

# Set Up Your Dashboard- Cheat Sheet

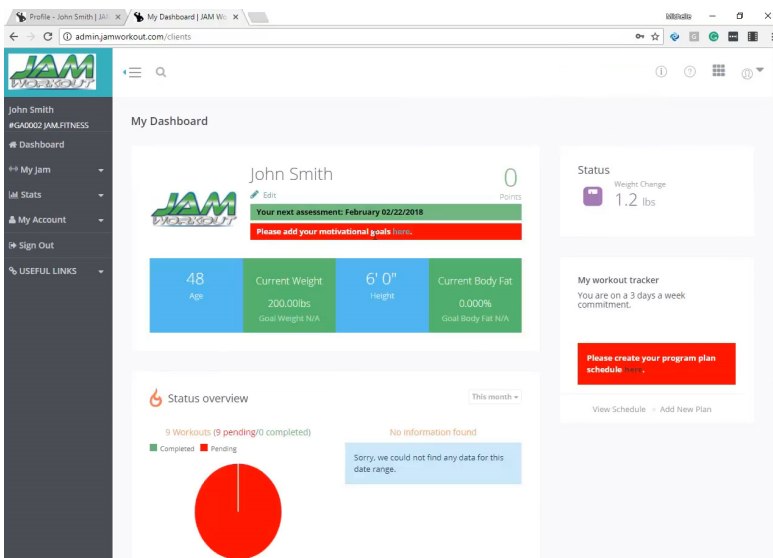
The screenshot shows the JAM Fitness website's sign-up page. At the top, there's a navigation bar with links: HOME, WHY IT WORKS, TRY US, and DASHBOARD. The main heading is "Sign-up Now" with a sub-header "Welcome to JAM." and a message: "Thank you for choosing us. Please register here and we will get back to you soon. Thank you." Below this is a registration form with fields for: First Name (required), Last Name (required), Email (required), Phone (required), Date of Birth, Sex (Male/Female), Weight, Height, and Level of Fitness. There are also checkboxes for "Subscribe to our new letters?", "I accept the liability", and "Accept & Submit". A map at the bottom right shows the location: 4820 Kimball Bridge Road #5.

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.

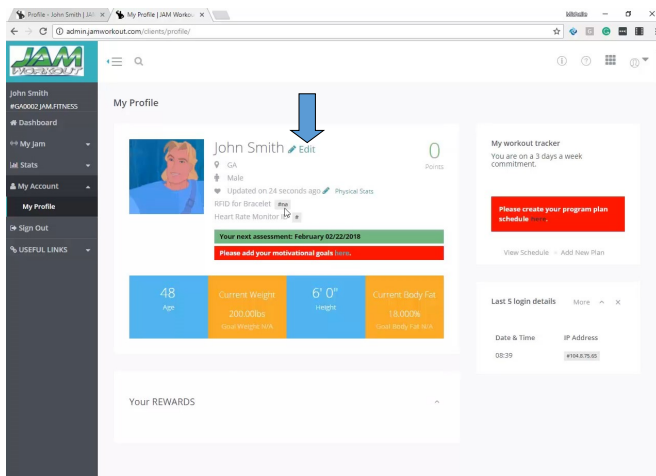
This is your log in page. Please save it to your favorites on your computer, phone or tablet. The email is the one you provided to the club.

The screenshot shows the JAM Fitness website's login page. It features the JAM Fitness logo at the top. Below the logo, the heading is "Login to Your Account". There are input fields for "Email" (with the example "ete@primella.com") and "Password". Below these fields are links for "Forgot password?" and a checked checkbox for "Remember me". A blue "Sign In" button is at the bottom. At the very bottom, there is a small copyright notice: "© 2018 - JAM Workout All rights reserved."

This is the main dashboard. Everything can be accessed from here. Red indicates a need or a problem that might need addressing.

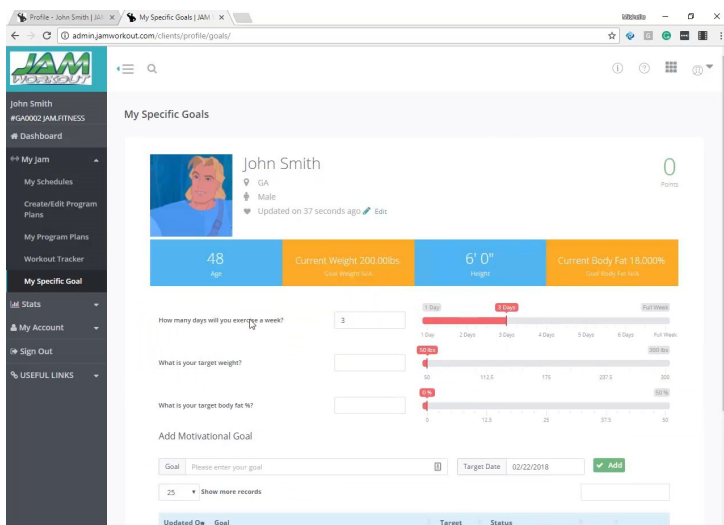
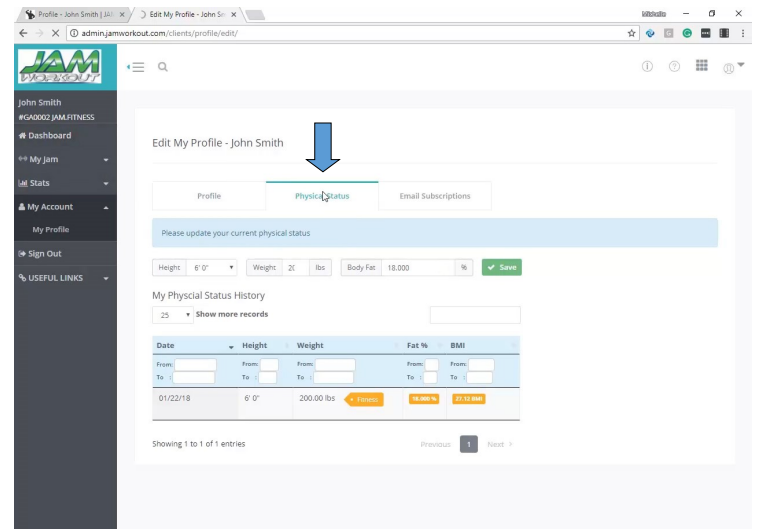


# Set Up Your Dashboard- Cheat Sheet



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.