Log Results for an Athlete’s Assigned Workout (1:1)

Sandy Tannheimer - 2026-11-19 - Workout Tracker

You can **log results for a workout assigned to one athlete** directly from **Workouts → Programming → Athletes** in Kilo GMS. When you coach a personal training session, you can record the athlete's scores yourself, so their personal records and movement history stay complete without asking them to enter the numbers in the Kilo app later.

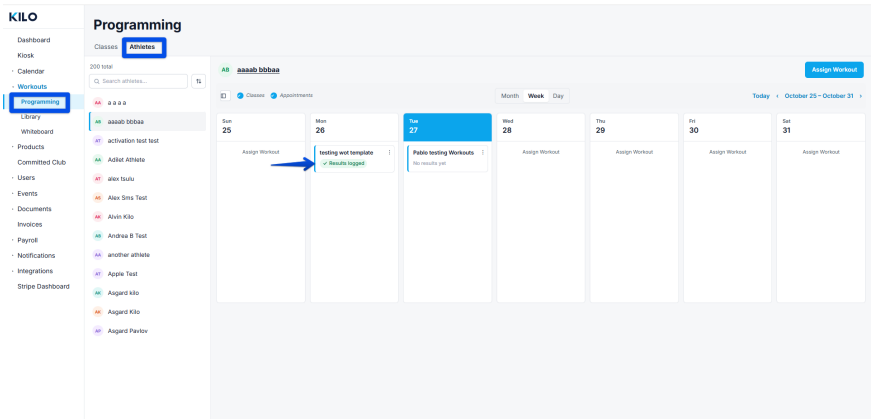
What you can do with logging results for assigned workouts

- Record an athlete's scores from the workout you programmed for them
- Log results from the workout preview or the workout card's menu
- Update a result the athlete logged, or one another staff member logged
- See who logged each result and which results hold the athlete's personal record
- Track progress on the calendar card with a result status for each workout
- Count staff-logged results toward the athlete's personal records and movement history

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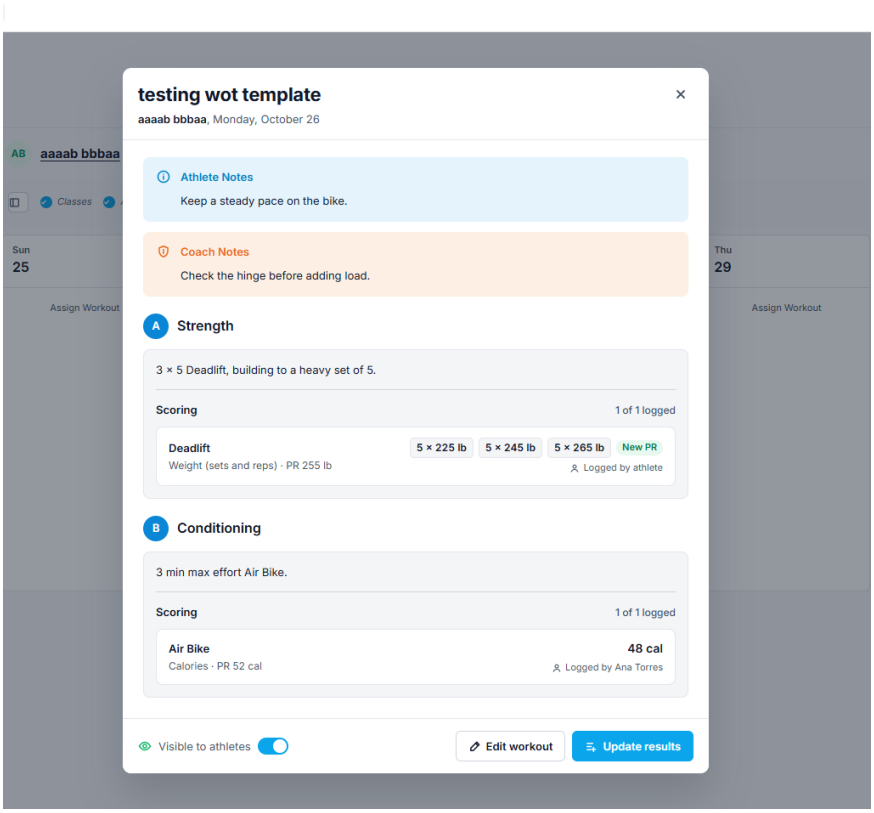
How do I log results for an athlete's assigned workout?

1. Go to **Workouts → Programming → Athletes**.
2. Select the athlete.
3. In the week or day view, click the workout you want to score. The workout preview opens, showing the athlete's name and the workout's date under the workout name.
4. Click **Log results**.



5. Enter the athlete's results for each scored item. The cursor starts in the first input.

6. If a section offers levels, choose the level the athlete completed (Scaled, RX, or RX+). RX is preselected when the section offers it.



7. Click **Save results**.

You can also open the logging form directly from the calendar: click the ⋮ menu on the workout card and select **Log results**.

The inputs match each item's score type:

Score type	What you enter
Weight (sets and reps)	Reps and weight for each set the coach programmed
Reps	Reps

Rounds	Rounds
Rounds + Reps	Rounds and reps
Time (lower is better) or Time (higher is better)	Minutes and seconds
Calories	Calories
Distance	Distance

A few things to know while you enter results:

- **Leave an item empty if the athlete did not complete it.** Empty inputs and empty set rows are not saved, so the athlete can log those items later from the Kilo app.
- **Units follow the workout.** Weights and distances use the unit the coach set on the scored item (for example, lb or kg). Nothing is converted.
- **Only the programmed sets appear.** You cannot add or remove set rows.
- **Invalid values block Save.** The same limits apply as when athletes log their own results (for example, seconds up to 59), and the error appears under the input.

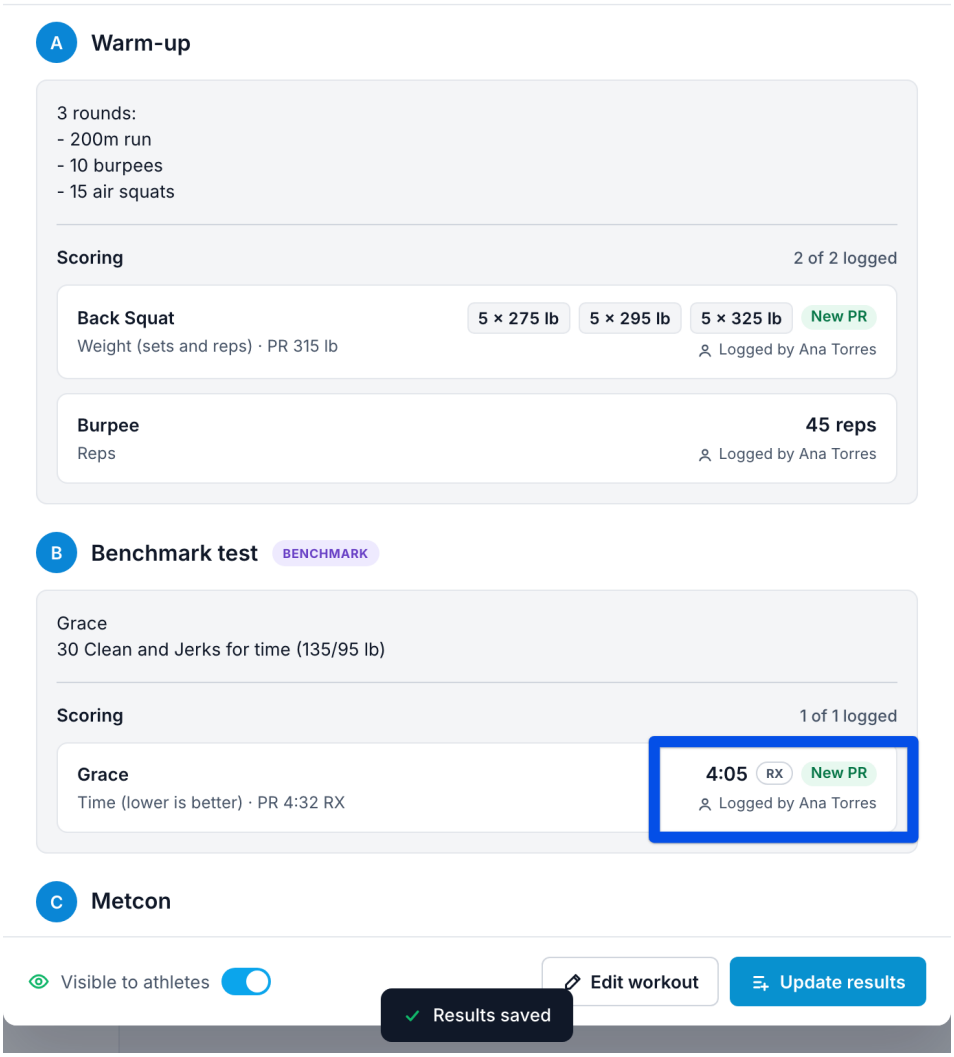
If you click **Cancel**, press Escape, or close the window after typing anything, you'll be asked "Discard the results you entered?" Click **Keep logging** to return to your entries, or **Discard** to drop them.

How do I update results that are already logged?

Once a workout has any results logged by you or by the athlete, the button reads **Update results**.

1. Go to **Workouts → Programming → Athletes** and select the athlete.
2. Click the workout, or open the workout card's ⋯ menu.
3. Click **Update results**. The form opens with the saved values filled in.
4. Change the values you need to correct.
5. Click **Save results**.

If the athlete logged a result last, you'll see "Logged by the athlete. Saving your changes replaces their result." above that item. Only the items you change are saved, so a result the athlete edits while you have the form open is not overwritten by an item you didn't touch.



Note

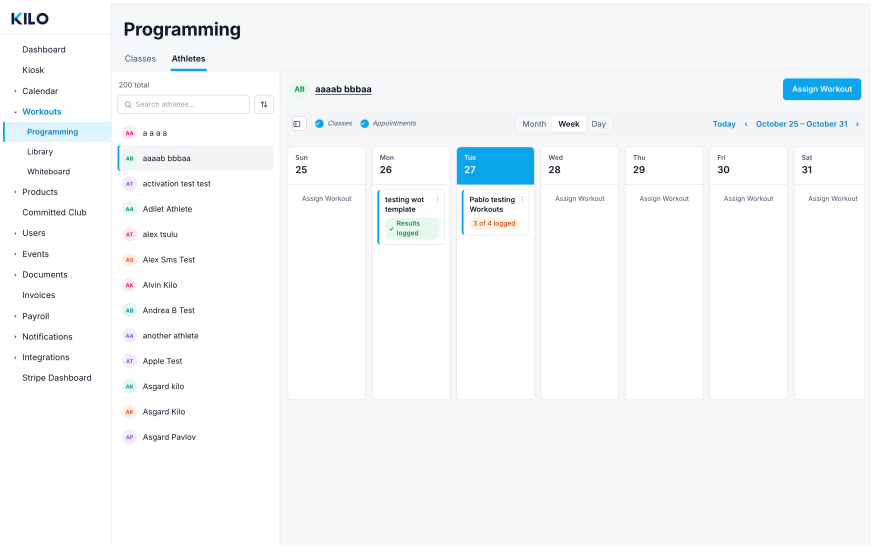
A saved result can be changed but not removed. If you clear every input on an item that already has a result, Save is blocked until you enter a value.

Changing the level of a section that already has results moves every result in that section to the new level. The values themselves stay as they are.

What happens after you save results

The preview shows each result next to its scored item, with the level when the section offers levels. Items without a result show "No result yet."

- **Who logged it.** Each result shows "Logged by [staff member's name]" when a staff member saved it last, or "Logged by athlete" when the athlete did.
- **New PR.** A **New PR** chip appears on a result that holds the athlete's current record for that movement and level. It disappears once a better result is logged, by you or by the athlete. The New PR chip is visible to staff only.
- **Calendar card status.** The workout card in the week and day views shows "No results yet," a count such as "2 of 4 logged," or "Results logged" once every scored item has a result. The card turns green with the **Completed** badge only when every scored item has a result.



- **What the athlete sees.** The results appear in the athlete's Kilo app the next time they open the workout. If their app is up to date, each item a staff member saved last also shows "Logged by coach." Nothing is sent to the athlete.

  Warning

  Once a workout has any result, it can no longer be edited, changed, hidden, or deleted. This keeps the athlete's logged results attached to the workout they completed. Check the workout is correct before logging, since results cannot be removed to unlock it.

Why can't I click Log results?

Log results appears only when there is something to score on a workout assigned to that athlete, and it stays disabled until the workout's date arrives and while the workout is hidden. Hover over the disabled button to see why.

Situation	What you see	What to do
The workout's date hasn't arrived	"Results can be logged from the workout's date."	Log results on or after the workout's date
The workout is hidden from the athlete	"Make this workout visible to the athlete to log results."	Turn on **Visible to athletes**, then log results
The workout has no scored items	No Log results button	Nothing to log; notes and unscored sections don't take results
It's a class workout in the athlete's calendar	No Log results button	Log class results in **Whiteboard → Workout Results**

Log results requires the workout to be visible because saving a result locks the workout. A result saved on a hidden workout would leave it hidden for good, and the athlete could never see their result.

The button turns on when the date on your own device reaches the workout's date. There is no end date, so you can log results for a workout from any past day.

Frequently asked questions

Can coaches log results without permission to edit workouts?

Yes. Any staff member who can open **Workouts → Programming → Athletes** can log and update results. No extra permission is needed. Staff without the workout editing permission can log results, while **Edit workout** stays hidden for them.

Can the athlete change a result I logged?

Yes. The athlete and staff edit the same result, and the last save wins. If the athlete changes a value on a result you logged, Kilo GMS shows "Logged by athlete" on it.

In an up-to-date Kilo Members app, a result a staff member saved last shows "Logged by coach." The label goes away only when the athlete changes a value on that item. If they save the same values again, the label stays.

Will the athlete get a notification when I log their results?

No. Logging or updating results sends no push notification, email, SMS, or in-app message. The athlete sees the results the next time they open the workout in the Kilo app.

Do results logged by staff count toward personal records?

Yes. Staff-logged results count exactly like results the athlete logs. They count toward personal records, movement history, and every report or leaderboard that reads results. They also mark the workout as logged in the athlete's app.

Why doesn't a result show the New PR chip?

The chip shows only on a result that beats every other result the athlete has for that movement and level. A few cases never show it:

- The athlete's first result for a movement and level
- A section scored as a whole
- A result that ties an earlier one (the result from the earlier workout date holds the record)
- A result for an older workout that is lighter than one the athlete logged since

Results are compared across all of the athlete's workouts, whatever the workout date. In the athlete's history, a result appears under its workout's date, not the day it was saved.

Can I log results for a past workout?

Yes. Log results has no end date. You can score a workout from last week or last month, as long as the workout is visible to the athlete.

Can I add an extra set the athlete completed?

No. The form shows only the sets the coach programmed. Fill in the sets that apply and leave the rest empty; empty set rows are not saved.

Can I delete a result after saving it?

No. A saved result can be changed but not removed. To correct a result, click **Update results**, change the value, and click **Save results**.

Why can't I edit the workout after logging results?

A workout locks as soon as it has any result, whether you or the athlete logged it. When you hover over a locked action, you'll see "Results have been logged for this workout, so it can no longer be changed." **Update results** stays available so you can still correct scores.

How do I log results for a class workout?

Use Whiteboard → Workout Results. Class workouts that appear in an athlete's calendar don't show Log results in the preview. Class results you log there are the same results the athlete sees, so in an up-to-date Kilo app they also show "Logged by coach."

Does the athlete need a reservation or check-in first?

No. Workouts assigned to one athlete need no reservation or check-in before results are logged, by staff or by the athlete.

Can I log results for an athlete whose status is Alumni?

Yes. Athletes with the Alumni status stay in the Athletes list, and you can log results on their assigned workouts like any other athlete's.

Helpful tips

- Make sure the workout is visible to the athlete before your session starts, so you can log right after.
- Review the workout before saving results; once it has a result, it can't be edited or deleted.
- Log only what the athlete completed and leave the rest empty for them to fill in from the Kilo app.
- Check the calendar card count to spot workouts with results still missing.
- Use the workout card's menu to jump straight into the logging form.

When this feature is most helpful

- Recording scores at the end of a personal training session
- Entering results for athletes who rarely open the Kilo app
- Correcting a score an athlete entered incorrectly
- Catching up on results from past 1:1 sessions
- Keeping personal records accurate for your most closely coached athletes

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If you have questions about logging results for assigned workouts in Kilo GMS, our Support team is happy to help. Reach us at **hello@usekilo.com**.

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