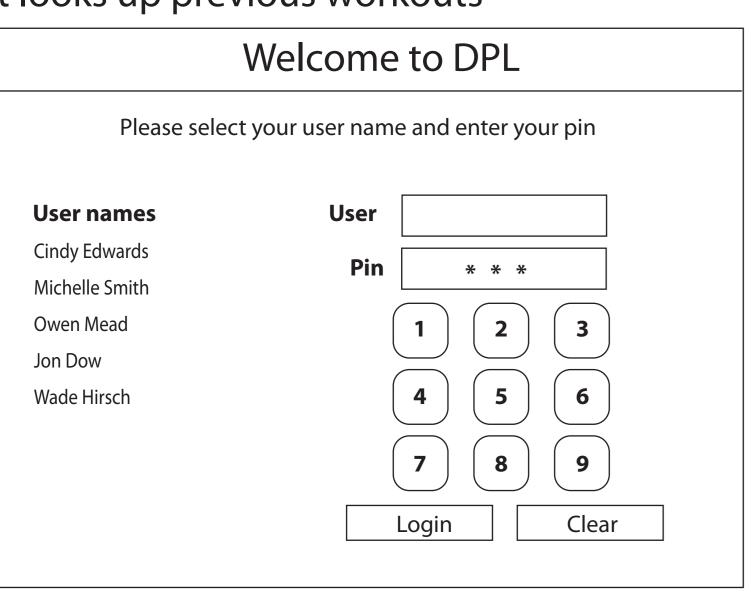
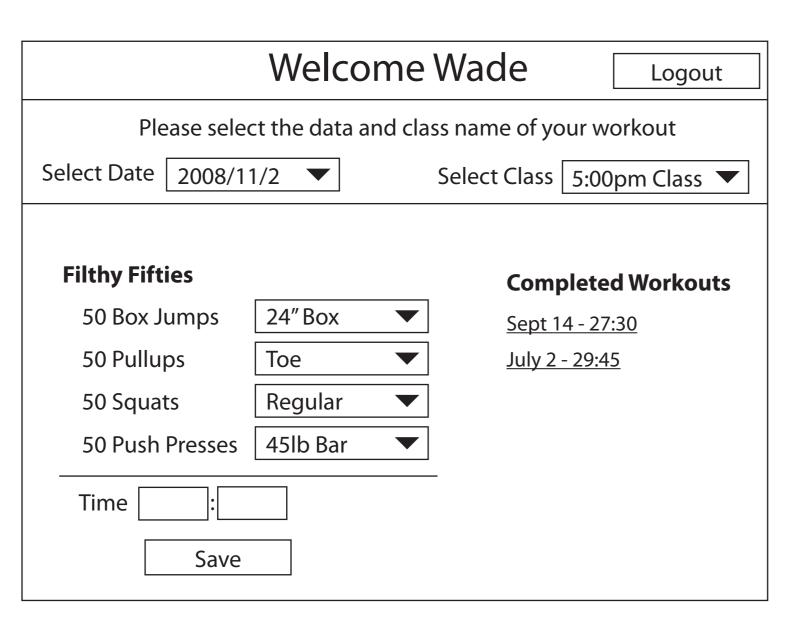
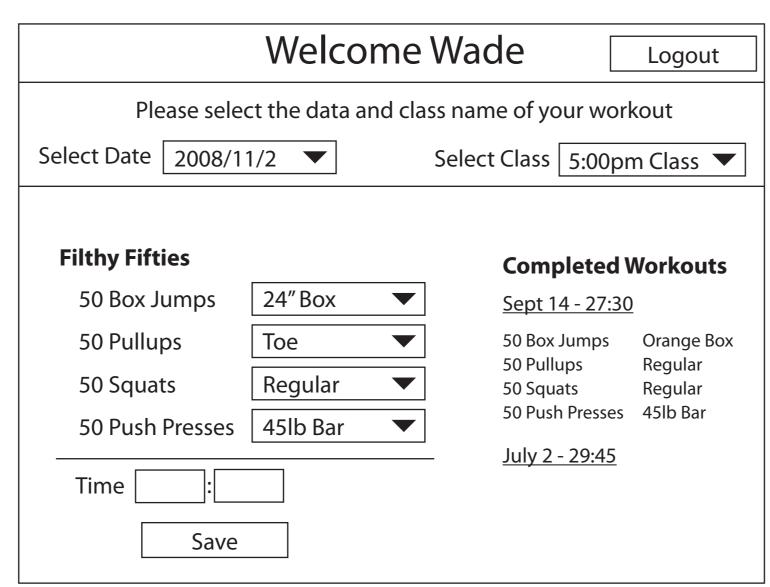
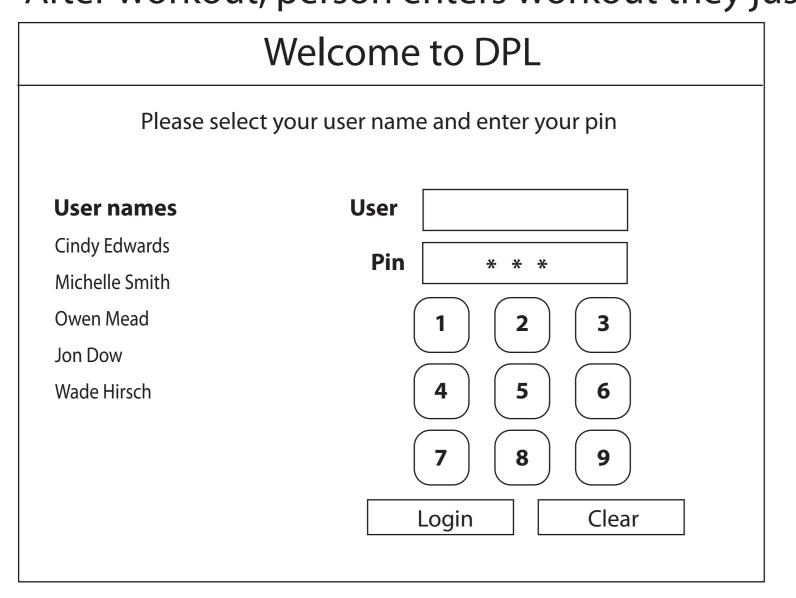
Client looks up previous workouts

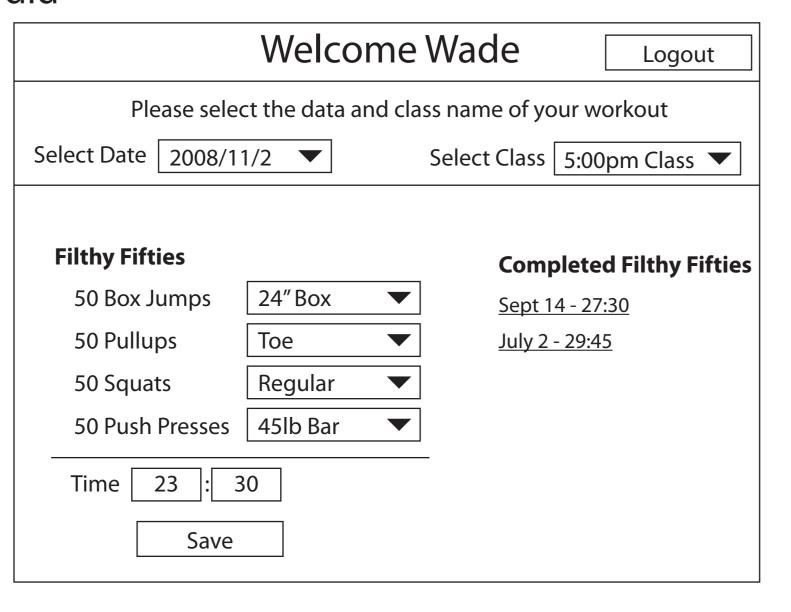




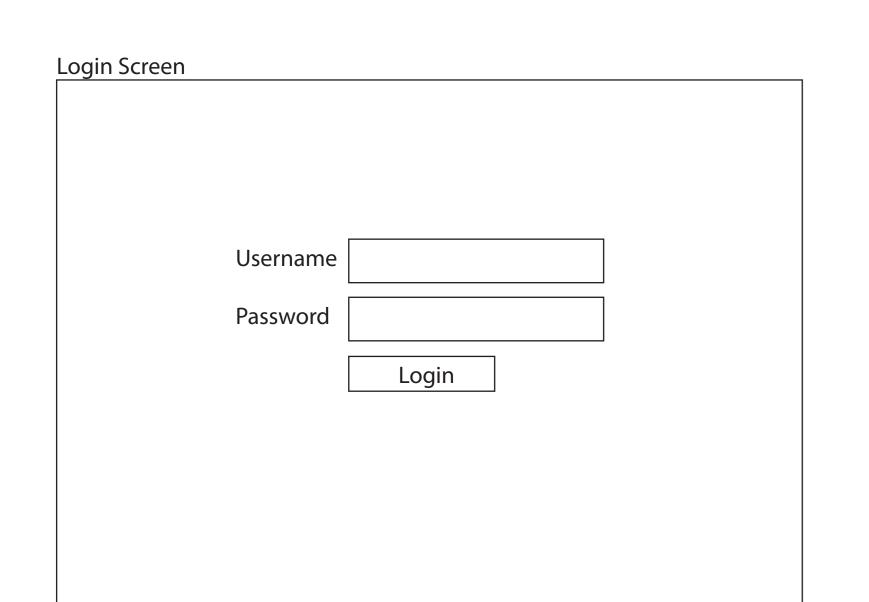


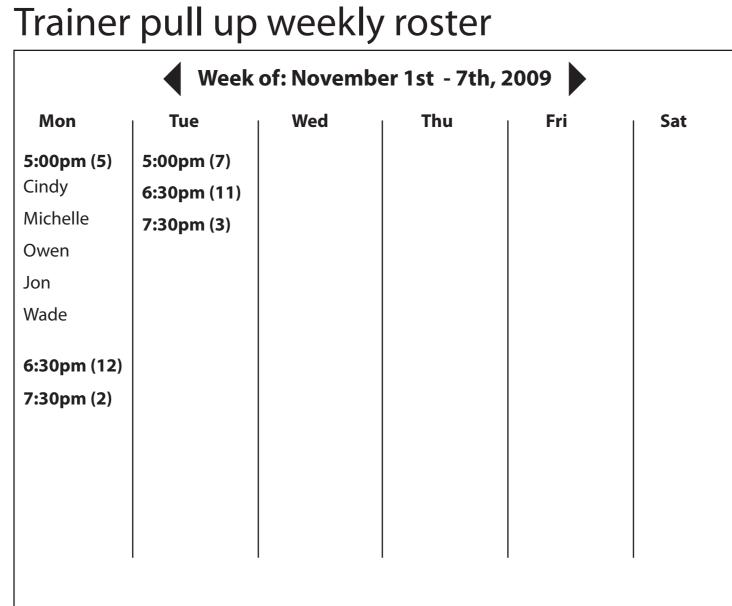
After workout, person enters workout they just did

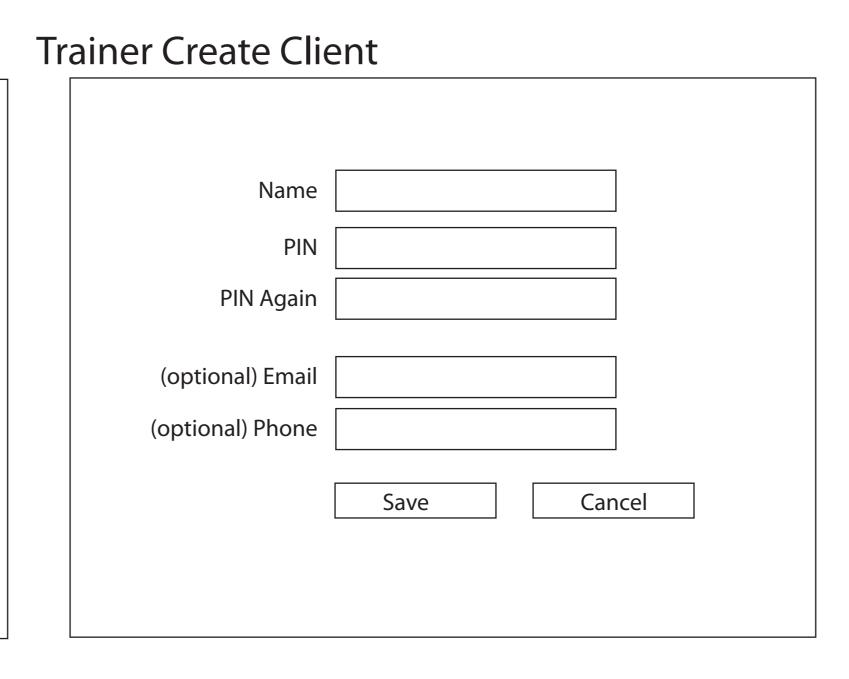


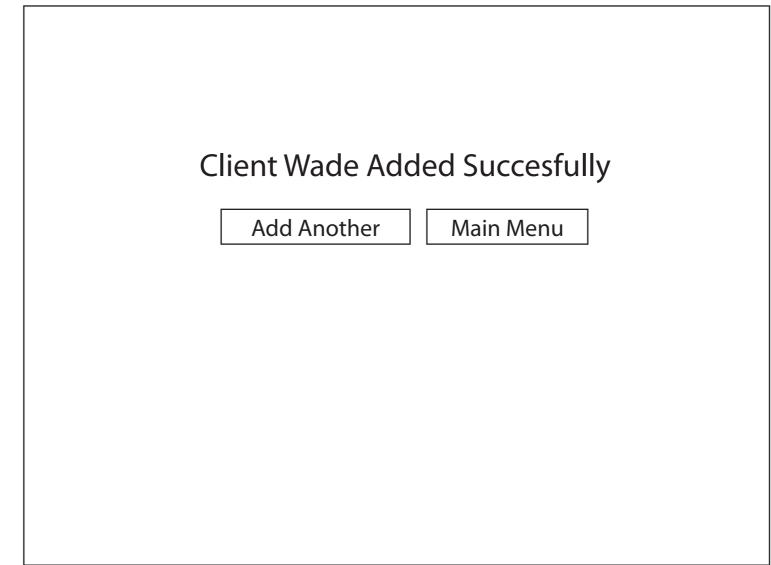


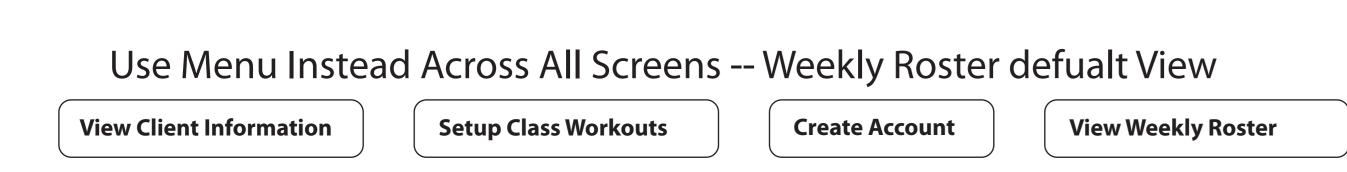


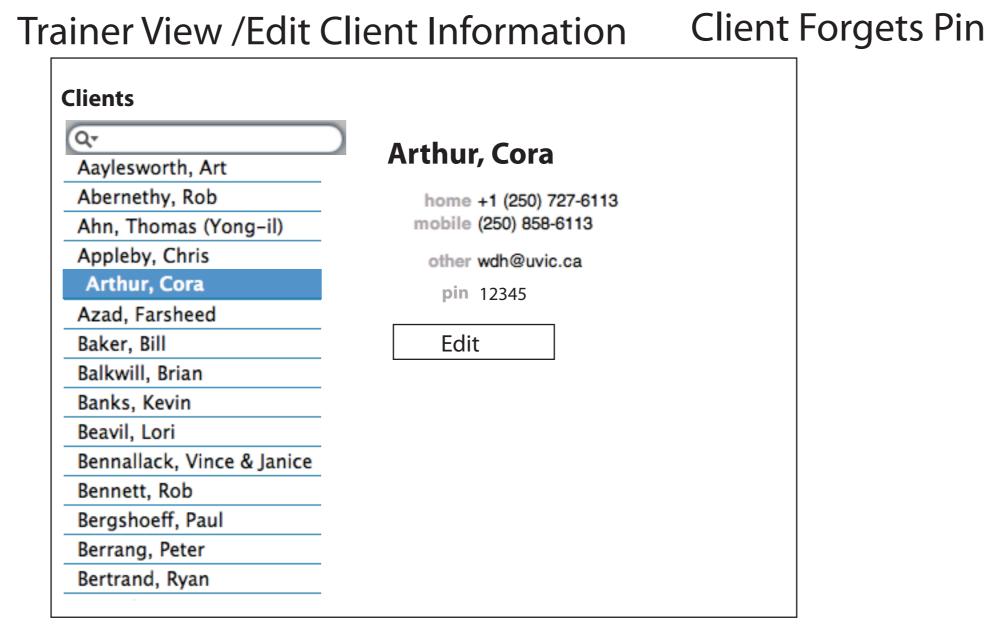


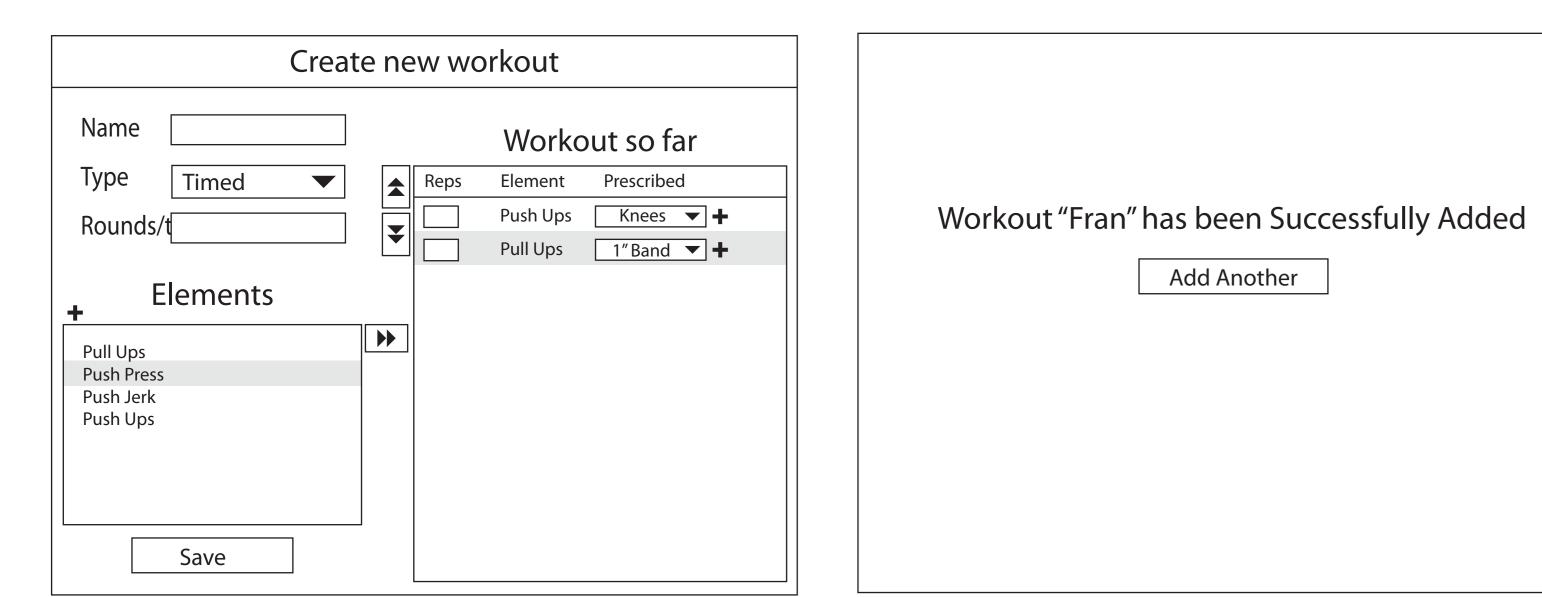


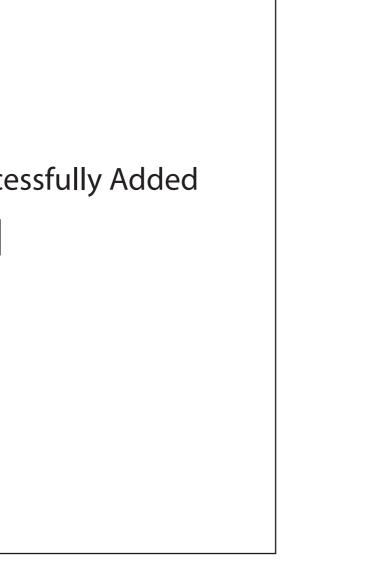














ner sets workout for the day													
Select Date		Select Date											
October 2009	November 2nd, 2009	◆ October 2009 ▶	November 2nd, 2										
Tue Wed Thu Fri Sat Sun		Mon Tue Wed Thu Fri Sat Sun	· · · ·		Select Workout								
3 29 30 1 2 3 4	5:00pm Class Filthy Fifties	28 29 30 1 2 3 4	5:00pm Class	Filthy Fifties	Q								
6 7 8 9 10 11	■ 6:30pm Class Not Set	5 6 7 8 9 10 11	☑ 6:30pm Class	Not Set	4								
2 13 14 15 16 17 18 0 20 21 22 23 24 25	■ 8:00pm Class Not Set	12 13 14 15 16 17 18 19 20 21 22 23 24 25	☑ 8:00pm Class	Not Set	4R4T - 50 Walk lunge,								
5 27 28 29 30 31	Olympic Lifters Not Set	26 27 28 29 30 31	Olympic Lifters	Not Set	Annie								
November 2009	Crazy Mofos Not Set	November 2009	Crazy Mofos	Not Set	Michael Nate								
Tue Wed Thu Fri Sat Sun	☐ The other guys Not Set	Mon Tue Wed Thu Fri Sat Sun	☐ The other guys	Not Set	Tommy V								
3 4 5 6 7 8	Soccer Moms Not Set	2 3 4 5 6 7 8	Soccer Moms	Not Set	,								
10 11 12 13 14 15		9 10 11 12 13 14 15											
17 18 19 20 21 22	Add Class	16 17 18 19 20 21 22	Add Class										
3 24 25 26 27 28 29		23 24 25 26 27 28 29											
		30											
December 2009		December 2009											
Tue Wed Thu Fri Sat Sun		Mon Tue Wed Thu Fri Sat Sun											
1 2 3 4 5 6		1 2 3 4 5 6			Save Cancel								
8 9 10 11 12 13		7 8 9 10 11 12 13											
15 16 17 18 19 20		14 15 16 17 18 19 20			Add Workout								
22 23 24 25 26 27		21 22 23 24 25 26 27											
3 29 30 31 1 2 3		28 29 30 31 1 2 3											

Γ		ام:		- D:	ate									اماد	ect [)at			
	4	(Octo	ber	2009 Fri)	Sun	November 2nd,	2009	Select Wo	rkout		4	C	octobe	er 20	09	Sun	November 2n
	28	29	30	1	2	3	4	5:00pm Class	Filthy Fifties		rkout	ı	28	29	30	1 2	3	4	5:00pm Class
	5				9			☑ 6:30pm Class	Not Set	(Q ₇					7 8				6:30pm Class
					16 23			☑ 8:00pm Class	Not Set	4R4T - 50 Wa	alk lunge,				14 1 21 2				8:00pm Class
					30		20	Olympic Lifters	Not Set	Annie					28 2				Olympic Lifter
			□ Crazy Mofos	Not Set Michael Nate					November 2009					☐ Crazy Mofos					
	Mon	Tue	Wed	Thu	Fri	Sat	Sun 1	■ The other guys	Not Set	Tommy V			Mon	Tue	Wed Tr	u Fr	i Sat	Sun 1	☐ The other guy
	2	3	4	5	6	7	8	Soccer Moms	Not Set	, .			2	3	4 4	5 6	7	8	Soccer Moms
					13			Add Class							11 1				Add Class
					20			Aud Class							18 1				Add Class
	30	24	25	26	27	28	29						30	24	25 2	6 2	7 28	29	
		D	ecei	nbei	200	9								De	ecemb	er 2	009		
1	Mon				Fri 4		Sun 6					<u>, </u>	Mon		Wed Th			Sun 6	
	7	8			11					Save	Can	cel	7	8	9 1			-	
	-				18					Add Work	cout		_		16 1				
	21	22	23	24	25	26	27			7.0.0.77011			21	22	23 2	4 2	5 26	27	
	28	20	30	21			2						28	20	30 3	4 4			