



# **MANAGING YOUR PROFILE**

**How Do I Manage My Profile,  
Track My Workouts, & Set My Goals**

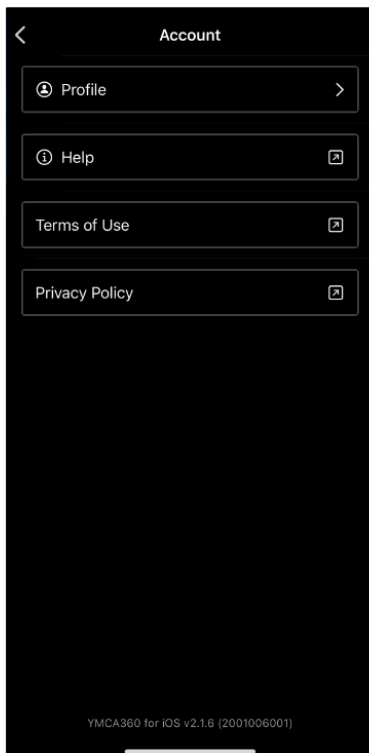
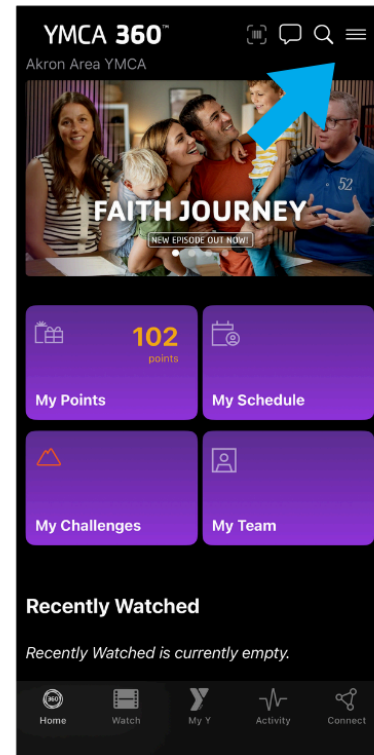


# Managing Your Profile: How do I manage my profile, track my workouts, & set my goals

## Managing Your Profile

Start off by opening the Y360 app.

Once you are on the homepage, select the three bars at the top right hand corner.



This will take you to your account page.

Select the "Profile" box with the person icon.

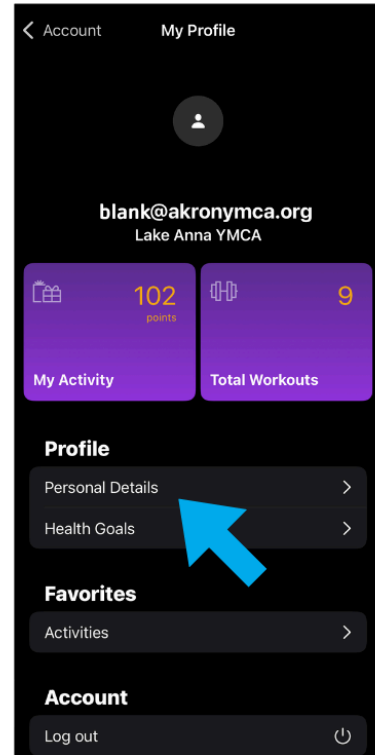


# Managing Your Profile: How do I manage my profile, track my workouts, & set my goals

## Managing Your Profile

This brings you to the “My Profile” page. Here you can edit your personal details, set health goals, track workouts, and more.

Select “Personal Details” to edit your profile

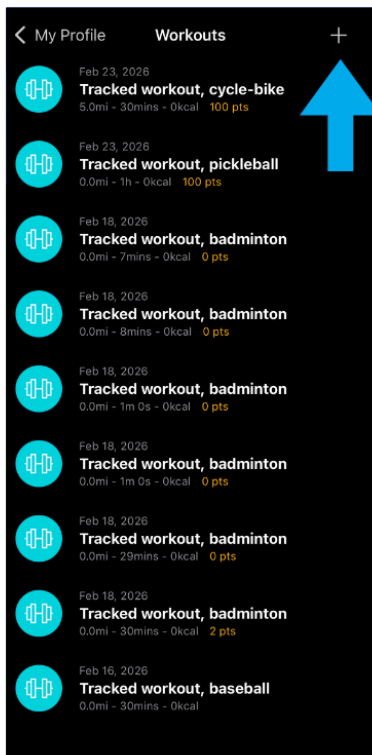
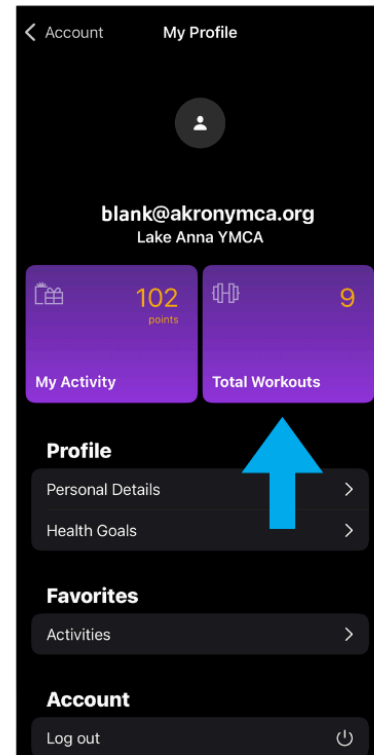




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## Tracking Your Workout:

Navigate back to the "My Profile" page and select the purple "Total Workouts" box, to track your workout.



This will take you to your "Workouts" page.

Select the plus icon (+) in the top right hand corner.



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### Tracking Your Workout:

Add in your details including the workout type, the duration of your workout, and (if applicable) the distance.

Once those sections are filled out, save your workout by clicking the blue "Save" button.

A screenshot of a mobile application interface titled "Add a Workout". The interface is dark-themed. It features four input fields: "Date" with the value "Feb 24, 2026", "Type" with the value "Swimming", "Duration" with the value "30 min", and "Distance" with the value "2.00 mi". Below these fields is a large blue downward-pointing arrow. At the bottom of the screen is a blue button labeled "Save".

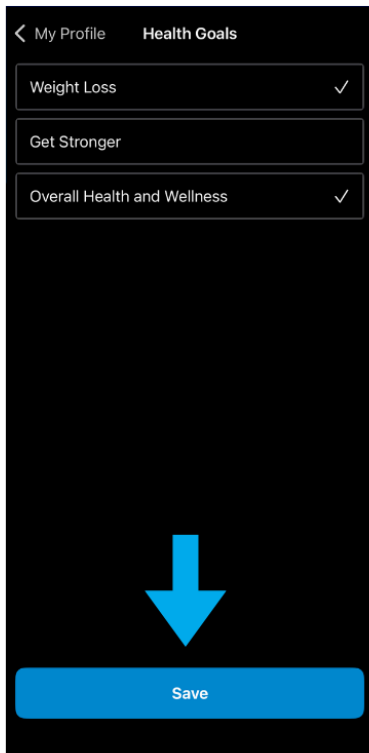
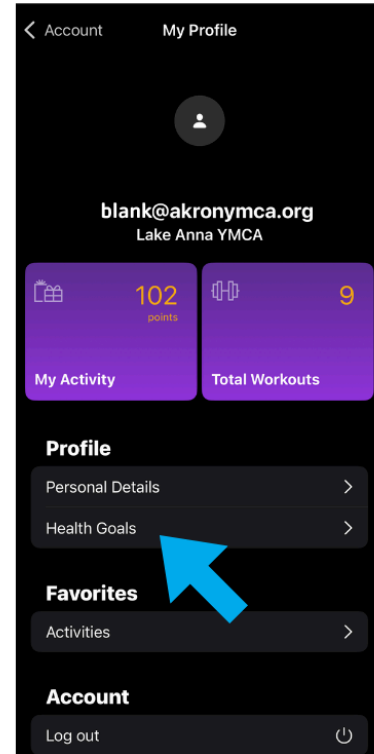
Field	Value
Date	Feb 24, 2026
Type	Swimming
Duration	30 min
Distance	2.00 mi



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## Set Your Fitness Goals:

Navigate back to the "My Profile" page and select the "Health Goals" tab under the "Profile" section.



Select your desired Health Goals.

Once you have selected your desired Health Goals, save them by clicking the blue "Save" button.