

# How To Use Your Journal

THE **MOTION** Fitness Studio ROOM



## How To Use Your Journal (Text Entry, Weight, Emotions, Custom Logs)



**Journal**  
(My Journal)

# Using Your Journal



## Journal > My Journal

My Journal [HELP](#)

Thursday, August 29, 2013

**Make A Written Journal Entry**

Had a great workout today with Bam Bam.  
I am sure to beat Barney tomorrow at bowling!

**Log Journal Data**

**DEFAULT LOG** | MY CUSTOM LOG  
Thursday, August 29, 2013

**Weight**  
180 lbs **Log It**

**Water** (click to log)  
4 glasses

**Multi-Vitamin** (click to log)  
1 pill

**Stress Level** 1 = Low, 10 = High  
1 2 3 4 5 6 7 8 9 10

**Energy Level**

**Journal Calendar** [HELP](#)

Aug 2013

S	M	T	W	T
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

Calendar Key  
Selected Day

- \* The Journal is intended to be a running history of your fitness program. It is a great way to keep you on track and continually log your progress (i.e. weight loss).
- \* You may also track your Stress, Energy and Motivation levels as well as water consumption and daily vitamins.
- \* You have the option of creating a Custom Log which will allow you to track just about anything. This log will then appear on your Reports.

# Uploading Progress Photos



Journal > **My Progress Photos**

- \* You may upload images of yourself for further tracking and progress monitoring.
- \* You may edit or delete any photo.

My Journal | My Progress Photo's

## My Photos

Click on any thumbnail below to view an individual picture.

To edit the details on any photo - click on the edit pencil.

 Add New Photo's

Showing Page  of  : Total of 2 Photo's

### ■ August 2012 (1)



### ■ August 2013 (1)

