

## Using the Fitness Log (FLOG)

As Go the Distance will be using the Fitness Logs, or FLOGS, to provide the monthly input, here is a step by step guide to setting up your personal FLOG.

Go to [www.usms.org](http://www.usms.org)

In the very upper right hand corner, you will see a tab labeled MyUSMS, click on this tab.

This will take you to the login page for MyUSMS. On this page, you will first see a prompt for your login, if you have never set up a user name and password, look down in the next section, there is a sentence that says: *If you have not already created an account separate from your USMS membership, [go here to create one now](#)*. Click on the statement in blue and continue with Step 1. If you already have a login, enter your username and password at this time and proceed to Step 2.

### Step 1. Creating your Login

The first screen will ask for your date of birth. Fill in each field as requested, Month, Day, and Year. And press the button marked **PROCEED**.

The next screen you see will explain the rules about the use of the Forums, after you have read the rules, you will click the box that says that you agree, and press the button marked **REGISTER**.

The next page will ask you to fill in the following: A user name, this will be your user name that will be used to login to update and review your FLOGS. Make sure this is a name that is easy for you to remember. **Type in the username**. You will next be asked to enter a password. Again, be sure that this is something that is easy for you to remember, you will be asked to type it in a second time to be sure that you typed it correctly, **type in the**

**password and retype it for confirmation.** Next you will be asked to type in your email address, and again to type it in twice for confirmation. **Type in your email address and repeat for confirmation purposes.** This is followed by a security question, **type in the answer to the security question.**

Following down the page, there is another box of questions. The first question allows you to select your local time zone from a drop down list. Click on the arrow, and highlight your time zone in that list. That is followed by a question about emails. Click in the boxes if you wish to received the emails.

All questions from this point forward are optional. You can choose to answer them or not. This is your decision. Once you review and answer any of the questions that you choose, you can click on **COMPLETE REGISTRATION**. If you wish to retype that page, you can click on **RESET FIELDS** and retype the page. If you click on **COMPLETE REGISTRATION**, you will proceed to the next screen.

On the next screen, you will be given a confirmation message stating that an email has been sent to your account. It also states that you can click [here](#) to return to where you were, click on the here. You will be taken back to a page that allows you to set up your MyUSMS area. The screen appears as follows, click on the blue to set up your MyUSMS area.

**My USMS** provides you with access to USMS members-only services. Would you like to [set up your My USMS area today?](#)

## Step 2: Set up your My USMS area.

You are now logged into the MyUSMS area. If you have never set up your information in this area prior to now, you will need to do so at this time.

If you see the following screen, you will need to set up your information for MyUSMS, if you have already done this, proceed to Step 3.

Please fill in the form below in order to set up your **My USMS** area.

Permanent ID:  (last 5 characters of your 9 character USMS number i.e., if your USMS Number is 1234-067A9, the last 5 characters would be 067A9)

Last Name:

Birthdate:  [Choose date](#) (MM/DD/YYYY)

Gender:

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Type in the fields above and click on Setup **MyUSMS** to proceed. Once your information is accepted, you will be returned to the screen that is your MyUSMS personal screen. Proceed to Step 3.

### Step 3: Set your preferences for the FLOGS

**This is your “MY USMS” page.**

This page contains all of the information that the database has about your swimming. You can check times, print a copy of your current registration card. This is fun to look at and review what you have done. But for now, you need to

Scroll down to:

**Available USMS Member Online Services:**

Click on:

**My Fitness Log (FLOG):**

You will be taken to a screen that allows you to set your preferences for the FLOG. Don't worry, you can always change them later. So answer the questions on this page:

Set up for Fitness Log Preference settings:

### Visibility

- Allow anyone to view my workout logs
- Allow anyone to view my fitness measurements (e.g. my weight log)

### Preferences

Enter my swim distances mostly in this unit of measure (you may change this for individual workouts)

My swim workouts are mostly done in this course (you may change this for individual workouts)

My preferred view of my recent flog history

Once you have selected your preferences, click on **Save Settings**:

You will now be taken to your FLOG in the format that you selected as your preference, weekly or monthly. If you are not happy with the format, you can always click on the Preferences in the upper left hand corner of the page, but for now, let's just proceed.

## Step 4: Join Go the Distance

Once you reach this screen, if you are not in the Go the Distance program and wish to join, you will see the following:

**ALERT: You are not currently entered in the [Go The Distance](#) event.**  
Would you like to [enter now](#)?

Click on **enter now**

**Go The Distance 2009** ([event details / results](#))

🟢 You are participating in this event. [ [View Progress](#) | [Withdraw from this event?](#) ]

Congratulations, now you are registered.

## Step 5: Updating your Fitness Logs

Once you are set up to use the Fitness Logs and entered into Go the Distance, it is just a matter of logging into the My USMS and requesting to update the Fitness Logs.

You will be taken to either the weekly or monthly format that you chose in the preferences. To update the log, you can click on **Log an Entry** in the upper left hand corner of the screen to go directly to the entry for the current day, or you can move you cursor to the day of your choice in the calendar and click on that.

### In This Section

[My Fitness Log](#)

[Preferences](#)

[Log an Entry](#)

[Totals](#)

[Events](#)

In either case it will take you to the following screen.

You can choose to update one of the items shown by clicking on the dot in front of the item, and then clicking on **Continue**.

You will link to this screen:

### Add a Fitness Log Entry

#### Add a Log Entry

(\* = *Required field*)

\*Date:

\*Entry Type: Workouts: Fitness Measurements:

Swimming

Weight

Weights

Resting Heart Rate

Running

- Walking
- Cycling
- Spinning
- Yoga
- Pilates
- Other

Continue

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For example, you select swimming, and after pressing continue, you will see the following page.

### Add a Fitness Log Entry

### Add a Swimming Workout

(\* = Required field)

\*Date:

- \*Course:  Short Course Yards (SCY)  
 Short Course Meters (SCM)  
 Long Course Meters (LCM)  
 Open Water  
 Other

\*Total Distance:  Yards

\*Total Time:  minutes

Details/Comments:

Add Workout

You can enter the distance and/or time. The fields are set to your preference, but they can be changed at this time. Set your preferences to the

most common format in which you swim. Once you fill in the fields that you want, **click add workout**.

**Congratulations you are done!!!!**

It is easy and fun to use the FLOGS. If you want to change something that you have already entered, you go to that day and click on the workout that you want to modify. If you did two workouts in one day, then you just add another entry to that day by either choosing to add an entry from the list in the upper left corner or clicking on the date in the box. It's as easy as that. Have fun going the distance.