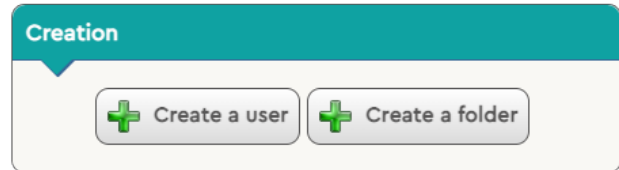




## 1. Navigate to the Users Section of the Program

Click on "Create a user" button in the Creation box.



## 2. Fill in the Appropriate Information

User information	Exercises	Workouts	Results	Notes	Messages
Title <span>▼</span>					
First Name	Jane				
Last Name	Doe				
Gender	Female <span>▼</span>				
Birthday	01 <span>▼</span> / 01 <span>▼</span> / 1940 <span>▼</span>				
Login	jane.doe				
Password	***** (Change)				
Language	English <span>▼</span>				
Email	jane.doe@somewhere.co				
Folder	/ <span>▼</span>				
Access rights	Patient <span>▼</span>				
Settings	<input checked="" type="checkbox"/> View Performance Profile <input type="checkbox"/> Allow user to choose variants Access to exercises outside of workouts: <input checked="" type="radio"/> Yes <input type="radio"/> Only after workouts <input type="radio"/> No				
<div>  Log into            Deactivate         </div>					

- Title (Optional)
- First & Last Name – **Required**. This helps to find a user in the user list and differentiate the data of each patient. *(If you would like greater privacy use a unique combination of letters and numbers here)*
- Gender (Optional)
- Birthday (Optional)
- Login & Password – **Required**. The log in must be unique to the patient. *(Tip: we recommend using first.lastname, or for greater privacy a unique combination of numbers and letters).* **If you give this information to the patient, they are able to log in to their account outside of your sessions.**
- Language – Our system will default to English, Our platform is available in both English and Spanish.
- Email – (Optional – Highly Recommended) This will allow the patients to receive an email reminder on the day of homework, and let them log directly into their account so they don't need to remember their username and password.