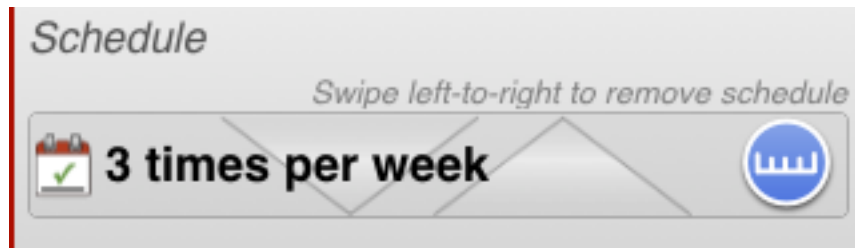



Using schedules

You can set a schedule for a routine from the **Program** tab.



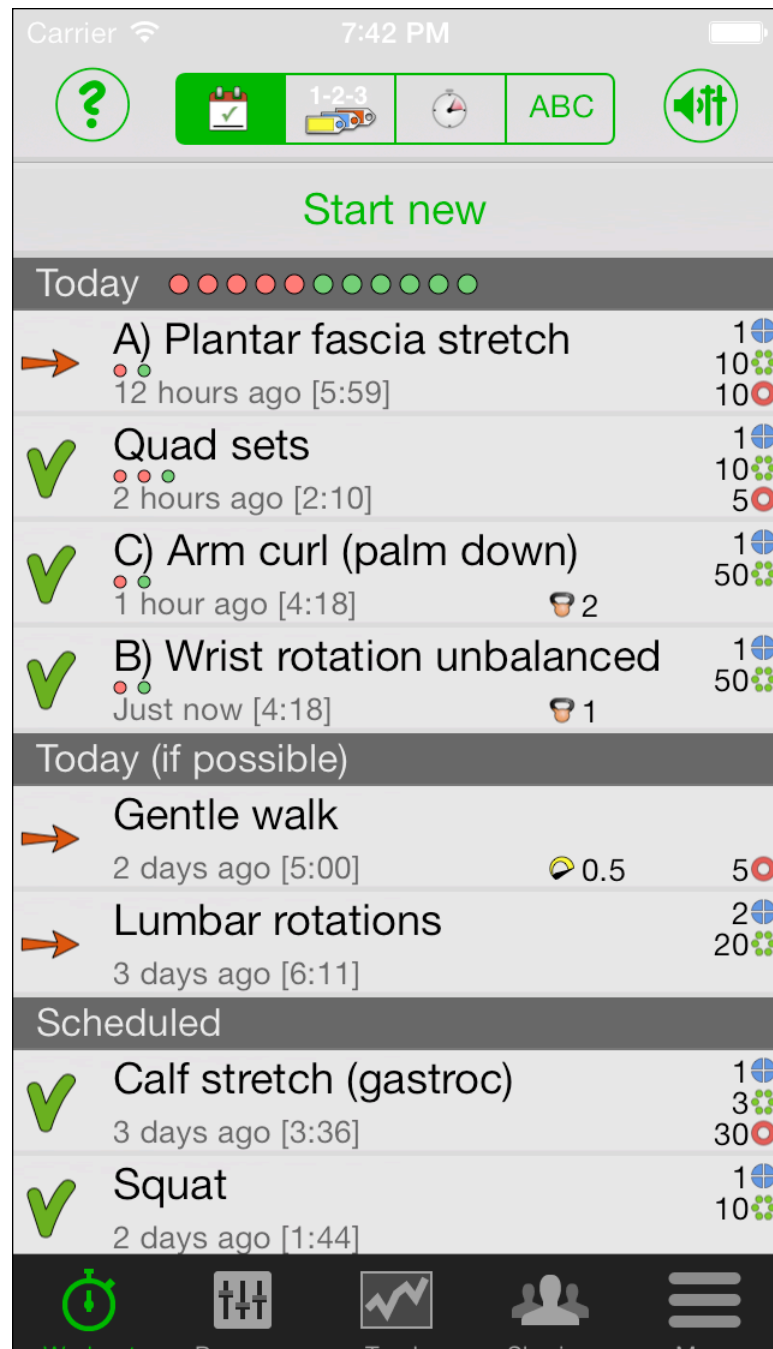
This is a *flexible schedule* in the sense that it does not specify a specific time of day, or day of the week when you must do the exercise.

Using the schedule


From the **Workout** tab select the “By schedule”  sort option. This will present the routines in different sections according to when they are due.

- **Today**: Those that must be performed today.
- **Today (if possible)**: Those that would best be performed today, to avoid piling up later on.
- **Scheduled**: Other routines that are scheduled but are not due today.
- **Unscheduled**: The unscheduled routines.

The **Today** header shows progress for all of today’s schedule. Each routine also shows its own progress, indicating how many times it has been completed today, and how many remains.



In the example shown above, the **Today** header has 5 red marks, and 6 blue marks, for a total of 11. This indicates that the scheduled required 11 routines to be completed today, of which 6 already have been completed, and 5 remain.

The status indicator  shows that the routines was performed very recently, and that, given its schedule, it would make sense to wait a little while before repeating it. Later on in the day, that symbol will change to indicate it is time to perform it again.