Set Up Your Dashboard- Cheat Sheet


Normally done at the club, this is the first step in getting you set up. You should receive an email with your log in information.
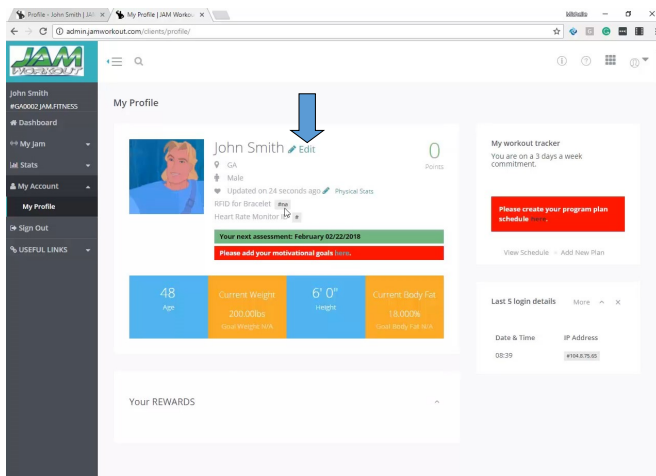
This is your log in page. Please save it to your favorites on your computer, phone or tablet. The email is the one you provided to the club.

This is the main dashboard. Everything can be accessed from here. Red indicates a need or a problem that might need addressing.
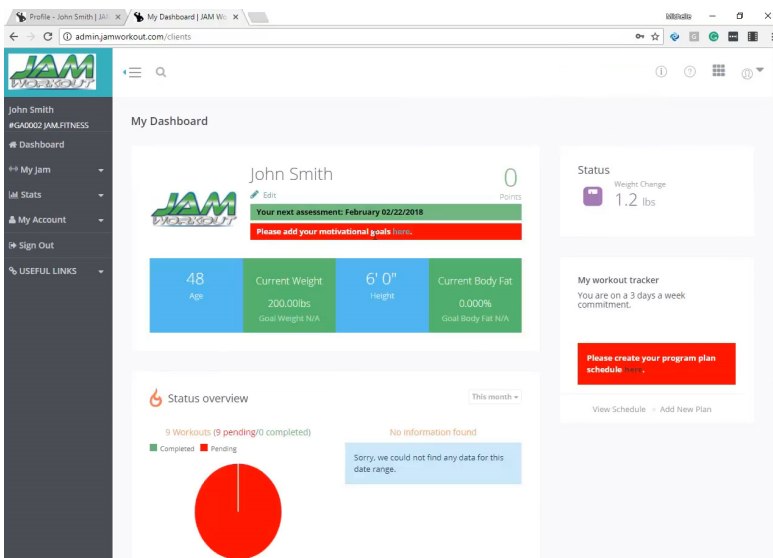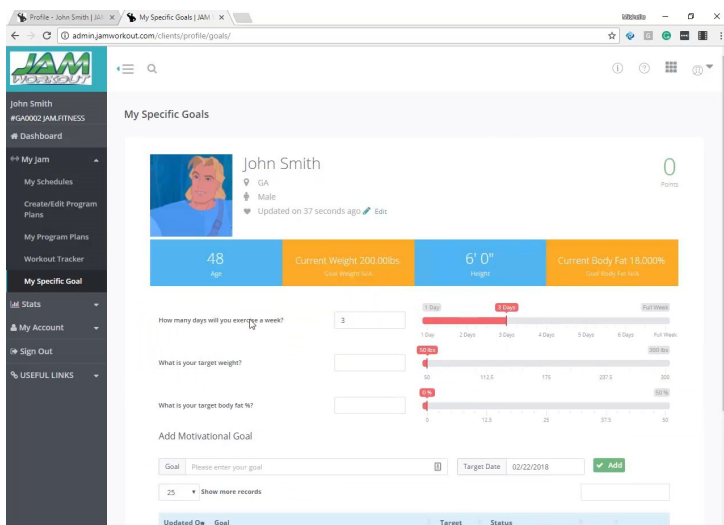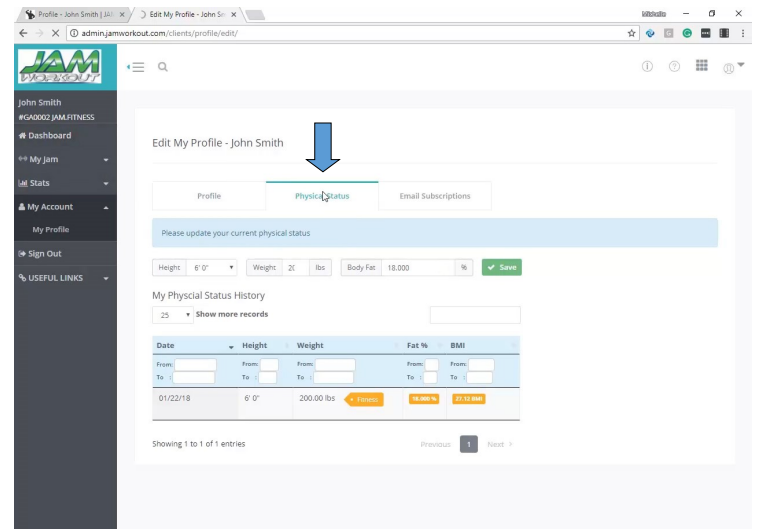
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Start by adding a picture or photo, and click edit to complete your profile information.

Next enter your physical status: Height, weight and bodyfat. Then Save.

The most important entry is your GOALS. How many times a week you will workout, your goal weight, your goal bodyfat, and your reason for doing all of this. Then Save.