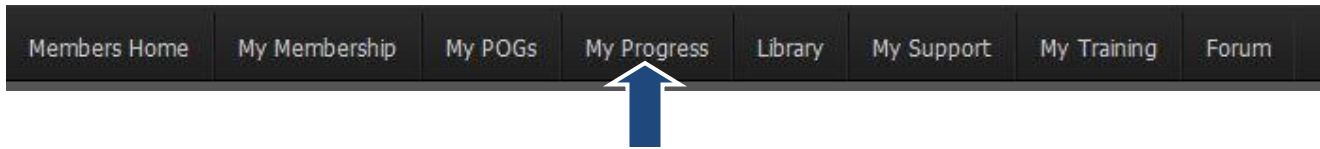


## Enter your weight: My Progress



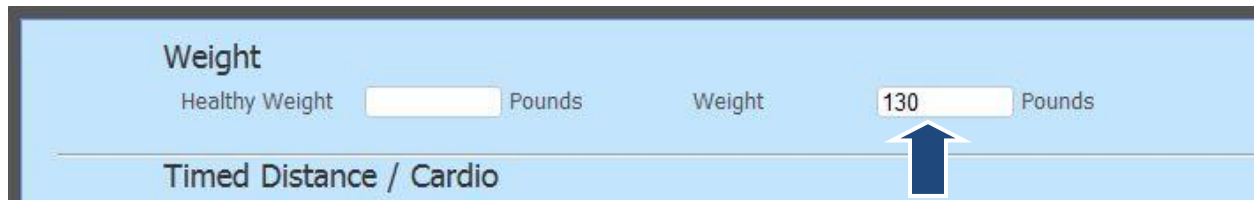
1. To enter your weight you can access the "MY PROGRESS" screen either through the button on the top or the picture button on the Members Home page.
2. Here you will find the section where you can keep track of your progress by logging a variety of things from your weight to blood pressure.
3. First make sure you have the date of your weigh-in selected on the calendar on the left.



4. You will also be able to confirm that the correct date is selected by looking at the heading at the top.

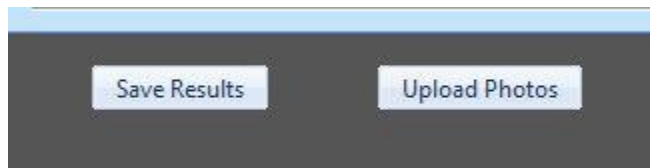


5. Now you can enter your weight in the white square next to the "Weight" field. (Healthy weight refers to what your healthy goal weight is – you can enter this if you'd like to work towards that goal but it is not necessary to enter anything here.)



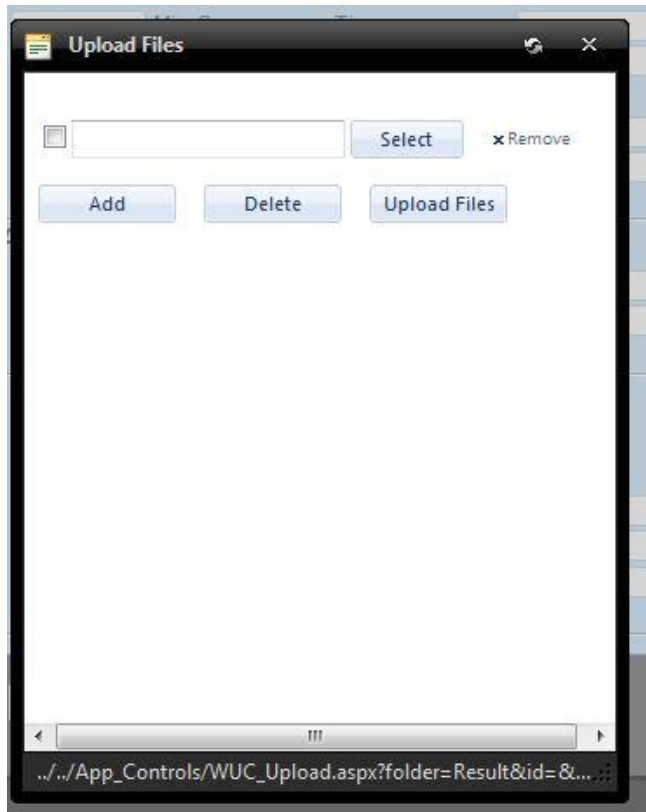
The screenshot shows a form with a light blue header. Under the header, there are two input fields. The first is labeled "Healthy Weight" and is empty, followed by the text "Pounds". The second is labeled "Weight" and contains the number "130", followed by the text "Pounds". A blue arrow points upwards to the "130" input field. Below the input fields, there is a horizontal line and the text "Timed Distance / Cardio".

6. If you're done remember to go to the bottom of the screen and click on SAVE RESULTS.
7. Upload your photo by clicking on the "UPLOAD PHOTO'S" button at the bottom.



The screenshot shows the bottom of the screen with a dark grey background. There are two buttons: "Save Results" on the left and "Upload Photos" on the right.

8. By clicking on "SELECT" you can browse to the files on your computer where you have your photo's saved (please make sure your photo is smaller than 1MG). You can add more than one by selecting your photo and then clicking on ADD. When you are done click on UPLOAD FILES.



9. If your photo upload was successful you will see the following:



10. Remember to SAVE when you're done.