

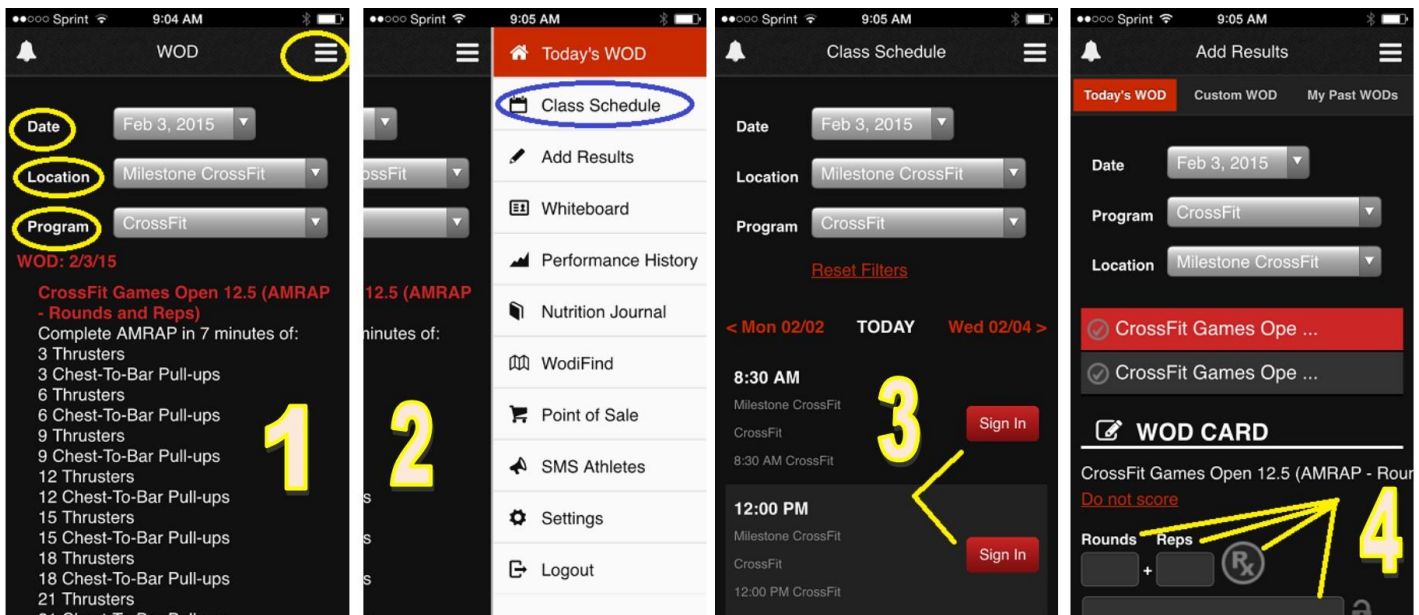
Wodify

We finally have the bugs worked out of Wodify and it's ready for you to use! Here are some things to checkout:

- Intro to Wodify ([video link](#))
- Journal ([video link](#))
 - Track your water intake, sleep & log your food. Your 1 hour workout is 4% of your day. What you do that other 96% will make the difference. Logging your food will make you think more about what you eat.
- App links [iPhone](#) - [Android](#)
 - The app is free. Help your coach by using the app to sign into your class. Very functional app.

How to sign into a class with your app:

** Please sign in with the app, save your coach some time!*



1. Make sure the Date, Location (Hutto or 2 – Round Rock) and the program are correct, then touch the menu button.
2. Select Class Schedule
3. Sign into your class
4. Enter your results
 - 4.1. In this case enter number of completed rounds. If you started another round, enter the total number of reps completed. If you did every movement as written with prescribed weights, then click on the RX button. Finally add any notes so if you look back on this workout, you'll have more details of how you performed last time.

- Whiteboard
 - The whiteboard list the results from the current WOD's. These results are seen only by Milestone CrossFit athletes. We have implemented Wodify to help us build a healthy community. One of the most important steps to reaching goals is surrounding yourself with likeminded / supportive people. So if you see a PR, leave a comment. See a good result, like it. With two locations, there are many new faces. The Whiteboard is a chance to see everyone. *All results are good results, it's about getting better every day!*

WHITEBOARD: MONDAY, FEBRUARY 02, 2015

→ LEADERBOARD

MEN'S BACK SQUAT			WOMEN'S BACK SQUAT		
Gabe Whitman	02/02/2015	1 x 3 @ 375 lbs	Lauren Kincke	02/02/2015	1 x 3 @ 285 lbs
Ben McCue	02/02/2015	1 x 3 @ 355 lbs	Ashley Fulp	02/02/2015	1 x 3 @ 285 lbs
Chris Bilec	02/02/2015	1 x 3 @ 335 lbs	Bobbie Nolen	02/02/2015	1 x 3 @ 235 lbs

MALE ATHLETES

1 **GABE WHITMAN**
7:00 PM CROSSFIT
1 X 3 @ 375 LBS
Like 8 Comment 1

2 **BEN MCCUE**
12:00 PM CROSSFIT
1 X 3 @ 355 LBS
Like 6 Comment 0

3 **CHRIS BILEC**
6:30 PM CROSSFIT
1 X 3 @ 335 LBS
Like 3 Comment 0

4 **CHRISTOPHER LESCHBER**
5:40 AM CROSSFIT
1 X 3 @ 315 LBS
Like 0 Comment 0

4 **DUSTY JOLLY**
5:00 AM CROSSFIT
1 X 3 @ 315 LBS
Like 2 Comment 1

4 **JOE MELLER**
12:00 PM CROSSFIT
1 X 3 @ 315 LBS
Like 4 Comment 0

FEMALE ATHLETES

1 **ASHLEY FULP**
5:00 PM CROSSFIT
1 X 3 @ 285 LBS
Like 5 Comment 0

1 **LAUREN KINCKE**
7:30 AM CROSSFIT
1 X 3 @ 285 LBS
Unlike 7 Comment 0

2 **BOBBIE NOLEN**
5:00 PM CROSSFIT
1 X 3 @ 235 LBS
Like 3 Comment 0

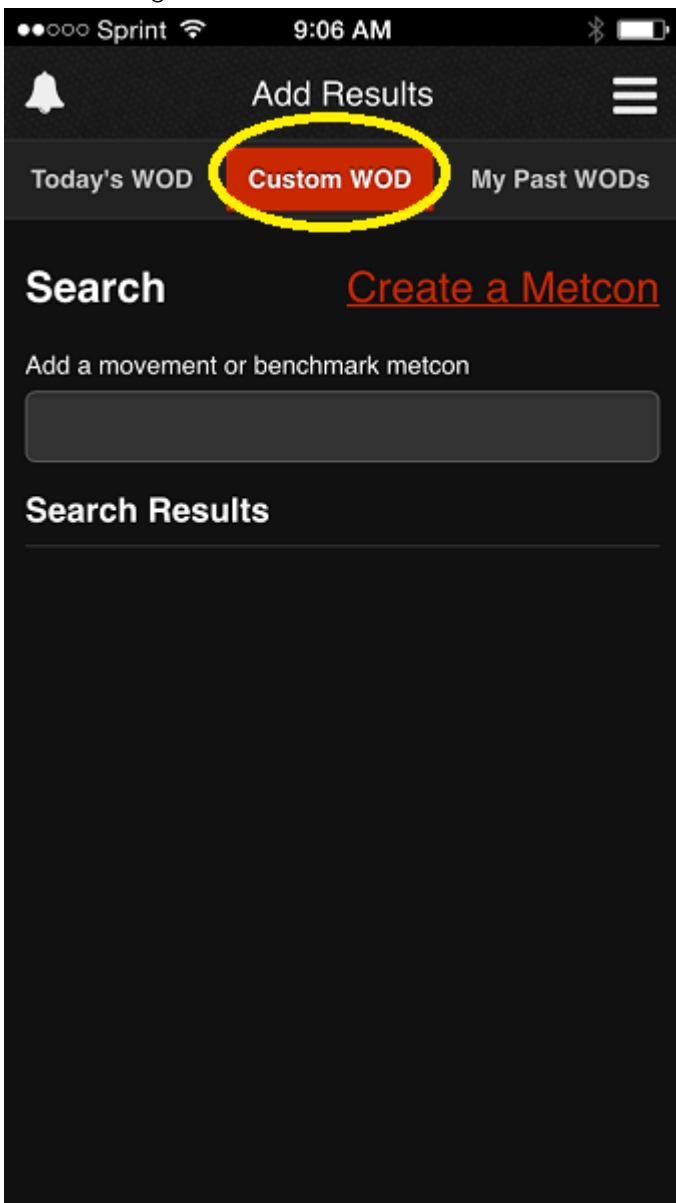
3 **BRANDI O'BRIEN**
12:00 PM CROSSFIT
1 X 3 @ 225 LBS
Like 7 Comment 2

3 **ELISA MEDRANO**
6:00 PM CROSSFIT
1 X 3 @ 225 LBS
Like 3 Comment 0

4 **AMBER MCCUE**
12:00 PM CROSSFIT
1 X 3 @ 205 LBS
Like 7 Comment 0

- My Profile
 - Picture – add your picture! It will help everyone know each other.
 - Mobile # - verify your mobile number (see SMS messaging below)
- Other
 - Address – add / verify – We want your mailing address.
 - Emergency contact – verify – This is important!
 - Nutritional coach – optional – can be a coach or another athlete
- Notifications
 - SMS Notifications (only used for class cancellations/delays)

- Social Integration
 - Link your Facebook and/or Twitter accounts. Everyone knows CrossFitters post way too much on social media about their workouts, what they eat and injuries with pictures. Here's another opportunity to be even more social!
- Payment Info
 - First billing on Wodify will be February 23rd (new 4 weeks)
 - **If your billing info is not set up, Wodify will automatically remove AutoPay discount**
- Waiver
 - Please fill out new online waivers. **Must be completed by 2/22/15.**
- PR's – Have you logged some of your past PR's? You can add them to Wodify
 - Under 'My Performance' – 'Add Performance'
 - Add any of your past recorded PR's
- Other Workouts
 - You can record workouts you've done outside of the gym (traveling or at home) with the mobile app.



- You can create a Metcon or just add individual movements.