Tracker FAQ

Q. How much does this cost?

A. Nothing, unless you have more than 10 clients in your account.

Q. How does my client see their workouts and body composition measures, and how do they submit a diet journal entry?

A. When a trainer/coach/therapist creates a new client, they must enter in their client's email address. Then, when their client creates their own account on the site with the same email address, voila!, the two are connected. The client will then automatically see any of their personal workouts or body composition entries, and they can also submit a diet journal which will show on the trainer/coach/therapist client page automatically once submitted.

Q. How do I put video within my client's workout?

A. Once you've created a workout with exercises, simply click on the exercise you'd like to associate a video with. From there you can choose to edit the exercise by clicking the pencil and paper icon. On the exercise edit page enter the url to the video you want (e.g. YouTube or Vimeo), and associate it with your client by selecting your client from the "Client" selection drop-down. If you wish for it to be a generic video that shows up for all clients receiving that particular exercise, then do not associate it with any particular client.

Q. How are body fat percentages calculated?

A. Jackson-pollock formula

Q. How do I create a new workout?

A. On your calendar, click on the day of the month number.

Q. How do I create a workout for a client?

A. After creating a new workout, on the new workout edit page, select your client from the "Client" selection drop-down.