

Using FitSW Website



You will receive an email with a link to the www.fitsw.com, with username/email address & password. Every time we create a Diet or Workout for you, you receive an instant email telling you your plan is ready for you to view.



Once logged in you have some options at the top right of the screen. This is where you can find any Workouts, Diet plans and Progress charts.

First to check Progress, click the drop down menu as show above and select “My Progress” this will show the screen below



This screen can be viewed as a graph or table by clicking on the text above the first graph to change the view.

[View/Edit Your Progress Info In Table Form \(instead of graphed\)](#)

Next you can view any diet plans that have been created. Click the drop down menu as shown below and select “My Diets”

This screen will show all past diets, current diets and future diets. Use the text at the bottom of the screen to switch between the views.

Delete Selected

Diet Date	Diet Notes	Edit/View	Delete
Thursday, August 21 2014	Healthy Eating Plan Day2	Edit/View	<input type="checkbox"/>
Thursday, August 21 2014	Healthy Eating Plan Day1	Edit/View	<input type="checkbox"/>

Delete Selected

Once you have the diet you wish to view click on the Edit/View icon and it will show the diet as below with all the details including totals for Calories, Protein, Carbs and Fat. Your trainer will also make any notes in the box provided.

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▼ Thursday, August 21 2014	Healthy Eating Plan Day2	Edit/View	<input type="checkbox"/>																																																																																																								
	<table border="1"> <thead> <tr> <th>Food</th> <th>Meal Time</th> <th>Calories</th> <th>Protein(g)</th> <th>Carbs(g)</th> <th>Fat(g)</th> <th>Notes</th> <th>Link</th> </tr> </thead> <tbody> <tr> <td>2 Cups Spinach</td> <td>Breakfast</td> <td>14</td> <td>2</td> <td>2</td> <td>0</td> <td>Omelette</td> <td></td> </tr> <tr> <td>1/2 Cup Mushrooms</td> <td>Breakfast</td> <td>12</td> <td>1</td> <td>0</td> <td>0</td> <td>Omelette</td> <td>Info Link</td> </tr> <tr> <td>1 Egg (large)</td> <td>Breakfast</td> <td>70</td> <td>6</td> <td>1</td> <td>5</td> <td>Omelette</td> <td></td> </tr> <tr> <td>1 Egg (large)</td> <td>Breakfast</td> <td>70</td> <td>6</td> <td>1</td> <td>5</td> <td>Omelette</td> <td></td> </tr> <tr> <td>1 Egg (large)</td> <td>Breakfast</td> <td>70</td> <td>6</td> <td>1</td> <td>5</td> <td>Only EGG WHITE</td> <td></td> </tr> <tr> <td>Hot Lemon in Water</td> <td>Drink</td> <td>0</td> <td>0</td> <td>0</td> <td>0</td> <td>& Drink 2l water a Day</td> <td></td> </tr> <tr> <td>1/2 Cup Blue Berries</td> <td>Mid Morning</td> <td>40</td> <td>0</td> <td>10</td> <td>0</td> <td>smoothy</td> <td></td> </tr> <tr> <td>1/2 Cup Raspberries</td> <td>Mid Morning</td> <td>35</td> <td>1</td> <td>7</td> <td>0</td> <td>smoothy</td> <td></td> </tr> <tr> <td>1 Cup Skim milk</td> <td>Mid Morning</td> <td>90</td> <td>9</td> <td>12</td> <td>1</td> <td>smoothy</td> <td></td> </tr> <tr> <td>1 Cup Sliced Cucumbers</td> <td>Dinner</td> <td>16</td> <td>1</td> <td>3</td> <td>0</td> <td>& Toms, Peppers Ect</td> <td></td> </tr> <tr> <td>Oat Cakes x3</td> <td>Eve Snack</td> <td>141</td> <td>4</td> <td>16</td> <td>6</td> <td></td> <td>Info Link</td> </tr> <tr> <td>Totals</td> <td></td> <td>1451</td> <td>131</td> <td>122</td> <td>45</td> <td></td> <td></td> </tr> </tbody> </table>	Food	Meal Time	Calories	Protein(g)	Carbs(g)	Fat(g)	Notes	Link	2 Cups Spinach	Breakfast	14	2	2	0	Omelette		1/2 Cup Mushrooms	Breakfast	12	1	0	0	Omelette	Info Link	1 Egg (large)	Breakfast	70	6	1	5	Omelette		1 Egg (large)	Breakfast	70	6	1	5	Omelette		1 Egg (large)	Breakfast	70	6	1	5	Only EGG WHITE		Hot Lemon in Water	Drink	0	0	0	0	& Drink 2l water a Day		1/2 Cup Blue Berries	Mid Morning	40	0	10	0	smoothy		1/2 Cup Raspberries	Mid Morning	35	1	7	0	smoothy		1 Cup Skim milk	Mid Morning	90	9	12	1	smoothy		1 Cup Sliced Cucumbers	Dinner	16	1	3	0	& Toms, Peppers Ect		Oat Cakes x3	Eve Snack	141	4	16	6		Info Link	Totals		1451	131	122	45				
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If you like you can print the diet by clicking the button at the bottom of the page.

[Add Diet](#) || [View Past Diets](#) || [View Future Diets](#) || [Print Diets](#)

Next you can view any Workout plans that have been created. Click the drop down menu as shown below and select "My Workouts"

This screen will show all past workouts, current workouts and future workouts. Use the text at the bottom of the screen to switch between the views.

Workout Builder - Your workouts this week

Recent Workouts

Workout Date	Workout Notes					Edit/View	Delete
Thursday, August 21 2014	Fitness Test - BMI 32+					Edit/View	<input type="checkbox"/> Recur
<u>Exercise</u>	<u>Sets</u>	<u>Weight</u>	<u>Reps</u>	<u>Notes</u>	<u>Exercise Demo</u>		
Push up	2	0	8		Demo		
Inverted Row	2	0	4		Demo		
Squats	2	0	20		Demo		
Sprint Treadmill	1	0	0	1Mile (1.6km) - 12mins	Demo		
Plank	1	0	0	20 Seconds	Demo		
Pull ups	2	0	1		Demo		

Once you have the workout you wish to view click on the Edit/View icon and it will show the workout as above with all the details including Sets, Weight and Reps. Your trainer will also make any notes in the box provided.

If you like you can print the workout by clicking the button at the bottom of the page.

[Add Workout](#) || [View Past Workouts](#) || [View Future Workouts](#) || [Print Workouts](#)

If you have a smart phone when you first load fitsw.com, tap the button at the bottom of the screen and select **“add to home screen.”** This way you can load the site very easy next time.

FitSW will revolutionize the way we track our Goals, Workouts, Diets and Progress. This will help you stay motivated and keep you focused outside of our training sessions. This will help us to be at the fore front and use technology to our advantage so that we can achieve our goals.