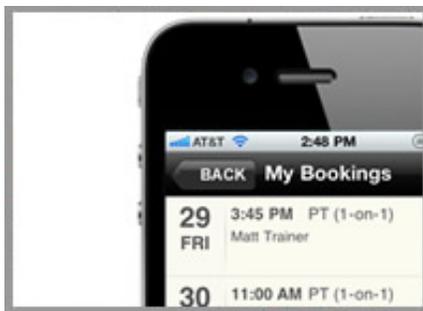# ☑ Member Features Overview

Manage Their Entire Schedule Online

➡ Make bookings, cancellations and rescheduling all Online.

➡ View past purchases and session balances.

➡ Read staff bio's and check staff schedules.

➡ Check class schedules and book if not an open session class.

Mobile Apps

➡ Check class schedules

➡ Push food photos to their food log

➡ View training schedule - cancel bookings

➡ View club info

Track Their Food Intake and Exercise

➡ Access to thousands of foods in the food database.

➡ Track calories burned in activity log.

➡ Set nutritional targets and measure progress against the targets.

➡ Push food photos to food log from mobile apps - for trainer review

➡ In depth nutritional analysis charts
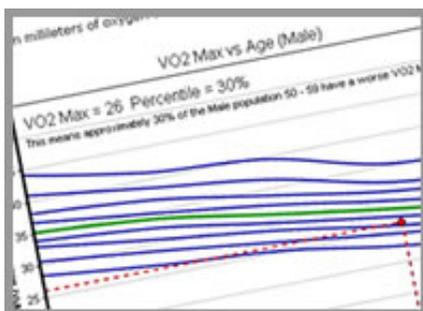
**Access Their Customizable Fitness Evaluations**

➡ Detailed fitness evaluation reports, customized by you and your training staff.

➡ Chart progress from one evaluation to the next.

➡ Fitness evaluations that exactly match your client fitness evaluation process.
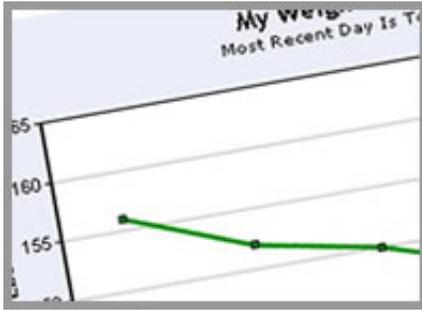
Track Their Progress

➡ Track weight, stress, motivation, energy levels and fitness evaluation results for any date range.

➡ Ability to also create custom tracking for anything they want to track.
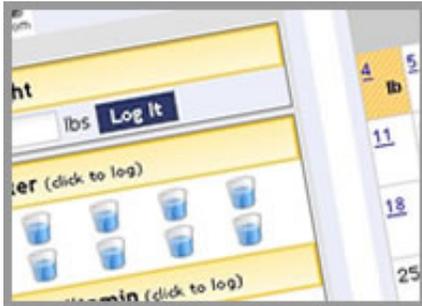
Access Comprehensive Journal Tools

➡ Enter weight, stress, motivation, energy for any date.

➡ Create a written journal.

➡ Create an unlimited amount of additional things to track, ie 2 mile run time, waist size and so on.
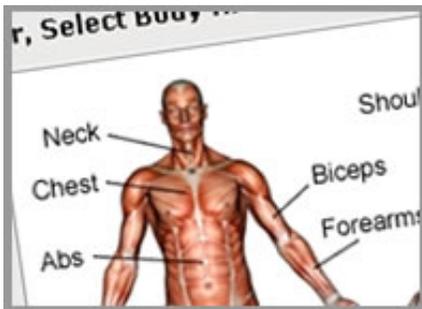
Access Comprehensive Workout Library

➡ Categorized by body area / muscle groups - any system exercise can be disabled if required.

➡ Descriptions, photo's, and video

➡ Ability to add your own customized work-outs to club or across chain of clubs

➡ Printable
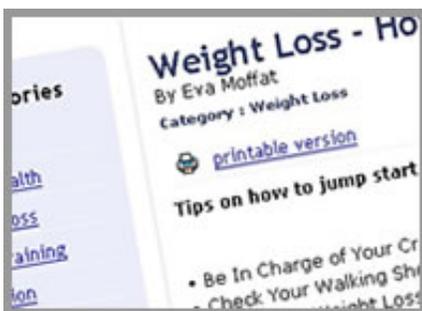
Access To Hundreds Of Health & Fitness Articles

➡ New clients in particular are hungry for information.

➡ Their login area provides access to hundreds of fitness articles.

➡ Bookmark articles and receive article bookmarks direct from their trainer.

Create Their Own To-Do-Lists

➡ Create an unlimited number of different to-do-lists.

➡ Can receive To-Do-List items directly from their trainer.

Track Progress Through Photo's

➡ Upload unlimited number of photos tied to a time-line.

➡ Compare any 2 photo's side by side.

Participate In Community Discussion

➡ Creating a community improves client loyalty.

➡ Gives clients and easy way to find fitness buddies.