

Client looks up previous workouts

Welcome to DPL

Please select your user name and enter your pin

User names
Cindy Edwards
Michelle Smith
Owen Mead
Jon Dow
Wade Hirsch

User
Pin

123456789

LoginClear

Welcome Wade

Logout

Please select the data and class name of your workout

Select Date2008/11/2Select Class5:00pm Class

Filthy Fifties
50 Box Jumps24" Box
50 PullupsToe
50 SquatsRegular
50 Push Presses45lb Bar
Time
Save

Completed Workouts
Sept 14 - 27:30
July 2 - 29:45

Welcome Wade

Logout

Please select the data and class name of your workout

Select Date2008/11/2Select Class5:00pm Class

Filthy Fifties
50 Box Jumps24" Box
50 PullupsToe
50 SquatsRegular
50 Push Presses45lb Bar
Time
Save

Completed Workouts
Sept 14 - 27:30
July 2 - 29:45
50 Box JumpsOrange Box
50 PullupsRegular
50 SquatsRegular
50 Push Presses45lb Bar

After workout, person enters workout they just did

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LoginClear

Welcome Wade

Logout

Please select the data and class name of your workout

Select Date2008/11/2Select Class5:00pm Class

Filthy Fifties
50 Box Jumps24" Box
50 PullupsToe
50 SquatsRegular
50 Push Presses45lb Bar
Time23:30
Save

Completed Filthy Fifties
Sept 14 - 27:30
July 2 - 29:45

Welcome Wade

Logout

Workout Entered.
Thank you!

BackLogout

Completed Filthy Fifties
Nov 2 - 23:30
50 Box Jumps24" Box
50 PullupsToe
50 SquatsRegular
50 Push Presses45lb Bar
Sept 14 - 27:30
July 2 - 29:45

Login Screen

Username

Password

Login

Trainer pull up weekly roster

Week of: November 1st - 7th, 2009

Mon	Tue	Wed	Thu	Fri	Sat
5:00pm (5) Cindy Michelle Owen Jon Wade	5:00pm (7) 6:30pm (11) 7:30pm (3)				
6:30pm (12) 7:30pm (2)					

Trainer Create Client

Name

PIN

PIN Again

(optional) Email

(optional) Phone

SaveCancel

Client Wade Added Succesfully

Add AnotherMain Menu

Trainer View /Edit Client Information Client Forgets Pin

Use Menu Instead Across All Screens -- Weekly Roster default View

View Client Information

Setup Class Workouts

Create Account

View Weekly Roster

Clients

Q

Aaylesworth, Art
Abernethy, Rob
Ahn, Thomas (Yong-il)
Appleby, Chris
Arthur, Cora
Azad, Farsheed
Baker, Bill
Balkwill, Brian
Banks, Kevin
Beavil, Lori
Bennallack, Vince & Janice
Bennett, Rob
Bergshoeff, Paul
Berrang, Peter
Bertrand, Ryan

Arthur, Cora

home +1 (250) 727-6113
mobile (250) 858-6113
other wdh@uvic.ca
pin 12345

Edit

Trainer sets workout for the day

Select Date

November 2nd, 2009

5:00pm Class
6:30pm Class
8:00pm Class
Olympic Lifters
Crazy Mofos
The other guys
Soccer Moms

Filthy Fifties
Not Set
Not Set
Not Set
Not Set
Not Set
Not Set

Add Class

Select Date

November 2nd, 2009

Select Workout

Q

4R4T - 50 Walk lunge,
Annie
Michael
Nate
Tommy V

SaveCancel

Add Workout

Select Date

November 2nd, 2009

5:00pm Class
6:30pm Class
8:00pm Class
Olympic Lifters
Crazy Mofos
The other guys
Soccer Moms

Filthy Fifties
Not Set
Not Set
Not Set
Not Set
Not Set
Not Set

Add Class

Select Date

November 2nd, 2009

5:00pm Class
6:30pm Class
8:00pm Class
Olympic Lifters
Crazy Mofos
The other guys
Soccer Moms

Filthy Fifties
Not Set
Not Set
Not Set
Not Set
Not Set
Not Set

Add Class

Trainer Create/Edit/Delete Workout