The Fitness Journal Manual

Record workouts by clicking on Log Workout and putting in the information.

View workout history by going into the workout history.

Add goals by clicking on Manage Goals and inputting your goals

View and delete goals by clicking on view goals and click the delete button next to the goal to delete it

To record a rest day you must input 0 into sets and reps and make sure No is selected next to the “Did you workout?” section.