

## The Students Pocket Coach Guide Jan 30<sup>th</sup> 2014

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## 1. How to set yourself up on Pocket Coach

After your coach gives you website access you will receive an email that will ask you to log into the student site of your schools student management system. Please log in to this site following the instructions on the email you receive (It should look similar to the one below)

From: Crossfit Vancouver <[info@crossfit.ca](mailto:info@crossfit.ca)>  
Date: November 20, 2013 at 2:51:01 PM PST  
To: [kirahallwood@hotmail.com](mailto:kirahallwood@hotmail.com)  
Subject: Crossfit Vancouver - Your website login information.  
Reply-To: Crossfit Vancouver <[info@crossfit.ca](mailto:info@crossfit.ca)>

Hello Kira Hallwood,

Here is your new account information for <https://crossfitvancouver.zenplanner.com>. Please save this email for future reference:

### How To Log In

Your Username: [kirahallwood@hotmail.com](mailto:kirahallwood@hotmail.com)  
Your Password: StrongWisdom19

### What Does This Password Do?

With your account, you can now:

- [Reserve a spot in an upcoming class.](#)
- [Purchase items from the store.](#)
- [Sign up for members-only events.](#)
- [Change your password.](#)
- View your attendance history.
- View our class calendar.
- View our event calendar.

If you have any questions or need help using the website, please call us at [604-253-1261](tel:604-253-1261) or email us at [info@crossfit.ca](mailto:info@crossfit.ca).

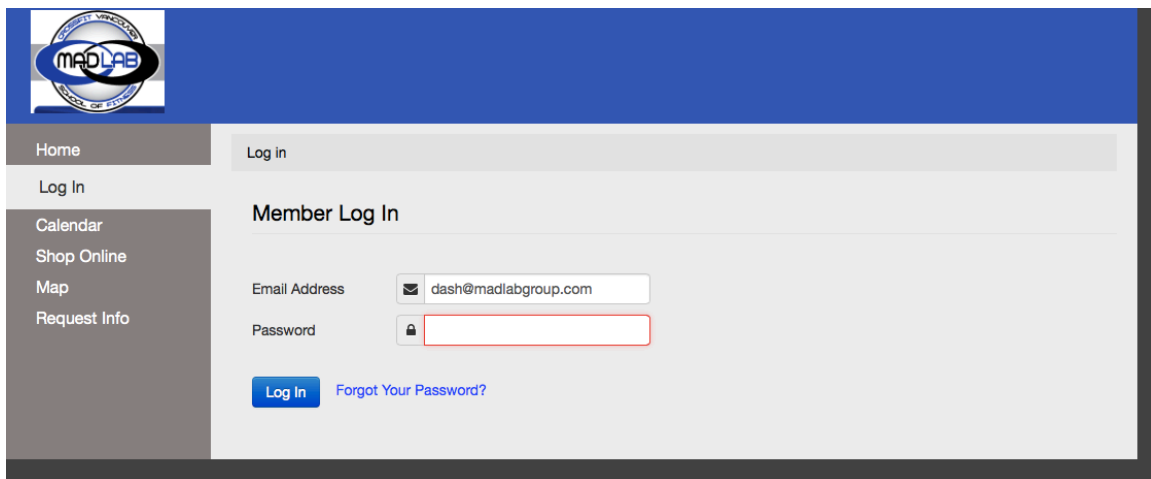
Thank you and welcome aboard!

The staff at Crossfit Vancouver

messageid:037A4D40-4719-4DB3-AE4C-9411C59C1634

If you would like to unsubscribe and stop receiving these emails [click here](#).

b) When you login it will prompt you to change your password, please do this.



The screenshot shows the MADLAB website's login interface. At the top left is the MADLAB logo, which includes the text 'UNIVERSITY OF WATERLOO' and 'SCHOOL OF ENGINEERING'. Below the logo is a navigation menu with links for 'Home', 'Log In', 'Calendar', 'Shop Online', 'Map', and 'Request Info'. The main content area is titled 'Member Log In' and features a 'Log in' link, an 'Email Address' field containing 'dash@madlabgroup.com', and a 'Password' field. Below the fields are a blue 'Log In' button and a 'Forgot Your Password?' link.

(Take note of the website as this is where you will login each time you want to access Pocket Coach)

c) Now you are in the student site of your schools student management system. You can see many things from here but what you want to do is click on my profile and then pocket coach.

1 → My Profile

2 → Pocket Coach

**MADLAB**  
SCHOOL OF FITNESS

Home  
Calendar  
Shop Online  
**My Profile**  
Map  
Request Info  
Log Out

**My Profile**

**Dash Hound**

Custom Membership #1542  
20/11/13 - 20/11/16  
Unlimited Classes

If you would like to upgrade or modify these memberships, please speak to one of our staff members to make these changes.

Reservations  
Documents  
Attendance  
My Family  
**Pocket Coach**

Welcome Dash Hound

Logout

d) This will take you to another website which is your Pocket Coach dashboard

**MADLAB**  
SCHOOL OF FITNESS

**TODAY'S CLASSES**  
keep track of your classes

**RECORDS**  
keep track of your results

**CALENDAR**  
keep track of your schedule

**LEADER BOARD**  
keep track of your competition

**PROFILE**  
keep track of your information

**FITNESS RATING:**  
5.96

Welcome Dash Hound

Logout

**MADLAB**  
**POCKET COACH**

**MESSAGES**

1st, December 2013 (Sun)  
Test Message from PC  
Hello... [READ MORE](#)

**TODAY'S CLASSES**

-- Select --

WOD Input

NOTES

**WORKOUT OF THE DAY**

**LEADERBOARD**

No Results Found Yet!

[SEE ALL](#)

[SEE ALL](#)

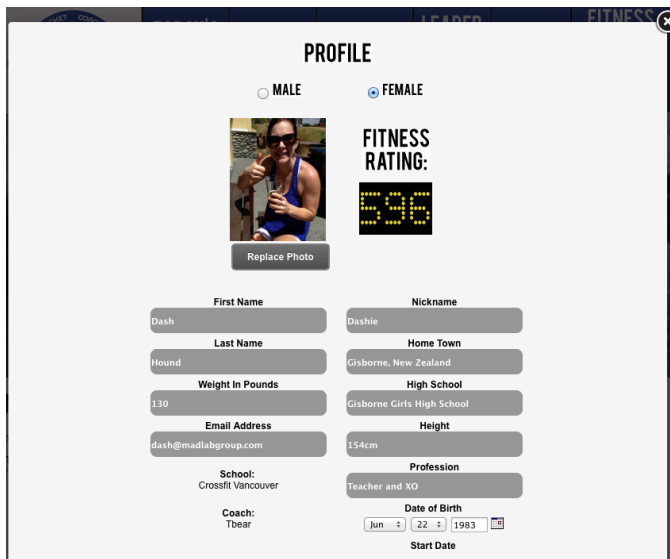
## 2. Updating Your Profile

a) Click on the profile Tab:



The screenshot shows the MadLab Pocket Coach dashboard. At the top, there is a navigation bar with five tabs: TODAY'S CLASSES, RECORDS, CALENDAR, LEADER BOARD, and PROFILE. The PROFILE tab is highlighted with a red arrow. Below the navigation bar, there is a header area with the MadLab logo, a fitness rating of 596, and a 'Logout' button. The main content area is divided into three sections: MESSAGES, TODAY'S CLASSES, and WORKOUT OF THE DAY. The MESSAGES section shows a test message from PC. The TODAY'S CLASSES section has a dropdown menu, a 'WOD Input' field, and a 'NOTES' field. The WORKOUT OF THE DAY section has a 'LEADERBOARD' section with 'No Results Found Yet!'. At the bottom, there are two 'SEE ALL' buttons.

b) This is your profile page. Update with all the information and add a photo.

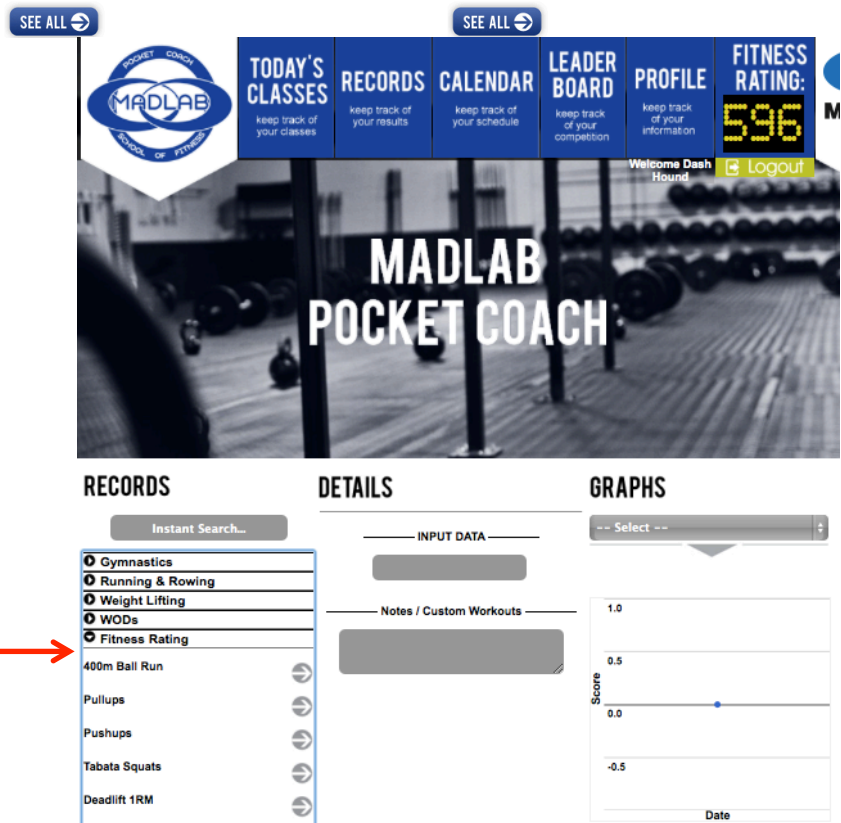
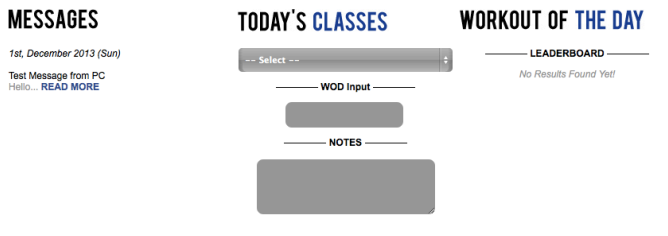


The screenshot shows the MadLab Pocket Coach profile page. At the top, there is a 'PROFILE' header. Below the header, there are two radio buttons for 'MALE' and 'FEMALE', with 'FEMALE' selected. There is a photo of a woman in a blue tank top and sunglasses, with a 'Replace Photo' button below it. To the right of the photo, there is a 'FITNESS RATING:' section with a digital display showing '596'. Below the photo and rating, there are several input fields for personal information:

First Name Dash	Nickname Dashie
Last Name Hound	Home Town Gisborne, New Zealand
Weight in Pounds 130	High School Gisborne Girls High School
Email Address dash@madlabgroup.com	Height 154cm
School: Crossfit Vancouver	Profession Teacher and XO
Coach: Tbear	Date of Birth Jun 22 1983
	Start Date

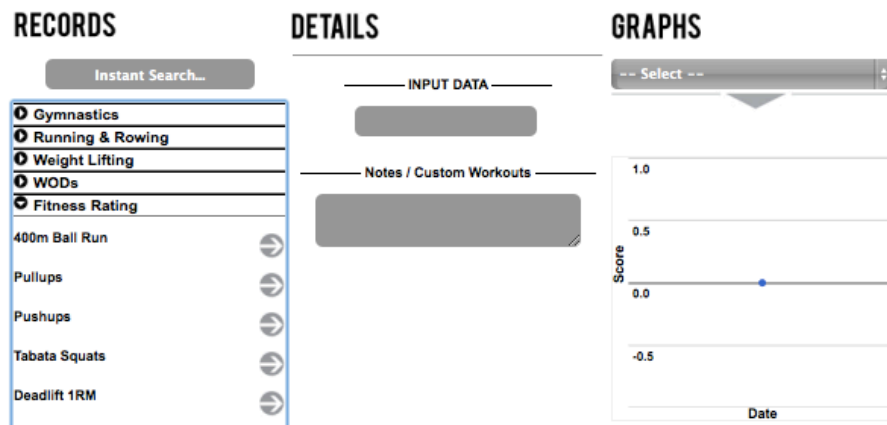
### 3. How to establish your Fitness Rating

To find your fitness rating click on Records then Fitness Rating:

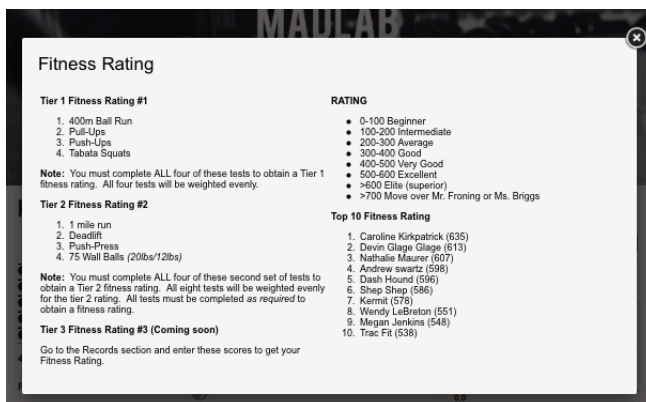


Enter your score for each of the listed skills.

Your fitness rating will then show in the top right corner.

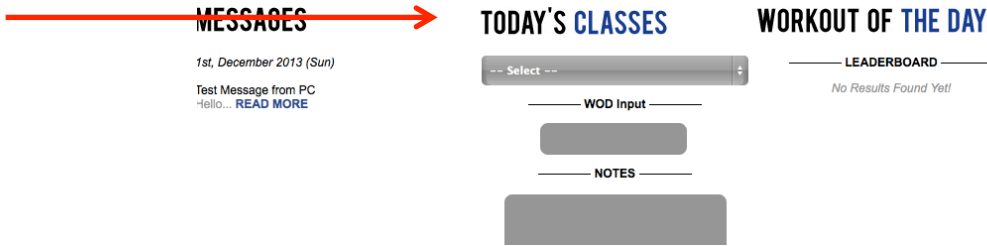


Click on the Fitness Rating for more information about the scores.



#### 4. How to post a score for the Daily WOD

a) On the main page you can post your score for the WOD



b) Enter your score and any notes you wish to add, hit submit your score will show on the right if it is performed as RX'ed



## 5. How to post extra data (i.e. Records, Personal Training Sessions, Warm ups)

All data that you record in Pocket Coach will record for that day unless you post information on the calendar tab and change the date.

The screenshot shows the MadLab Pocket Coach interface. At the top, there are navigation tabs: TODAY'S CLASSES, RECORDS, CALENDAR, LEADER BOARD, PROFILE, and FITNESS RATING (596). Below the tabs is a header with the MadLab logo and the text 'MADLAB POCKET COACH'. The main content area is divided into three sections: CALENDAR, DETAILS, and GRAPHS. The CALENDAR section shows a calendar for February 2014 with the date '1' highlighted. A red arrow points to this date. The DETAILS section has a toggle for 'DAY'S CLASS' and 'OTHER WORKOUT', an input field for 'AS RX', and a 'SUBMIT' button. The GRAPHS section shows a score of 450 for 'Dashie is Testing Pocket Coach'.

You can pick whether you are posting for today's class or another workout. Toggle between the two. When you choose 'other workout' it will give you a search tab to find the WOD or skill/technique you are looking for.

You can also add notes in the calendar section for things such as a warmup, technique session (i.e. EMOM, 5 by 5 etc). And there is also a spot so you can enter your food log for the day. This information is all accessible by clicking on the day of the calendar.

The screenshot shows the MadLab Pocket Coach interface. At the top, there are navigation tabs: TODAY'S CLASSES, RECORDS, CALENDAR, LEADER BOARD, PROFILE, and FITNESS RATING (596). Below the tabs is a header with the MadLab logo and the text 'MADLAB POCKET COACH'. The main content area is divided into three sections: CALENDAR, DETAILS, and GRAPHS. The CALENDAR section shows a calendar for February 2014 with the date '5' highlighted. A red arrow points to this date. The DETAILS section has a toggle for 'DAY'S CLASS' and 'OTHER WORKOUT', an 'Instant Search...' field, and a 'SUBMIT' button. The GRAPHS section shows a score of 450 for 'Dashie is Testing Pocket Coach'. Below the calendar, there are sections for 'NOTES' and 'Food Log', both with red arrows pointing to them.



## 6. Using Pocket Coach in Personal Training

While in personal training you want to enter as much data as possible. The notes section is where you will enter your warm up, your technique session and the workout. It is very important that you note all your progressions (weights, pullup bands etc) so that your coach can see what you did and how you are progressing.

Choose other workout to find the WOD you did, make sure you click off the RX'ed button if you used progressions.



### CALENDAR

Month Year Year Month  
February 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

#### NOTES

W/U: 400m Ball Run (12lb)  
TECH: EMOM for 10 minutes  
3 Front squat at 65% (115lb)  
WOD: Helen (green band, 12kg KB)

#### Food Log

3 Eggs, Half Apple, Half Avocado for breakfast (2hr pre WOD)

SUBMIT →

### DETAILS

DAY'S CLASS  OTHER WORKOUT

Instant Search...

Helen

#### INPUT DATA

00 : 12 : 07  
Hour : Min : Sec

Note: Please enter Time value.

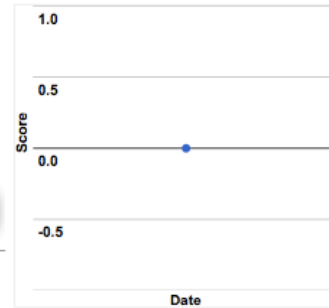
Description: 3 rounds for time of [400m run, 21 KB swings (24kg/16kg), 12 pull ups]

AS RX

SUBMIT →

### GRAPHS

-- Select --



## 7. Looking at the leaderboard

The leaderboard will show you top scores at your school. Click on the leaderboard tab and you can look up any workout.

The screenshot shows the MADLAB dashboard with a modal window open for the leaderboard. The dashboard header includes navigation tabs: CLASSES (keep track of your classes), RECORDS (keep track of your results), SCHEDULE (keep track of your schedule), LEADERBOARD (keep track of your competition), and PROFILE (keep track of your information). A 'Logout' button is visible in the top right. The modal window, titled 'Leaderboard', has a close button (X) in the top right corner. It contains two sections: 'All-Time Leaderboard' with a dropdown menu for 'WOD / Exercise' set to 'Standard WOD's' and a search input for 'Search Custom WODs' with the text 'Instant Search...'; and 'Yesterday's Class Leaderboard'. Below these sections, a message reads '- Sorry no score found OR select an exercise -'. The dashboard background shows sections for 'MESSAGES' (dated 1st, December 2013 (Sun)), 'TODAY'S CLASSES' (with a dropdown menu set to '-- Select --' and a 'WOD Input' field), and 'WORKOUT OF THE DAY' (with a 'LEADERBOARD' sub-section and the text 'No Results Found Yet!').