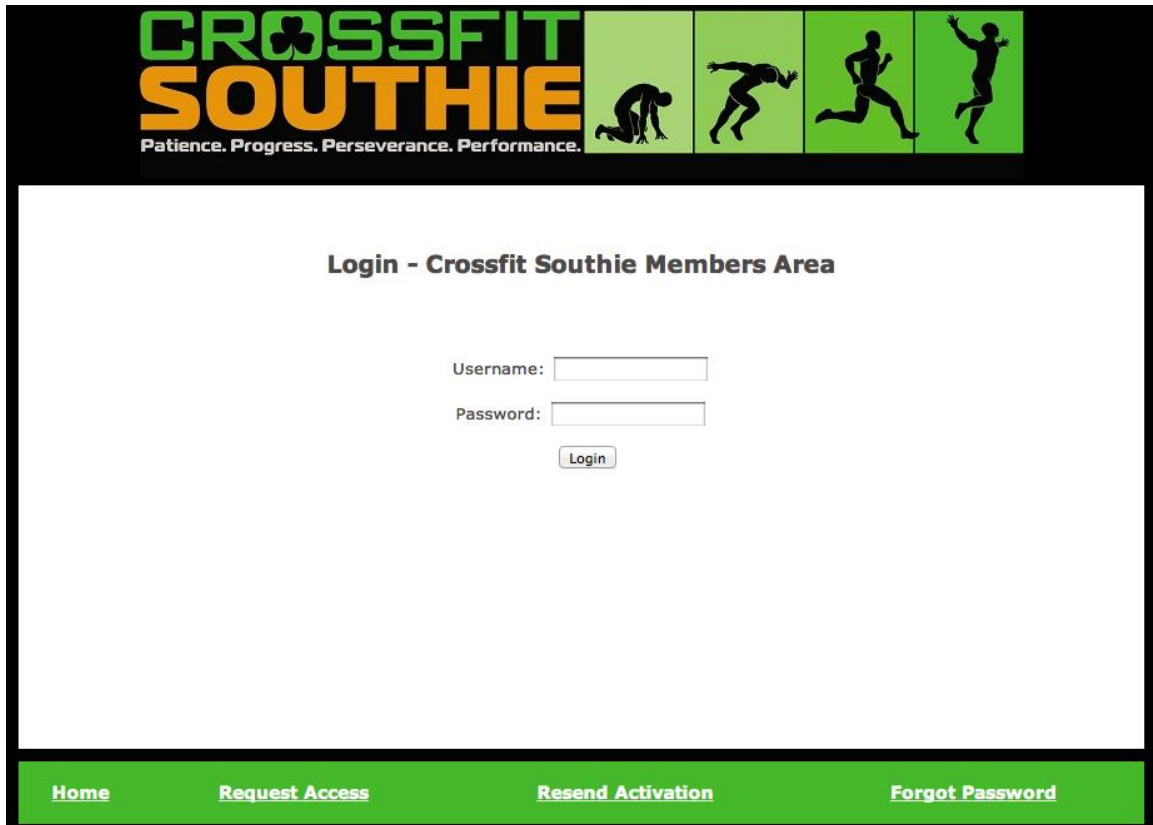


How to use the CFS Members Site

Registering



The screenshot shows the login page for the Crossfit Southie Members Area. At the top, there is a header with the Crossfit Southie logo in green and orange, the tagline "Patience. Progress. Perseverance. Performance.", and four icons of athletes in various poses. Below the header, the page title is "Login - Crossfit Southie Members Area". The login form consists of two input fields: "Username:" and "Password:", followed by a "Login" button. At the bottom of the page, there is a green navigation bar with four links: "Home", "Request Access", "Resend Activation", and "Forgot Password".

If you do not have an account, click the link in the green bar at the bottom to request access. This is for Crossfit Southie Members ONLY. Please see the coaches to get the code required to register.

When you Request Access this is the next screen:

Request Access - Crossfit Southie Members Area

Code *

Submit

When you enter the proper code you are brought to the registration page:

CFS Member Registration

First Name:

Last Name:

Password: (Must be 8 characters long)

Confirm:

Email:

When you fill out this form you will get an email with a code to confirm your address and it will include your login name for the website.

If the email does not show up within a few minutes check your spam filter or go back to the site and resend the activation, fill in your firstname.lastname as the username and the email you registered with, the link to this page is on the bottom of the members homepage:

Resend Activation Email

Username:

Email:

If you forget your password at anytime on the bottom of the members homepage there is a link to reset it:

Forgot Password

Username:

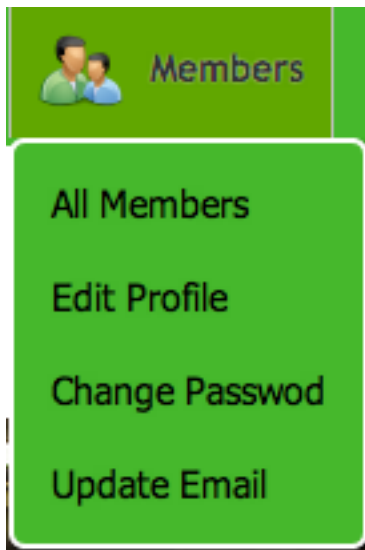
Email:

Login

Once you get logged in this is the homepage:

PUT THIS PICTURE HERE

The members menu bar has links to edit your profile, change your password and update your email. The All Members page is a directory of all of your fellow athletes, use it to make connections to the people you workout with at the Box.

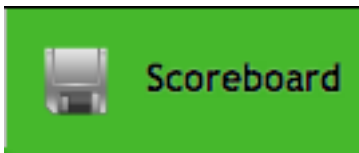
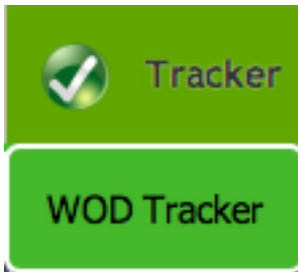


The All Members page is organized by first names and you can search for members by name:

Member Search

First Name Starts With: [A-B](#) [C-D](#) [E-F](#) [G-H](#) [I-J](#) [K-L](#) [M-N](#) [O-P](#) [Q-R](#) [S-Z](#)

Tracker currently contains the WOD Tracker; in the future the Paleo tracker will be in this tab, use WOD tracker to see how your scores stack up to the other athletes in the gym. The information you enter here will show up in the scoreboard which is the next link after Tracker in the menu bar:



Please logout when you are done and contact webmaster@crossfitsouthie.com with any questions or concerns.