



Quick Start Training

Your Community Profile

Welcome to the Community Profile tutorial, part of the Quick Start training series for a new Coach. Your profile is your public face within the Team Beachbody community. Members who complete their profiles usually get better results from their fitness programs. The more you know about yourself and your goals the easier it will be to schedule your workouts and stick to your program.

SandiBou
Edit Profile

Inbox

Buddies

Workouts
None Scheduled

What's new at Team Beachbody?

Goal Tracker All Goals
Weight: 0% completed!

Edit Profile

Your Profile
Your profile is 53% complete

Our data shows that Team Beachbody members who complete their profiles get better results from their fitness programs. The more you know about yourself and your goals, the easier it will be to schedule your workouts and stick to your program. This page shows you what parts of your profile are complete and what parts need to be finished.

Not started **In progress** **Complete**

- Basic Information**
Choose a screen name, and tell us your birth date (you can keep the year private), gender, and location. Then write a personal bio for other members to see.
- Progress and Goals**
Enter your main goal and workout start date and choose the fitness levels and body measurements you intend to achieve. Then begin writing your Transformation Story.
- Fitness Programs**
Keep track of your Beachbody fitness programs and meal plans, plus other fitness-related activities, gear, and supplements. Quick Workout Settings will make scheduling your workouts fast and easy.
- Photos**
Enter a photo for your profile, as well as a "before" shot to see where you're starting. Then you can enter a new photo every 30 days—seeing how much you're improving will help you stay motivated to succeed.
- Buddies**
When you choose to become Buddies with other members, you can schedule workouts together, view when they're online and working out, and have lots of friends to inspire and be inspired by.
- Groups**
Become part of a Workout Group with other members who share your goals and interests, or start your own—it can be based on virtually anything. Then you can all work out together, and share information and motivation.
- Blog**
Writing in your blog is a great way to journal your accomplishments as well as your challenges. You can write about anything that's on your mind—over time, it'll help you gain perspective on what works for you and what parts of your diet, workouts, and lifestyle you want to change.
- Privacy**
Decide what information you want to share with other members, and what you want to keep to yourself.

How do I create and edit my profile?

You'll be asked to create a profile when you first become a member of Team Beachbody. If you want to add to it or change it later, click on ["Edit Profile"](#) at the top left of the page.

The colorful fitness icons will display what sections need to be completed. Here's how to enter your information in each step:

Add Basic Information: Choose a screen name for yourself (it'll need to be one that isn't already in use). Think carefully before you choose. Your online screen name will be unique to you as a Beachbody Coach. It should be memorable to you and others who get to know you. You might want to choose a screen name that reflects your fitness or Coaching goals. Examples: "Play2Win," "LetMeHelpU," "BobIsFit!" But keep in mind that a Coach cannot use the words "Beachbody," "Million Dollar Body," or the names of Beachbody products in their screen name.

Enter your birthdate, your gender, your home time zone, and a brief biography that lets others know a little bit about your life, your goals, and what you'd like to get from your fitness program. (You can make your personal details visible to other members or keep them private.)

Add Progress and Goals: Enter your main goal (of course, it doesn't have to be your only one), as well as the date of your first WOWY SuperGym workout, your Transformation Story (which you can add to as you progress), and whether you'll be measuring yourself in Imperial or metric units (it's most likely to be Imperial—i.e., pounds and inches). (If you want to change any of this data in the future, click "edit.")

Now, fill in as many of your current physical statistics as you can. (For help in determining your current fitness level, take the [WOWY SuperGym Fitness Test](#), or the more extensive [P90X® Fit Test](#).) This is very important—keeping track of your improvement from week to week is a major factor in staying motivated to succeed!

Next, add your projected goals for each category. (You can always change these later—as you become fit, you may realize you have even more potential for improvement than you thought.)

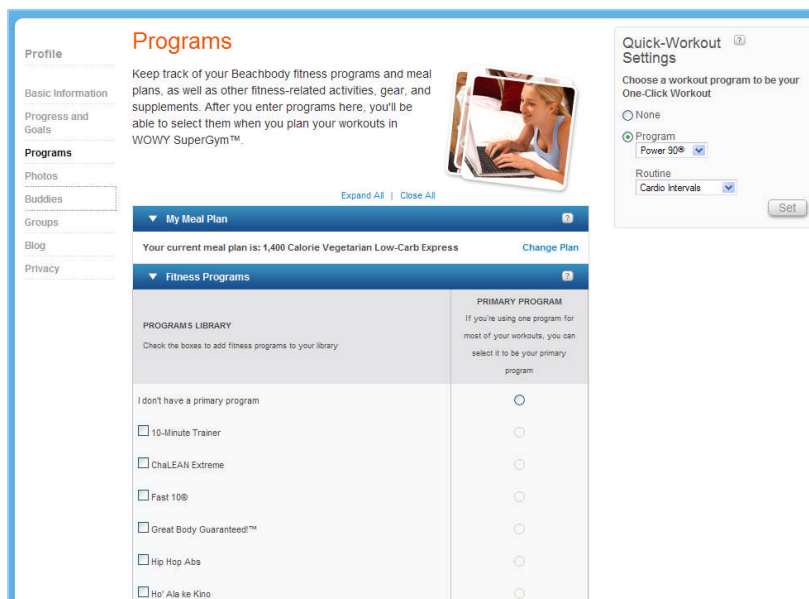
Once you've filled in some categories, you'll see spaces in the chart to add your new statistics on a regular basis. Every two weeks or so (or less often for slow-

changing figures such as cholesterol), you can measure, weigh, or test yourself again and add the new numbers.

Choose one measurement —"Weight" is the most popular—in "default graph view." This will become the Goal Tracker displayed on your dashboard at the top of the site.



Keep track of your Fitness Programs: Keep track of your Beachbody fitness programs and meal plans, as well as other fitness-related activities, gear, and supplements. After you enter programs here, you'll be able to select them when you plan your workouts in WOWY SuperGym™.



Add your meal plan.

This will display the meal plan you've selected. If you haven't chosen one yet, go to the Meal Plans under the Eat Smart tab. (For more information, see "Create your personalized meal plan" under "Eat Right and Lose Weight" below.)

Select your workout programs.

In the Programs Library, check off the fitness programs you own. Choose one as your primary program—if you own two or more, it'll be the program you intend to use most.

(If you don't have a program yet, go to Fitness Programs under the Get Fit tab and use the Comparison Chart to find one that's right for you. Then you can purchase it with your exclusive Club member discount.)

Choose your activities.

Use this to add other physical activities you participate in, such as biking,

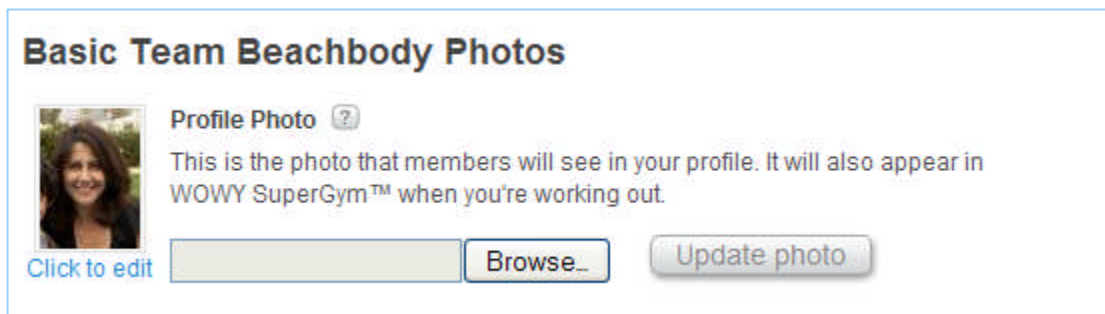
weightlifting, or yoga, to your WOWY SuperGym workout choices. If you'd like, you can also designate one of these activities as your primary program.

Select your gear and your supplements.

Add any Team Beachbody workout equipment you own and add any Team Beachbody nutritional supplements or workout recovery formulas you use.

Upload your Photos.

First, add a basic photo, which will appear in your profile and in WOWY SuperGym when you're working out. (This can be a head shot or a full-body shot.)



Next, upload a "before" progress photo—a full-body photo that shows your physical condition at the start of the program. Later, you'll want to add a new "current" progress photo every 30 days or so. This will give you a visual impression of how well you're progressing over time.

You can now add up to 20 more photos to your gallery in order to show off your new-and-improved body (or for any reason you want). Click on any photo to edit the title or to delete.

Click on "browse" to locate a photo on your computer and upload it to the site. Photos must be in JPEG format and no larger than 750k in size in order to upload correctly. Body-revealing clothes are allowed, but nudity is not; any photos considered inappropriate may be subject to removal. (For information on photo rights, read the Terms of Use on that page.)

Manage your workout Groups.

Workout Groups are made up of members who share the same goals, have similar interests, are following the same workout program or meal plan, or who want to keep in contact for any reason. To look for Groups you might want to join, check out the most active ones on your WOWY SuperGym home page, or search by keyword. Then just click the "Join" button.

You can also create groups of your own, based on your specific goals and interests. Fill out and submit a request form, and an administrator will respond in 1-2 business days.

This is another way to create, join, or quit Workout Groups made up of members who inspire one another. (See "Join or create Workout Groups" under "Get Community Support" below.)

Manage your **Blog**.

Your Blog is where you'll write your impressions of your workouts, meal plan, and overall progress, and share your thoughts with other members. (See "Write in your Blog" under "Get Community Support" below.)

Establish your **Privacy** settings.

This section is very important—it allows you to determine whether your Buddies or the entire Team Beachbody community can see your personal information, or if you'd like to keep it private. Simply check off your choice for each segment of your Profile.

You can decide how much of your personal information you'd like to share with the Team Beachbody community. You can make everything private, available only to your Buddies, or open to all the other members as well.



Profile Visibility

- Public - Make my profile page visible to everyone in the Team Beachbody community
- Buddies - Make my profile page visible to my Buddies only
- Private - Hide my profile information from everybody in the Team Beachbody community

[Expand All](#) | [Close All](#)

▼ Basic Information ?			
Profile Information	Public	Buddies	Private
Location	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Personal Bio	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
▼ Progress and Goals ?			
Profile Information	Public	Buddies	Private

Work out with **Buddies**.

Studies have found that having workout partners makes you exercise harder and longer, and also makes you less likely to skip workouts. That's because supportive partners will encourage you and make you feel accountable. Team Beachbody lets you choose Buddies who share your goals and interests, making it easy for you to stay in touch and keep each other motivated. Every time you schedule a workout, you can invite any of your Buddies to exercise at the same time.

Find Buddies.

In the Member Gallery under the Connect tab, click on any member, or search by keyword to find someone who matches your location, goals, or interests. Then click "add as a Buddy," and that person will be sent a Buddy invitation through the Message Center. (If you're a new member, your first Buddy will be your Coach.)

Invite Buddies to work out with you.

You'll see your Buddies on your member home page, as well as on your WOWY SuperGym workout scheduler. Whenever you plan a workout, you'll be asked to check off Buddies on your list, and the ones you choose will receive an invitation to work out at the same time.