



## Quick Start Training

### 4. Work out with WOWY®

Welcome to Work out with WOWY®, part of the Quick Start series of trainings on Becoming a Coach. WOWY stands for Work Out with You, and it's more than just an online gym. WOWY is also a tool you can work with to build your Coaching business. As a Coach, you can expect to spend a lot of time inside WOWY, so we have created an entire tutorial to help you use WOWY to its fullest. To use this training on your own, follow the tutorials in this order:

1. Sign up to be a Coach
2. Create your Coach Profile
3. Take the Dashboard Tour
4. Work out with WOWY
5. Take the Coach Office Tour

## DASHBOARD HOME

Welcome, [User Name]  
Member Since: 5/14/07

**Team BEACHBODY®**

LOGOUT

Coming March 17th!  
[LEARN MORE](#)

Beachbody-TV | Diet & Nutrition | Exercise & Fitness | Trainers & Experts | Community & Peer Support

Enter The SUCCESS STORY >> CONTEST!  
[WATCH THE GAME >>](#)

**1** [WOWY >>](#)

[CLUB >>](#)

[STORE >>](#)

[COACH >>](#)

[MANAGE PROFILE](#)

[My Account](#)  
[Update My Profile](#)  
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**2** [Help ?](#)  
[Customer Service FAQ](#)  
[Club FAQ](#)  
[WOWY FAQ](#)  
[Game and Contest FAQ](#)

Also on Beachbody-TV

**The Million Dollar Body Game**  
Rosalinda endured a difficult childhood, but she persevered and is today a mother herself. She quit smoking before conceiving and was left with excessive weight after the birth.

**Thin Kitchen**  
Danny talks about the "F" word. This week, Thin Kitchen is all about Fats.

**Slim Style**  
Spring is on its way and you are starting to look good. What colors will help show off your work? We're reviewing colors and fabrics this week in Slim Style.

**Trainer Tips**  
Stretching your hips is an important part of any full-body workout. Tony has five ways to help you stretch out before your workout.

**Beachbody Network News**  
Tuesday, Mar. 18, 2008

- **Making the most of TeamBeachbody.com** – Our name has changed but the great content remains. Find out how to take full advantage of all the features on the Web site.
- **Great products, great company** – Find out where Beachbody® recently ranked on *Entrepreneur* magazine's list of the fastest-growing companies in America.

**MDB Game**  
Checkout the latest Million Dollar Body Game Winners!

**Trainer Tips**  
Get the latest fitness and diet tips from each of our celebrity fitness trainers!

**Thin Kitchen**  
Get the latest kitchen and diet tips to help you get the results you want!

**Slim Style**  
Get the latest style and wardrobe tips to keep you looking your best!

**SHOP FOR PRODUCTS**  
MEAL REPLACEMENT SHAKE

**PLAY THE GAME**  
WIN BIG IN THE MILLION DOLLAR BODY GAME

**GET INVOLVED**  
INTERACT AND SUPPORT

**COACH NEWS**  
SEE WHAT'S UP

## Log in to your Dashboard

Once you've arrived at your Dashboard, you'll find **many entry points for WOWY**.

**1** On the left-hand side of the page, you'll find a **blue and white WOWY button**. You'll also find a **blue and white WOWY button** under some of the tabs in your Dashboard.



Click to enter WOWY.

**2** If you need help with WOWY, take a look at the **WOWY FAQ** located under the Help section on the left-hand side of your Dashboard.

## WOWY TABS



## Inside WOWY

Once you're inside WOWY, you'll notice the **WOWY** logo at the top of the page.

Next to the logo you'll see a changing stream of information about what's going on in WOWY. WOWY has tabs, just like your Dashboard, to help you navigate the different areas inside WOWY: **Next Workout**, **Calendar/Scheduler**, **Success Buddies**, **Diary**, and **Other Tools**. Directly under the tabs, you'll see the **Official WOWY Time**, which makes it easier to schedule your workout with friends in other time zones.

## MY WOWY - NEXT WORKOUT TAB

**Team BEACHBODY®** [LOGOUT](#)

Welcome,   
 Member Since: 5/14/07

**WOWY®**  
WORK OUT WITH YOU

277,552 total workouts done in 2008

Next Workout | Calendar/Scheduler | Success Buddies | Diary | Other Tools

Official WOWY Time is: 4:42 PM ET / 1:42 PM PT

**1** My next scheduled workout

Time: None. [Schedule One Now](#)

Activity: None. [Schedule One Now](#)

Success Buddies: ?

**2** [START YOUR WORKOUT NOW! >>](#)

**3**

February PREVIOUS MONTH							March CURRENT MONTH							April NEXT MONTH							
					1	2						1					1	2	3	4	5
3	4	5	6	7	8	9	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
10	11	12	13	14	15	16	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23
17	18	19	20	21	22	23	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
24	25	26	27	28	29		23	24	25	26	27	28	29	30	31						

**4** My diet rating this month: 0    My diet rating this month: 0    My diet rating this month: TBD

X (red) = real-time workout (may be eligible for contests)  
X (blue) = manually added workout (not eligible for contests)

**SHOP FOR PRODUCTS**  
MEAL REPLACEMENT SHAKE

**PLAY THE GAME**  
WIN BIG IN THE MILLION DOLLAR BODY GAME

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### Planning Summary

The first thing you'll see inside WOWY is a summary of your **next scheduled workout**, located under the "Next Workout" tab.

**1** This summary includes the date, time, activity, and success buddies set to work out with you.

**2** To begin your real-time workout, enter the virtual gym by clicking on the **Start Your Workout Now** button next to your workout summary.

**3** Beneath your next workout summary, you'll see three calendars. You can use the arrows at the sides of the calendars to scroll backwards and forwards and

view other months as needed. The calendars give you a **90-day, at-a-glance view of your workout schedule**.

**4** If you are keeping track of your eating habits, **your averaged diet rating** will be visible under each calendar month. Every time you work out, you are given the option to rank how well you are doing with any diet or nutrition program you are on. A score of 1 is the lowest on the scale, 10 is the highest.



## SELECT A WORKOUT PAGE

Welcome, [User Name]  
Member Since: 5/14/07

**Team BEACHBODY®** [LOGOUT](#)

**WOWY®**  
WORK OUT WITH YOU

3,033 people worked out in WOWY yesterday

[Next Workout](#) [Calendar/Scheduler](#) [Success Buddies](#) [Diary](#) [Other Tools](#)

Official WOWY Time is: 4:44 PM ET / 1:44 PM PT

### Select A Workout [CONTINUE >>](#)

1 How many consecutive activities would you like to do?  
☒ 1 ☐ 2 ☐ 3

Please select your **first** or only activity below:

#### Videos

2 ☐ Power 90® ☒ 3 Select Workout

☐ Slim in 6®

☐ Rockin' Body

☐ P90X®

☐ 10-Minute Trainer

☐ Hip Hop Abs

☐ Turbo Jam®

☐ Yoga Booty Ballet™

☐ Yoga Booty Ballet™ LIVE

☐ Kathy Smith's Project: YOU™

☐ Fast 10®

☐ Power Half Hour®

☐ Slim Series™

☐ Great Body Guaranteed!™

☐ Ho' Ala ke Kino

☐ Keep It Up!

☐ Tony & the Kids!

☐ Tony & the Folks!

☐ Kathy Smith Fitness Programs

#### 4 Other

☐ Run/Walk

☐ Cardio/Aerobics

☐ Yoga

☐ Weightlift

☐ Bike

☐ Swim

☐ Other Activity Not Listed  mins.

[CONTINUE >>](#)

**SHOP FOR PRODUCTS**  
MEAL REPLACEMENT SHAKE

**PLAY THE GAME**  
WIN BIG IN THE MILLION DOLLAR BODY GAME

**GET INVOLVED**  
INTERACT AND SUPPORT

**COACH NEWS**  
SEE WHAT'S UP

### Pick your program

1 If you are entering the gym on the spur of the moment, you will be asked to pick how many activities you would like to do.

2 You can then pick which activities you're interested in by selecting one or more of the Beachbody programs listed.

3 Use the drop-down menus to choose a specific routine for each program. The number of activities you pick and the routines you choose will determine the length of your workout.

4 You can also choose other non-video-based programs such as walking or jogging as your activity if you wish.

NOTE: If you have scheduled your workout in advance, you will skip the selection process and move directly to the next page.

## WRITE A MESSAGE PAGE

Welcome, [User Name]  
Member Since: 5/14/07

**WOWY®**  
WORK OUT WITH YOU

P90X® is #1 today

Next Workout | Calendar/Scheduler | Success Buddies | Diary | Other Tools

Official WOWY Time is: 4:46 PM ET/1:46 PM PT

### Write A Message

[Start Your Workout! >>](#)

**You've selected:** 1

Activity  
Yoga Booty Ballet™/Goddess Abs  
[\(change your activity\)](#)

2 Post a message in the gym, or write your goal below:  
optional; max. 100 characters

3 SEE WHO IS WOWY RIGHT NOW

All WOWY Partners:

When you click "Enter WOWY Now", you will be visible in WOWY for the duration of your activity. We've added an extra 5 minutes to give you time to set up your workout area, get your water and towel, and "pause" during your workout, if needed.

**SHOP FOR PRODUCTS**  
MEAL REPLACEMENT SHAKE

**PLAY THE GAME**  
WIN BIG IN THE MILLION DOLLAR BODY GAME

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**COACH NEWS**  
SEE WHAT'S UP

## Say hello to everyone

**1** On this page, you'll see a confirmation of the workout you've selected, with a link to change your program if you need to.

**2** There will be a fill-in area where you can post a brief message to the others working out with you in the gym. You can say "Hello," share something inspirational, or skip the message entirely. Your message will be visible to others throughout your workout.

**3** You can view how many people are already inside the virtual gym and identify them by their online screen names (names are blurred on this screenshot for privacy reasons).

Click the [Start Your Workout](#) button in the top right-hand corner of the page to enter the virtual gym.



The screenshot shows the WOWY (Work Out With You) interface. At the top, it says 'Team BEACHBODY' and 'WOWY WORK OUT WITH YOU'. A 'LOGOUT' button is in the top right. Below the header, there's a 'Welcome' section with a member's profile picture and 'Member Since: 5/14/07'. A 'SUCCESS STORY IN PROGRESS' button is next to it. Below that are links for 'View My Profile | Edit', 'Enter The SUCCESS STORY CONTEST!', 'WATCH THE GAME', and buttons for 'WOWY', 'CLUB', 'STORE', and 'COACH'. A 'MANAGE PROFILE' section includes links for 'My Account', 'Update My Profile', and 'Manage My Subscriptions'. A 'Help' section has links for 'Customer Service FAQ', 'Club FAQ', 'WOWY FAQ', and 'Game and Contest FAQ'. The main content area features a 'Next Workout' button, a 'Calendar/Scheduler' button, a 'Success Buddies' button, a 'Diary' button, and an 'Other Tools' button. A banner for 'The MILLION DOLLAR BODY' game is displayed. Below the banner, a progress bar shows 'You have approximately 25 minutes left in your workout.' with 'CANCEL' and 'DONE' buttons. A section titled 'These People Are WOWY Now' (callout 3) shows a list of 'All WOWY Partners' (callout 4) with their current workout status and approximate finish times. Callout 1 points to the 'Begin Your Workout Now' button, and callout 2 points to the 'DONE' button.

## See who's in WOWY

**1** Inside the virtual gym, you'll see a visual timeline indicating how much longer you have left in your workout. You can now begin your workout. The timer is running.

**2** When you're finished with your workout, click the **Done** button.

**3** While you're working out, you will see a listing of people working out with you in the virtual gym — this listing may run several pages.

**4** Use the Previous and Next arrows to scroll backwards and forwards through the pages.

**5** For each person working out in the virtual gym, you will see a picture, their current routine, an approximate finish time for their routine, and their message on entering the gym, if they have one.

## POST-WORKOUT PAGE

The screenshot shows the Team Beachbody WOWY post-workout interface. At the top, the Team Beachbody logo is on the left, and a 'LOGOUT' button is on the right. Below the logo, a 'Welcome' message and 'Member Since: 5/14/07' are displayed. A 'SUCCESS STORY IN PROGRESS' button is also visible. The main header area includes the 'WOWY' logo, the tagline 'WORK OUT WITH YOU', and a status message 'P90X® is #1 today'. Navigation tabs for 'Next Workout', 'Calendar/Scheduler', 'Success Buddies', 'Diary', and 'Other Tools' are present. The 'Official WOWY Time' is shown as 5:11 PM ET / 2:11 PM PT. The main content area features a 'GOOD JOB!' message, a prompt to 'Post Your Message for everyone who just Worked Out With You! (optional)', a text input field (max. 150 characters), and a 'Post My Message' button. Below this is a section titled 'SEE WHO IS WOWY RIGHT NOW' showing a list of 'All WOWY Partners'. At the bottom, there is a 'Schedule Another Workout' link, a 'See messages from others recently in WOWY...' section with pagination, and a grid of 'All Team Beachbody Partners' profiles.

## Send encouragement

- 1 Following your workout, you'll be able to type another message to those working out with you. Your message and the messages of others will appear on this page next to the mini-profiles at the bottom of the page. Example: "That was great! Way to stay focused on your goals!"
- 2 You can also click a link to schedule your next workout.



## UPDATE MY WOWY CALENDAR PAGE

Team BEACHBODY®

Welcome, Member Since: 5/14/07

**WOWY®**  
WORK OUT WITH YOU

Total hours logged in 2008 to date: 192,632

Next Workout | Calendar/Scheduler | Success Buddies | Diary | Other Tools

Official WOWY Time is: 5:12 PM ET/2:12 PM PT

**UPDATE MY WOWY CALENDAR**

> Save my changes  
> Switch to full week view

Mon (3/24) | Tue (3/25) | Wed (3/26) | **Thu (3/27)** | Fri (3/28) | Sat (3/29) | Sun (3/30)

**Thursday**

1. Choose Your Workout Time

Success Buddies: 2  
None selected.

2. Choose Your Workout

**Hip Hop Abs/Secrets to Flat Abs** ☐  
**Hip Hop Abs/Fat Burning Cardio** ☐  
**Hip Hop Abs/Ab Sculpt** ☐  
**Hip Hop Abs/Total Body Burn** ☐  
**Hip Hop Abs/Take It to the Dance Floor** ☐  
**Hip Hop Abs/Hips, Buns, and Thighs** ☐  
**Hip Hop Abs/Hip Hop Groove** ☐  
**Hip Hop Abs/Level 2: Fat Burning Cardio** ☐  
**Hip Hop Abs/Level 2: Ab Sculpt** ☐  
**Hip Hop Abs/Level 2: Total Body Burn** ☐  
**Hip Hop Abs/Get Abs or Die Trying** ☐  
**Hip Hop Abs/Last Minute Abs** ☐  
**Hip Hop Abs/Last Minute Dance** ☐  
**Hip Hop Abs/Rockin' Abs Dance Party** ☐  
**Hip Hop Abs/Hard Body Dance Party** ☐  
**Hip Hop Abs/Ab Blaster** ☐  
**Hip Hop Abs/Cardio Groove Dance Party** ☐  
**Hip Hop Abs/Booty Shakin' Dance Party** ☐  
**P90X®/Chest & Back** ☐  
**P90X®/Plyometrics** ☐  
**P90X®/Shoulders & Arms** ☐  
**P90X®/Yoga X** ☐  
**P90X®/Legs & Back** ☐  
**P90X®/Kenpo X** ☐  
**P90X®/X Stretch** ☐  
**P90X®/Core Synergistics** ☐  
**P90X®/Chest, Shoulders & Triceps** ☐  
**P90X®/Back & Biceps** ☐  
**P90X®/Cardio X** ☐  
**P90X®/Ab Ripper X** ☐  
**P90X®/Interval X Plus** ☐  
**P90X®/Kenpo Cardio Plus** ☐  
**P90X®/Upper Plus** ☐  
**P90X®/Total Body Plus** ☐  
**P90X®/Abs/Core Plus** ☐  
**Yoga Booty Ballet™/Rehearsal and Guided Meditation** ☐  
**Yoga Booty Ballet™/Basic or Original** ☐  
**Yoga Booty Ballet™/Advanced** ☐  
**Yoga Booty Ballet™/Abdominals and Core Strength** ☐  
**Yoga Booty Ballet™/Sculpt** ☐  
**Yoga Booty Ballet™/Goddess Abs** ☒  
**Yoga Booty Ballet™/Goddess Booty** ☐  
**Yoga Booty Ballet™/Pajama Time** ☐  
**Yoga Booty Ballet™/AM Latte** ☐  
**Yoga Booty Ballet™/Yoga Core** ☐  
**Other** ☐  
**Rest Day** ☐

1. My Diet: Rate your diet today (5 is the best)

2. Save and Exit | Success Buddies

Other Options

My Time Zone: PT

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## Get credit for your workout

Next, you will be asked to mark your workout as completed on your WOWY calendar. This page will appear already filled in with the date, scheduled workout time (only for scheduled workouts), and the program you completed will be marked as "Done."\*

1 Optionally, you can rate your diet for the day at the bottom of the page.

2 Click "Save and Exit" to get credit for your workout.

\*You must complete 8 real-time workouts in order to be eligible for entry into the monthly Game prize giveaway. Workouts must be marked as "Done" in real-time. Workouts marked as "Done" at a later time using the Calendar/Scheduler will not count towards the 8 real-time workouts monthly eligibility requirement.

90-DAY, AT-A-GLANCE VIEW CLOSE UP



**Using your 90-day view**

Now that you've gone through a workout in the virtual gym, we're going to return to the Next Workout tab and look again at your 90-day, at-a-glance view.

**Completed workouts**, like

the one we just walked through, will appear on your calendar as an X. The X will be colored red or blue depending on whether your workout for that day is eligible for the Game.

Clicking on any day in the future brings up a detailed view of that day's scheduled workout, if one has been planned. You can then review, change or reschedule your workout plans for that day. If you do not have a workout planned for that day, you will be taken to the Calendar/Scheduler to begin the process of scheduling. You can also get to this page by simply clicking the Calendar/Scheduler tab in WOWY. Let's look at how to schedule a workout using the Calendar/Scheduler.

## CALENDAR/SCHEDULER TAB – DAY VIEW

The screenshot displays the WOWY web application interface for scheduling a workout. The top navigation bar includes links for 'Next Workout', 'Calendar/Scheduler', 'Success Buddies', 'Diary', and 'Other Tools'. The main content area is titled 'UPDATE MY WOWY CALENDAR' and shows a calendar for Thursday, March 27th. A list of workout programs is provided, each with a checkbox for selection. The programs are categorized by color: blue for 'Hip Hop Abs', green for 'P90X8', and pink for 'Yoga Booty Ballet'. At the bottom, there is a section for 'My Diet' and a 'Save and Exit' button. Numbered callouts 1 through 5 are placed over the interface to highlight specific features: 1. Choose Your Workout Time, 2. Success Buddies, 3. Choose Your Workout, 4. My Diet, and 5. Save and Exit button.

## Basic Scheduling

There are two views available in the Calendar/Scheduler: Day View and Week View. You can switch to Week View by clicking the "Switch to full week view" link in the upper right hand corner of the page.

To schedule your workout in **Day View**:

- 1 Pick a time for your workout.
- 2 Choose from a list of your current success buddies or invite someone new.
- 3 Choose your workout program by checking one of the boxes. You can choose "other" if you are planning a workout program that is not listed, or "rest day" if you are scheduling a day off as part of your routine.
- 4 Optionally, you can rate your diet for the day.
- 5 When finished, click "Save and Exit."

Any changes made in your Calendar/Scheduler will be reflected in your at-a-glance calendar.



## CALENDAR/SCHEDULER TAB – WEEK VIEW

**Team BEACHBODY** LOGOUT

**WOWY**  
WORK OUT WITH YOU

3,033 people worked out in WOWY yesterday

Next Workout | Calendar/Scheduler | Success Buddies | Diary | Other Tools

Official WOWY Time is: 5:13 PM ET / 2:13 PM PT

**UPDATE MY WOWY CALENDAR**

> Save my changes for this week  
> Switch to single day view

**MY WORKOUTS**  
Workout Time:

**1** DONE!!  
**2** Missed  
**3** Success Buddies ?  
Invited Buddies ?

	Mon 3/24/08	Tue 3/25/08	Wed 3/26/08	Thu 3/27/08	Fri 3/28/08	Sat 3/29/08	Sun 3/30/08
Hip Hop Abs/Secrets to Flat Abs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hip Hop Abs/Fat Burning Cardio	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hip Hop Abs/Ab Sculpt	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hip Hop Abs/Total Body Burn	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hip Hop Abs/Take It to the Dance Floor	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hip Hop Abs/Hips, Butts, and Thighs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hip Hop Abs/Hip Hop Groove	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hip Hop Abs/Level 2: Fat Burning Cardio	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hip Hop Abs/Level 2: Ab Sculpt	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hip Hop Abs/Level 2: Total Body Burn	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hip Hop Abs/Get Abs or Die Trying	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hip Hop Abs/Last Minute Abs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hip Hop Abs/Last Minute Dance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hip Hop Abs/Quick Abs Dance Party	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hip Hop Abs/Hard Body Dance Party	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hip Hop Abs/AB Blaster	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hip Hop Abs/Cardio Groove Dance Party	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hip Hop Abs/Booty Shakin' Dance Party	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
P90X®/Chest & Back	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
P90X®/Plyometrics	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
P90X®/Shoulders & Arms	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
P90X®/Yoga X	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
P90X®/Legs & Back	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
P90X®/Kenpo X	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
P90X®/X Stretch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
P90X®/Core Synergistics	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
P90X®/Chest, Shoulders & Triceps	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
P90X®/Back & Biceps	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
P90X®/Cardio X	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
P90X®/Ab Ripper X	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
P90X®/Interval X Plus	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
P90X®/Kenpo Cardio Plus	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
P90X®/Upper Plus	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
P90X®/Total Body Plus	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
P90X®/Abs/Core Plus	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Yoga Booty Ballet™/Rehearsal and Guided Meditation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Yoga Booty Ballet™/Basic or Original	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Yoga Booty Ballet™/Advanced	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Yoga Booty Ballet™/Abdominals and Core Strength	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Yoga Booty Ballet™/Sculpt	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Yoga Booty Ballet™/Goodness Abs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Yoga Booty Ballet™/Goodness Booty	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Yoga Booty Ballet™/Piggy Time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Yoga Booty Ballet™/All Latte	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Yoga Booty Ballet™/Yoga Core	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Rest Day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**MY DIET**  
Rate your diet today (5 is the best)

	Mon 3/24/08	Tue 3/25/08	Wed 3/26/08	Thu 3/27/08	Fri 3/28/08	Sat 3/29/08	Sun 3/30/08
Other Options	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Time Zone: PT	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

**5** Save and Exit

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## Bulk Scheduling

The Calendar/Scheduler's **Week View**

allows you to schedule or update a week's worth of workouts at a time. Think of it as your **"Power Scheduler."**

Scheduling follows the same process as in the day view, making it easy to switch between day and week views. To switch to day view, click the "Switch to day view" link at the top of the page.

- 1 Pick times for your workouts.
- 2 Invite success buddies.
- 3 Choose your workout program.
- 4 Rate your diet for the day.
- 5 When finished, click "Save and Exit." Any changes made will be reflected in your at-a-glance calendar.

## SUCCESS BUDDIES TAB

The screenshot shows the 'MY BUDDY ADDRESS BOOK' page on the WOWY website. The page has a sidebar on the left with navigation links like 'View My Profile', 'Enter The SUCCESS STORY >> CONTEST!', 'WATCH THE GAME >>', 'WOWY >>', 'CLUB >>', 'STORE >>', 'COACH >>', 'MANAGE PROFILE', and a 'Help' section. The main content area is titled 'WOWY Members' and displays a grid of member profiles. Each profile includes a placeholder image, the text 'WOWY MEMBER', and a 'Delete from book' link. Navigation arrows (PREV, NEXT) are located above and below the grid. Below the grid, there is a section for adding new members, which includes a 'Username' input field, a 'Look Up Member' button, and a 'Schedule a Workout' button. At the bottom, there is a section for 'Additional Buddies' with a note about adding non-WOWY members.

1. Navigation arrows (PREV, NEXT) above the member list.

2. Member profile placeholder image.

3. 'Delete from book' link for a member.

4. 'Look Up Member' button.

5. 'Schedule a Workout' button.

6. 'Additional Buddies' section.

### Buddy Address Book

Your Buddy Address Book automatically catalogs **people you've worked out with** in the past.

- 1 Navigate your address book using the Previous and Next arrows.
- 2 Clicking on a member's picture in your address book will bring up their personal profile, so you can read their personal story or see how they're progressing with their fitness program.
- 3 You can delete members from your buddy address book with a click.
- 4 You can look up members to work out with and add members to your address book.
- 5 Click the "Schedule a Workout" button and you'll be taken to your WOWY Calendar/Scheduler.
- 6 You can also add workout buddies who are non-members.

## DIARY – ENTRIES

Welcome, **P90X@**  
Member Since: 5/14/07

**WOWY®**  
WORK OUT WITH YOU

P90X@ is #1 today

Next Workout | Calendar/Scheduler | Success Buddies | **Diary** | Other Tools

Official WOWY Time is: 5:15 PM ET/2:15 PM PT

**DIARY FOR SandiBou**

1 Add a New Entry

**March 2008 Diary Entries**

You have no diary entries for March  
2 See February 2008 diary entries

Click on a date below to view the entry for that day:

3 March 2008

						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	29	
30	31						

Legend:  
Yellow square = Diary Entry  
Pink square = Key Day

Or view all entries between these two dates:

4 March 27 2008 and March 27 2008

View Entries

SHOP FOR PRODUCTS | PLAY THE GAME | GET INVOLVED | COACH NEWS

### Your online diary

To keep track of where you're headed, it's good to know where you've been. That's why WOWY includes an online diary where you can record your thoughts and feelings about your workout, your diet and any other changes that have resulted from your time spent in WOWY.

- 1 Click the "Add a New Entry" link to go to your diary entry page.
- 2 Click to view all past entries in a single month at once.
- 3 Use the calendar to see when you've recorded entries in the past: days with diary entries are shaded in yellow. If you've marked an entry as important, it will be shaded in pink to show that was a "Key Day" for you.

- 4 You can choose to see all entries between two dates that you set.



## DIARY – NEW ENTRY

### Write in your diary

The new entry page provides you with a series of fill-in areas to make writing in your diary as simple as possible.

- 1 Choose the date of your entry.
- 2 Check the box if you want to make your entry a Key Day. Any day can be a Key Day, but consider marking as Key Days those entries in which you write about having met a significant goal or realized a noticeable change in your body or outlook.
- 3 There are three areas you can use to type freely about exercise, diet and general observations and results.
- 4 Click "Submit This Entry" to save your entry.

## OTHER TOOLS

The screenshot shows the WOWY dashboard interface. At the top, it says 'Team BEACHBODY' and 'WOWY WORK OUT WITH YOU'. A welcome message and a 'LOGOUT' button are in the top right. Below the header, there are navigation tabs: 'Next Workout', 'Calendar/Scheduler', 'Success Buddies', 'Diary', and 'Other Tools'. A status bar shows 'Official WOWY Time is: 5:17 PM ET/2:17 PM PT'. The 'OTHER TOOLS' section is highlighted with a blue bar. Below this, there are six numbered annotations pointing to specific links:

- 1 [Create My Transformation Tracker](#)  
Your Transformation Tracker lets you document and see your progress, as both your measurements and your physical strength improve.
- 2 [View or Update My Weekly Goals](#)  
Set smaller goals for each week, as steps on your journey toward larger goals.
- 3 [WOWY Workout Groups](#)  
Workout groups link together people who share a common interest, goal, or experience.
- 4 [Who's In WOWY Right Now!](#)  
See who is working out at this very moment.
- 5 [Who's scheduled to work out later?](#)  
See who is scheduled to work out with you during the next week.
- 6 [Change My WOWY Image](#)  
You can opt to use your current Team Beachbody as your WOWY image or upload a different one.

Below the 'OTHER TOOLS' section, there are four promotional banners: 'SHOP FOR PRODUCTS' (Meal Replacement Shake), 'PLAY THE GAME' (Win Big in the Million Dollar Body Game), 'GET INVOLVED' (Interact and Support), and 'COACH NEWS' (See What's Up).

## Improve your image

Working out in WOWY is important for Coaches because it gives you the credibility that comes from experiencing your own results. Every time you work out in WOWY, you're also raising your visibility with other members. The tools and links listed under the Other Tools page in WOWY provide ways to enhance your credibility and visibility as a Coach in the Team Beachbody community.

**1** Transformation Tracker helps you document and quantify your fitness results. You can also get to the Transformation Tracker through the Exercise & Fitness section of your Dashboard.

- 2** Show you are actively pursuing a fit and healthy lifestyle by frequently updating your Weekly Goals.
- 3** Join a WOWY Workout Group to meet new people with similar interests and goals.
- 4** Use "Who's In WOWY Right Now!" to get an instant snapshot of who's online and who's working out.
- 5** Check "Who's scheduled to work out later?" and "Recently in WOWY."
- 6** Change your WOWY image so that members can glimpse where you're at in your fitness program.