

Ketocist Theme Documentation

Introduction

Thank you for purchasing Ketocist WordPress Theme. Before you get started, please always check these documentation files. We outline all kinds of good information, and provide you with all details that you need to know to use the Ketocist Theme.

If you are unable to find any answer in the documentation, please open a new support ticket, our support team will get in touch with you.

What is included in the package?

- Ketocist WordPress Theme
- Child Theme
- Lifetime Updates
- Theme Documentation
- Premium Plugins as advertised
- Premium Support

Please don't forget to rate Ketocist with 5 stars on Themeforest and leave a nice review, it means a lot to us.

Simply log in into your Themeforest account, go to Downloads section and click 5 stars next to the Ketocist WordPress theme.

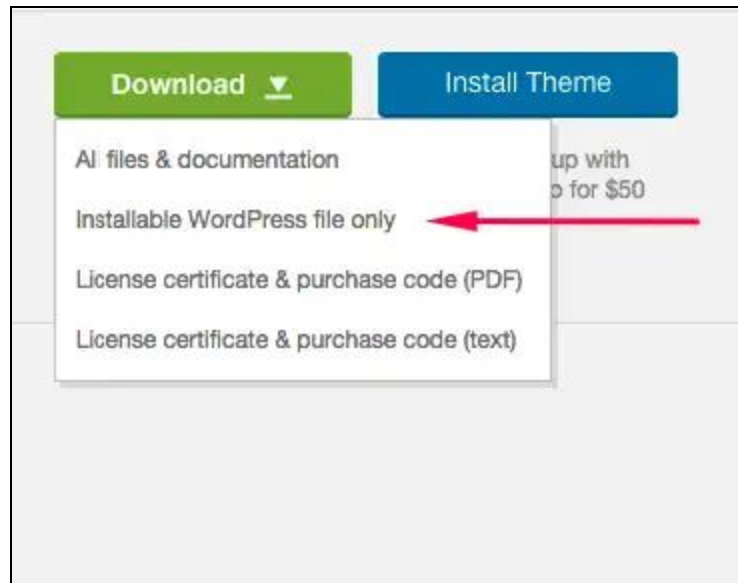
Thanks!

deTheme

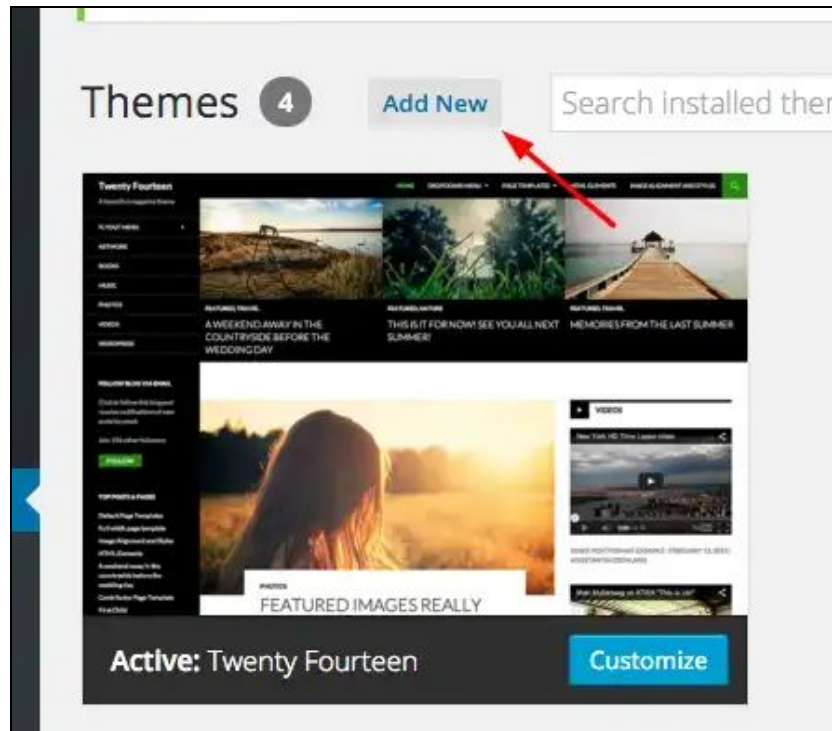
Installing the Theme

To install themes with the WordPress theme uploader:

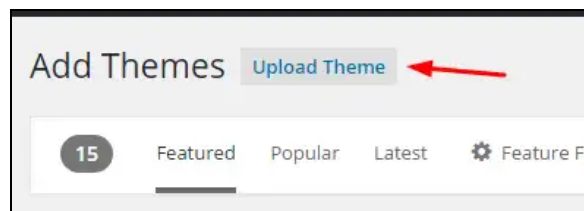
1. In order to download the theme files package, please log in to [Themeforest](#). Navigate your mouse over your profile name, then go to the [Downloads](#) page. Click on the Download button and you will get a few options to download: All files & documentation; Installable WordPress file only; License certificate & purchase code (PDF); License certificate & purchase code (text). Click the **Installable WordPress file only** button.



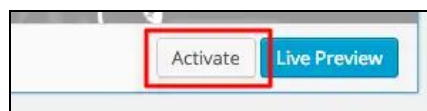
2. When you download the theme from Themeforest, you will get an archive file in .zip extension. When done, you should see provolio.zip. Please, follow the steps below to install your Ketocist Theme. Step 1 – Login to your WordPress Dashboard. Step 2 – Go to **Appearance > Themes**. Click **Add New** button, located at the top of the screen.



3. Continue by clicking **Upload Theme** and choose *ketocist.zip*.

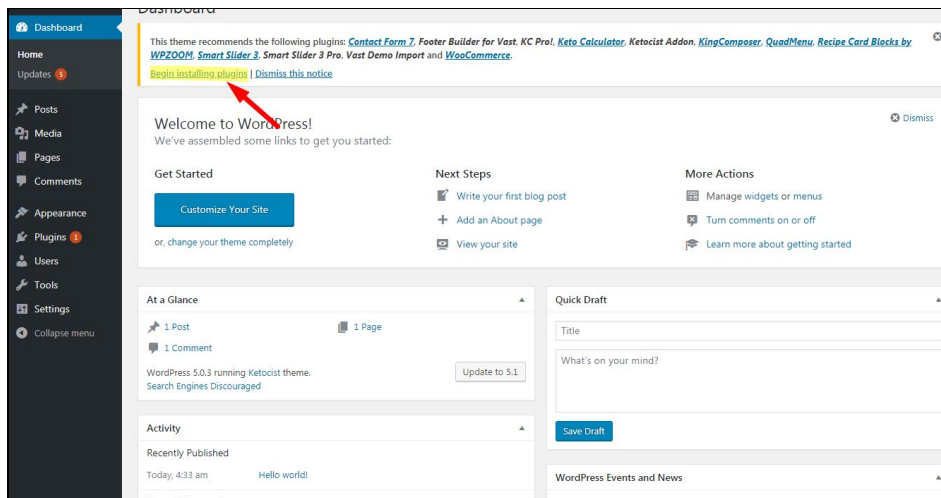


4. Wait until the theme is uploaded and installed, and then activate the theme when the installation finished.

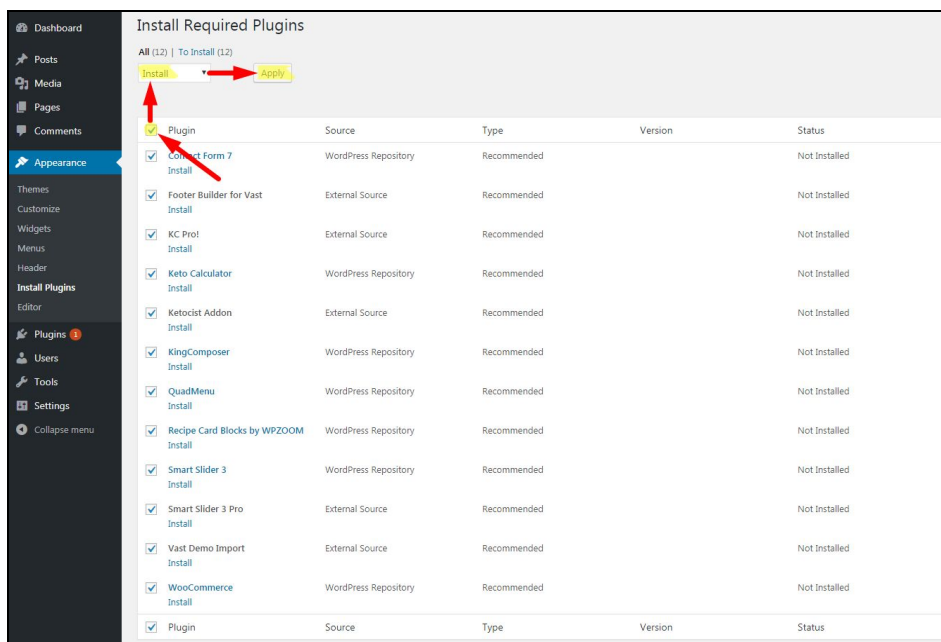


Required Plugins Installation

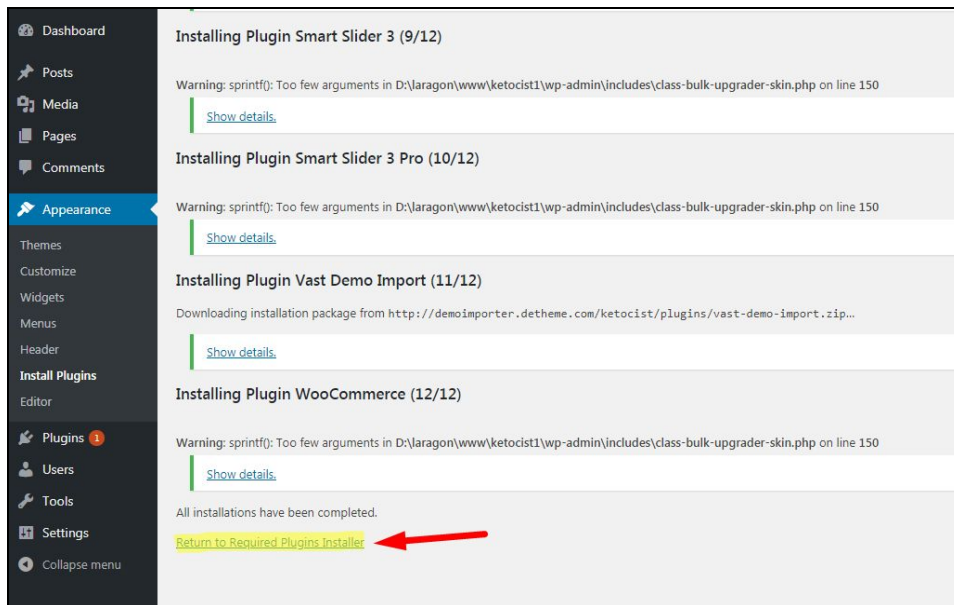
1. After finishing the installation, you will need to install required plugins, click on the “Begin Installing Plugins” button on the notification like this



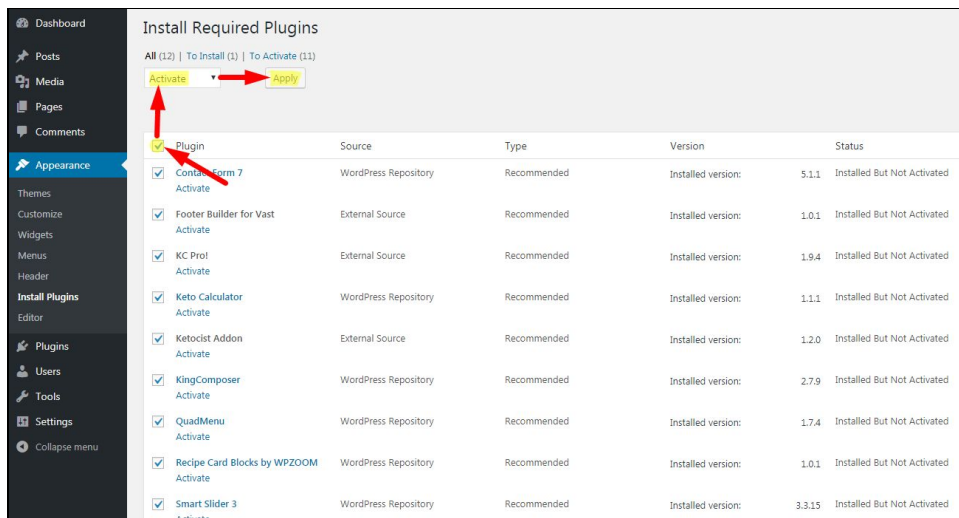
2. Click on the topmost tickbox from the list and then choose to “Install” on the drop-down menu and click on the Apply button to begin installation



3. After the installation finished successfully, a notice will appear. Click on the “Return to Required Plugins Installer” and we’re going to activate those plugins.



4. Click on the topmost tickbox from the list and then choose to “Activate” on the drop-down menu and click on the “Apply” button to activate the required plugins



The Ketocist theme provides Keto Calculator and Optin Forms features among installed plugins.

Keto Calculator is a simple calculator, which is used to measure your nutritional needs on a ketogenic diet. It helps users achieve their goal of healing, weight loss, performance and more.

Optin Forms supports several popular Autoresponders such as AWeber, iContact, MailChimp and Get Response.

Importing Demo Content

Setting up the demo content is super easy with our 1-Click Demo Importer.

Please, follow the steps below to import the demo data using the 1-Click Demo Importer:

1. Log into your WordPress Dashboard.
2. Go to **Appearance > Import Demo**.
3. Choose a Demo and Click the **Import** button to start the import process.
4. Wait until the process is done and the page is reloaded. This may take a while. Do not interrupt/cancel the import process!

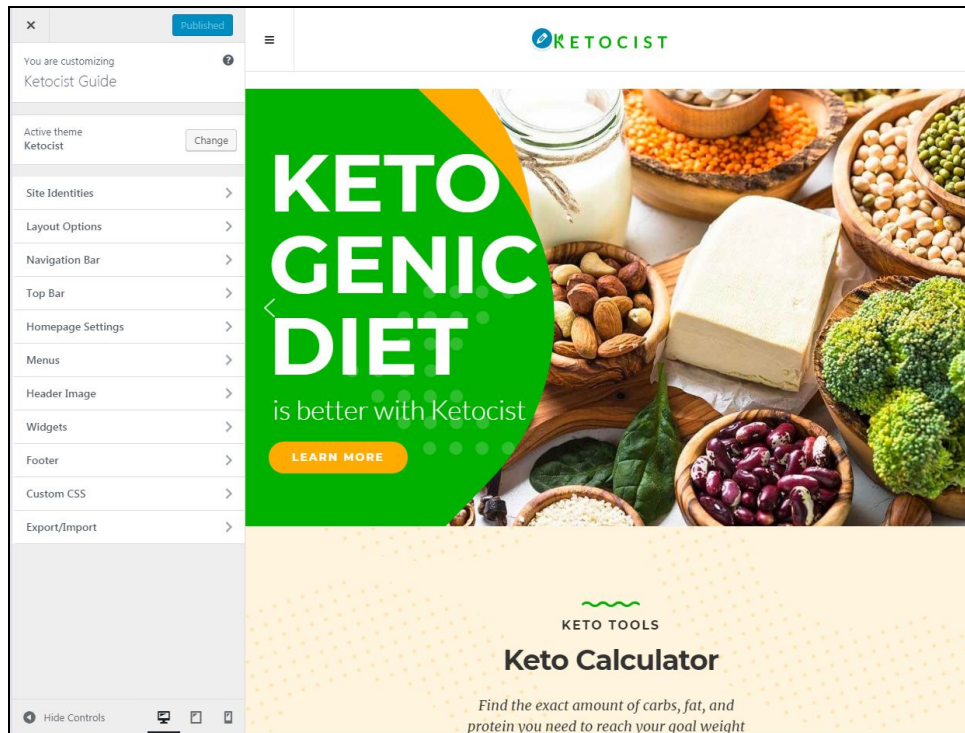
The importer should be run only once. If something went wrong and you need to import the content again, you may need to reset your WordPress.

Use this plugin to reset the WordPress database

:<http://wordpress.org/plugins/wordpress-database-reset>

Warning, although importing demo will not remove your existing content. It is highly recommended for new installations only.

Theme Customizer



Ketocist theme allows you to customise most of the theme settings via WordPress' Customizer panel. Here are the customisation options available on Ketocist Theme as an addition to WordPress default Customizer options:

1. Site Identities
 - a. Logo
 - b. Site Title
 - c. Favicon
 - d. Brand Color
2. Layout Options
 - a. Blog Layout

This option allows you to choose between Fullwidth layout or Boxed layout on Blog Posts.
 - b. Layout Styles

This allows you to choose a classic layout or masonry layout on Blogs page.
 - c. Sidebar Option
 - d. Header Image
 - e. Dropdown Style
 - f. Related Post Image

This option set the styling for dropdown option to web standard layout or Ketocist layout

3. Navigation Bar
 - a. Sticky Menu
 - b. Font & Background Color
 - c. Font & Background Color Sticky
 - d. Bottom Border on Homepage
4. Top Bar
 - a. Left Top Bar Content
 - b. Right Top Bar Content

5. Header Image

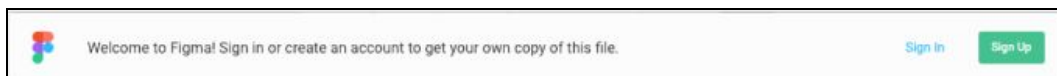
6. Footer

This option can select widget or page to appear on Footer.

How to use Ketocist Graphic Assets

We're happy to share Ketocist WordPress Theme Assets with you. You could edit, delete, export, and use for your site needs.

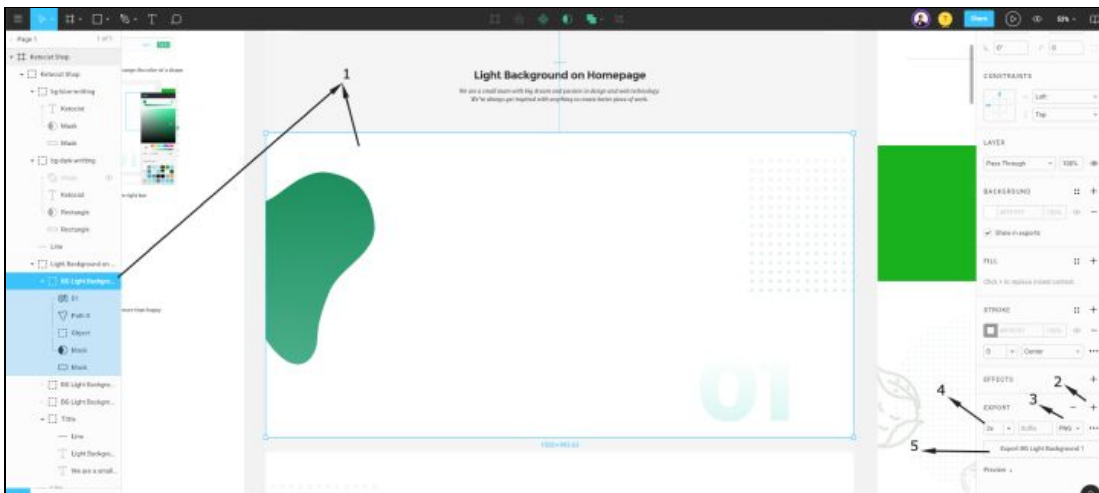
1. You could edit this file by login/signup and it will automatically duplicate in your draft.



2. Edit the following background/asset. In this example, I want to change the color of a shape.



3. Export the following background by following the 5's step in bellow



1. Choose the background by double click until you get the background
2. Click plus icon on the export panel that located in the bottom right
3. Choose the file type. You could choose PNG / JPG / SVG / PDF. For background, we recommend PNG / JPG.
4. Choose the file resolution. In that case, I choose 2x
5. Export. You'll get the background file to your local storage

Here is the figma asset link that you can use:

<https://www.figma.com/file/bDXkQUd9laCJ60Ne47bdcAXJ/Ketocist-Assets-Figma/duplicate>

Here is the additional font link:

<https://www.dafont.com/lovely-boys.font>

If you have any questions, please don't hesitate to contact us, we're more than happy to help.

Cheers,
De Theme
support@detheme.com