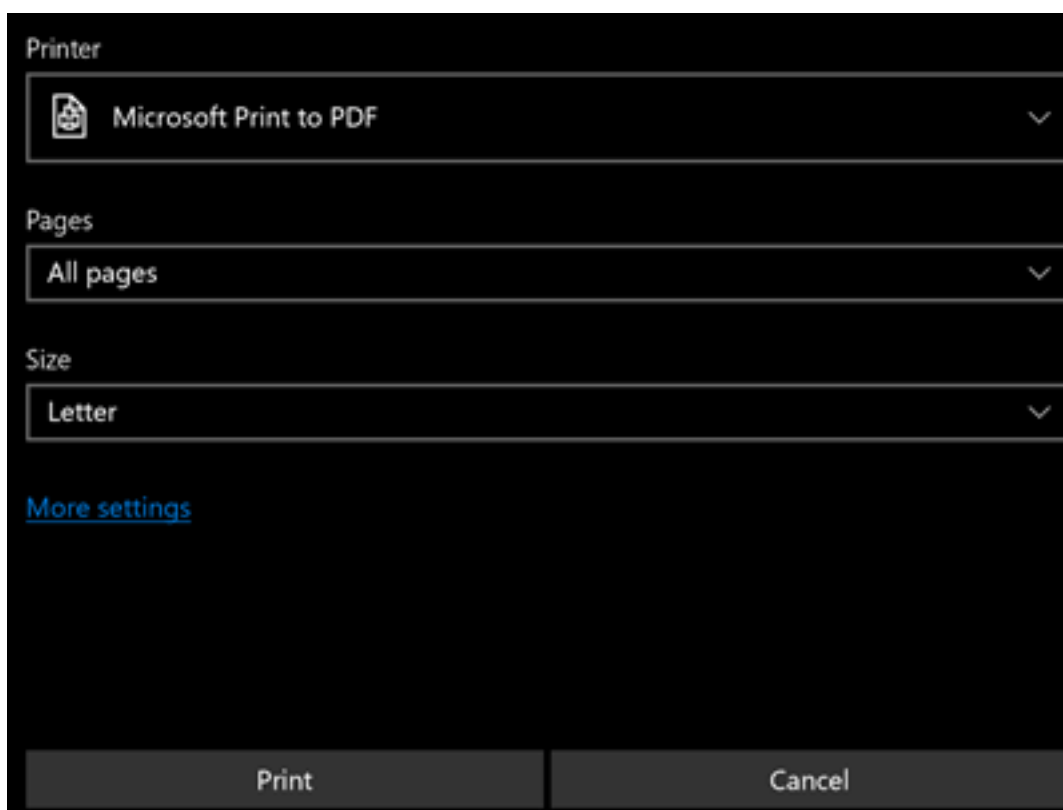
1. Open the file that you want to save as a PDF, and then tap **File** on your tablet or tap the File icon  on your phone.
2. On the **File** menu, tap **Print**.



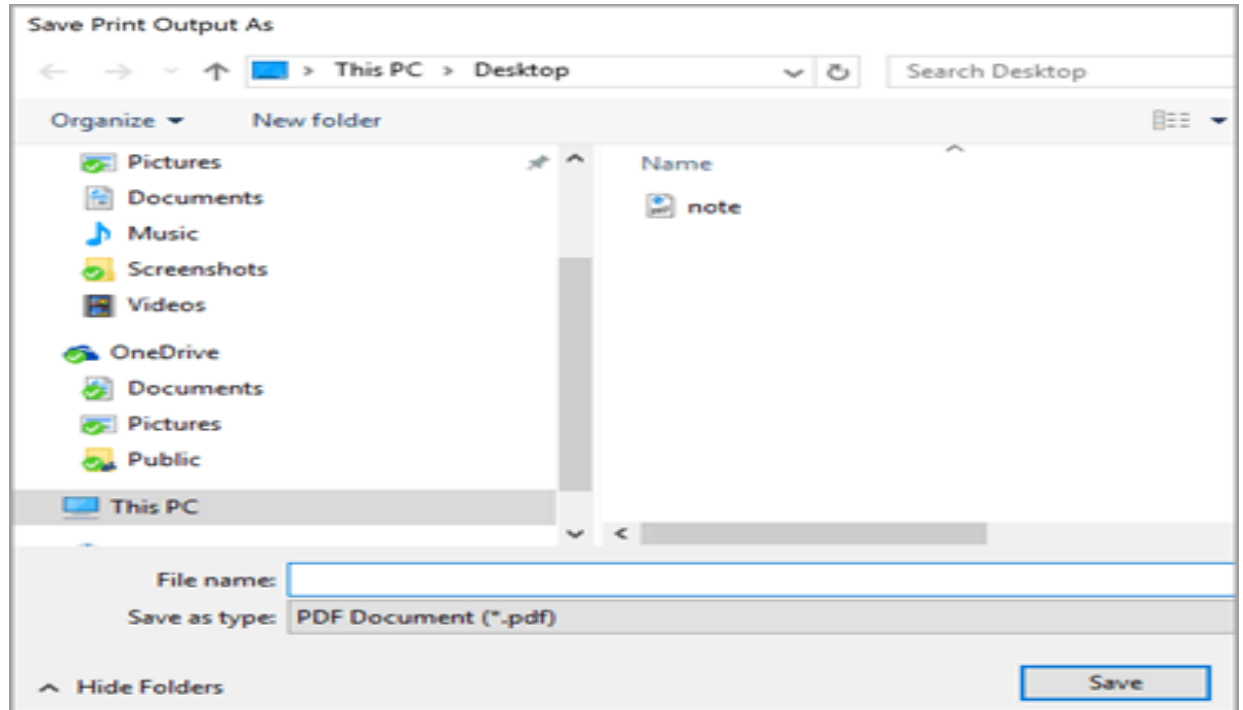
3. If not already selected, tap **Microsoft Print to PDF** on your tablet or tap **PDF** on your phone.



4. Tap **Print**.



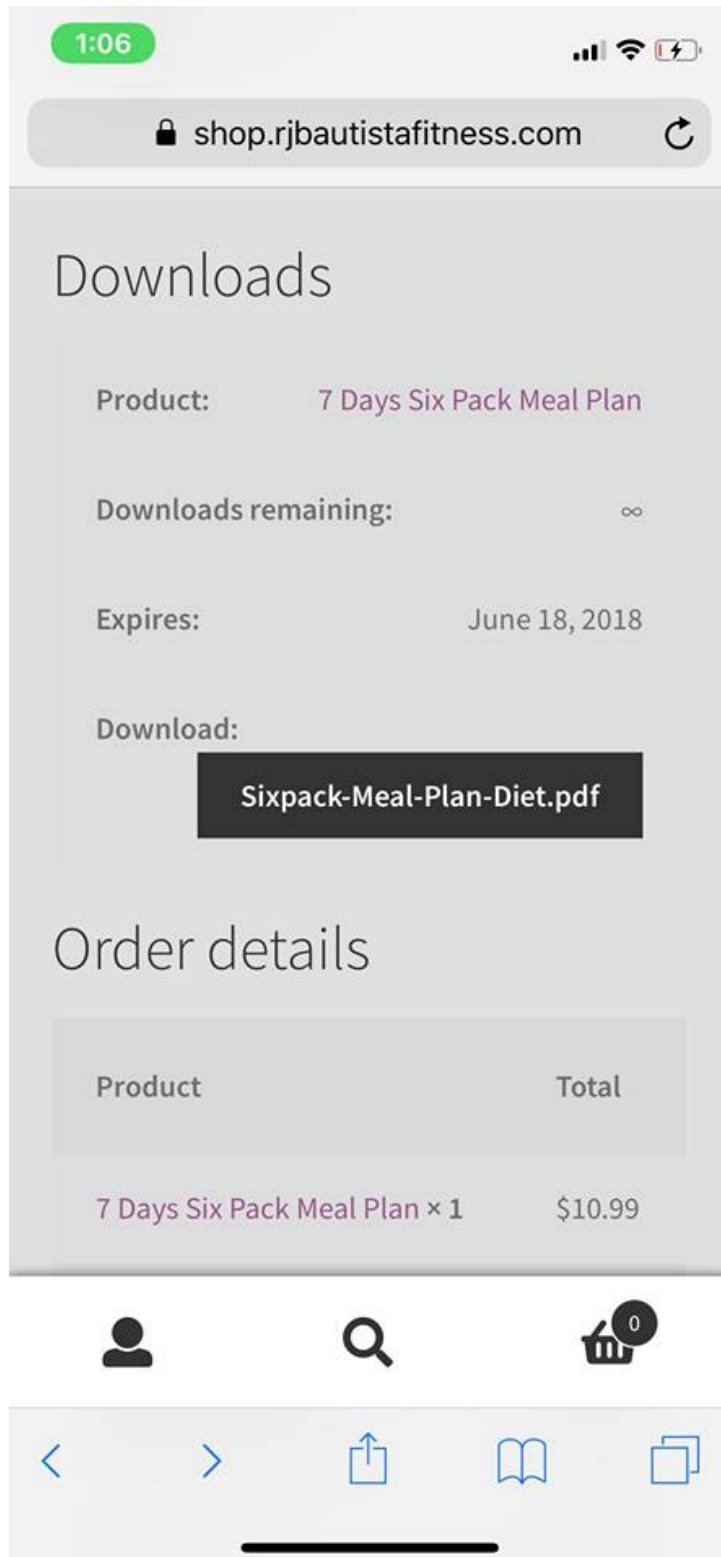
5. On your tablet, the **Save Output As** page appears. Choose a location for your PDF, enter a new name, and then tap **Save**.



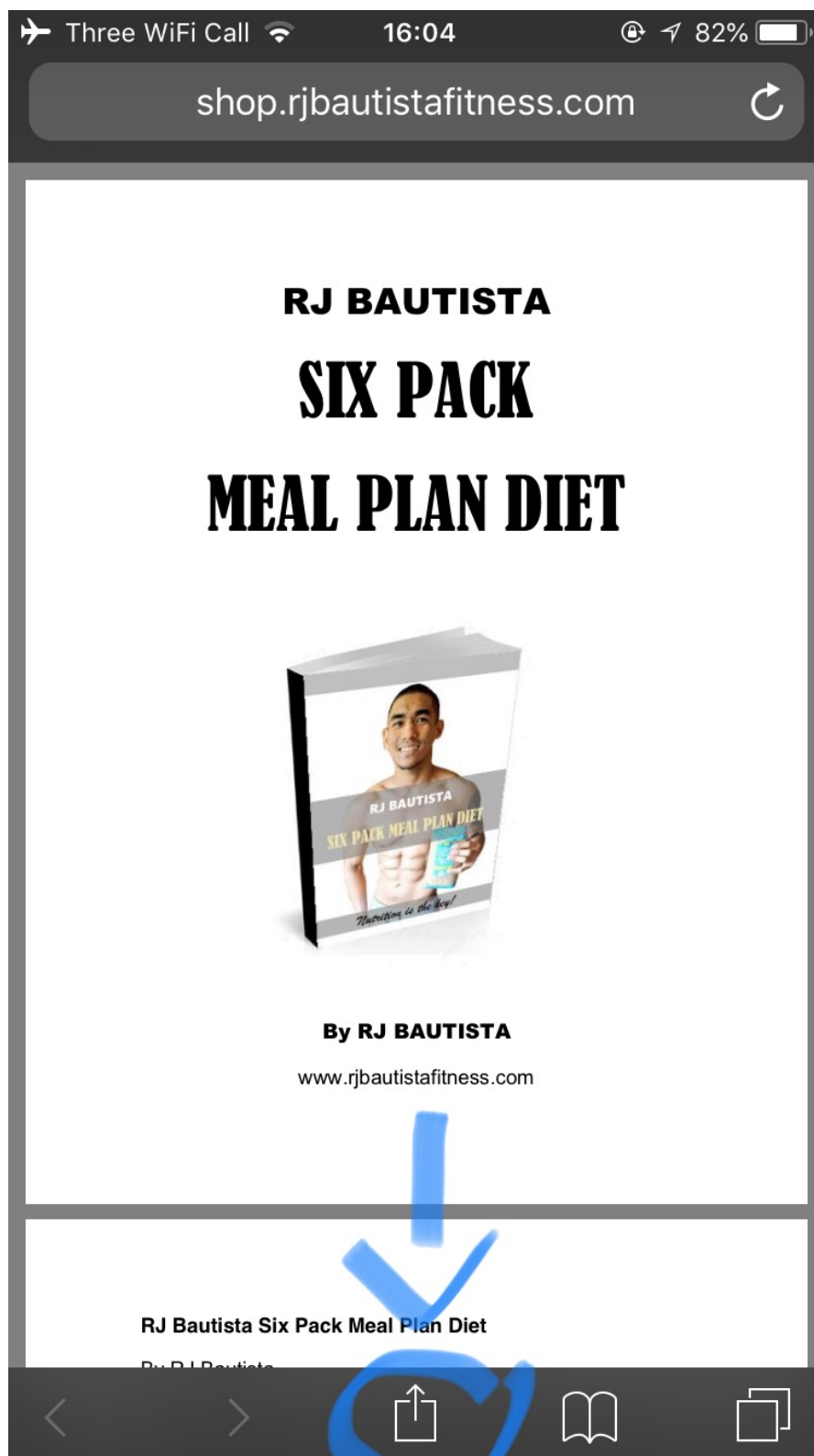
On your **phone**, your PDF will be automatically saved in your **Documents** folder.

On your Apple iPhone and iPad:

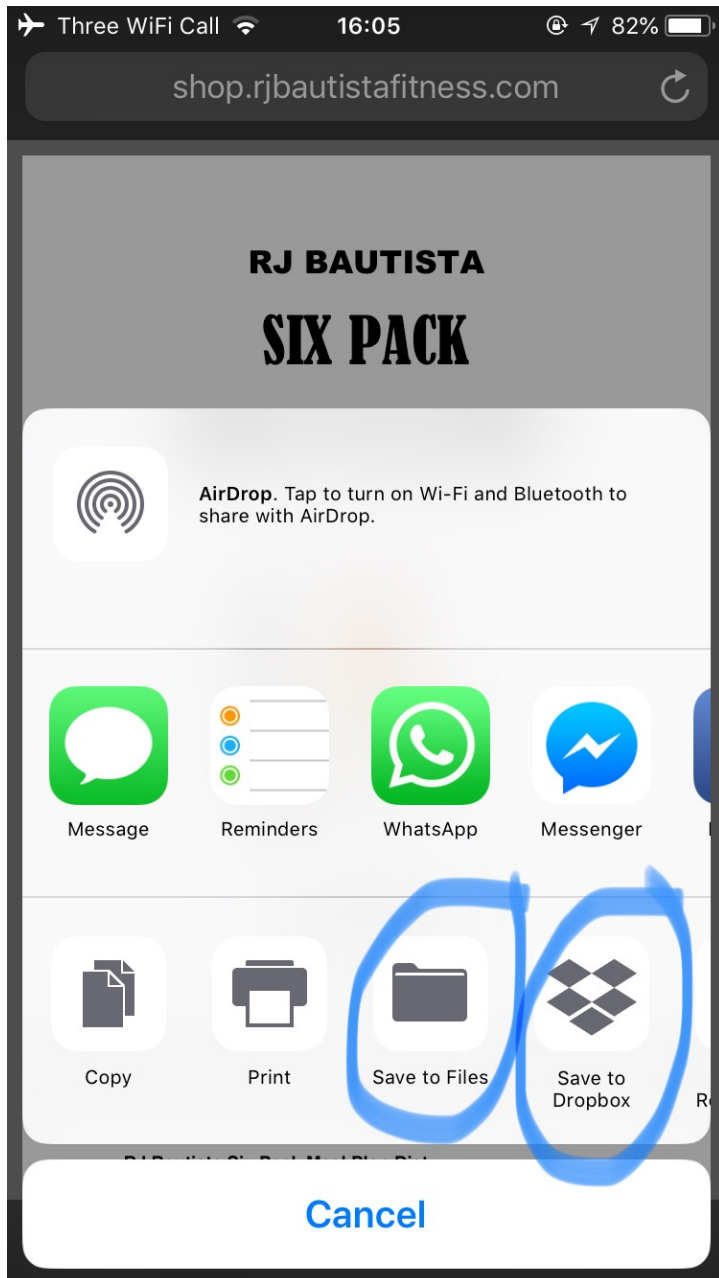
1.) Click download : **Sixpack-Meal-Plan-Diet. Pdf**



2.) Click **SAVE** icon box.



3.) Click **SAVE TO FILES** or **SAVE TO DROPBOX** it's up to you where do you want to save it and then access it anytime in your **FILES FOLDER** or **DROPBOX**.



Note: If you don't have a **DROPBOX** application you can download it in apple app store for **FREE!** **REMEMEBER** to download the file before the expiration date otherwise you will lose the file.