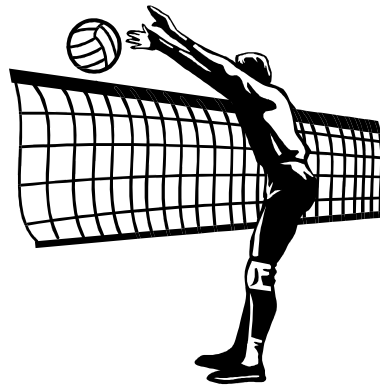


What do you like?

Basketball? Biking?
Skiing? Massage?
Yoga?

Creating A Profile

- Upon registering for the website, you are allowed to create your own profile. Your profile will consist of your basic information as well as a list of interests you like. Once logged on your profile will tell you your username and email, your last exercise entry, and your notification system preferences.
- There are many different exercises and activities that you can choose from. You do not necessarily have to do the activity but if you would like to learn how, you should select it as one of your interests. To the right is a list of interests one of our users created.



Basketball
Bicycling(road)
Climbing-Indoor
Fitness Class-Aerobics
Fitness Class-Toning
Hockey
Ice Skating
Massage
Paintball
Ping Pong
Running
Skiing(downhill)
Softball
Stress Management
Swimming
Volleyball
Walking
Weightlifting
Yoga

