

Setup Checklist

Complete these steps to launch your coaching system.

1

Complete Your Profile

- ☐ Add your logo
- ☐ Update business information
- ☐ Configure your account settings

2

Create Your First Workout Plan

- ☐ Use the AI Workout Planner or build a custom plan
You can adjust every exercise before assigning it to a client.

3

Invite Your First Client

Go to:

Members → Invite Member

- ☐ Invite your first client (they will receive an email and connect through the HealthMetric Connect app)

4

Assign Their Workout Plan

- ☐ Select your client profile and assign the plan you created
They will immediately see it inside the mobile app.

5

Track Progress

Monitor:

- performance
- client progress

Use this data to adjust programming and improve results