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Log Your Workout Results in the Kilo App

Laura Gibson - 2026-09-10 - [Workout & Attendance History](#)

Workout logging in the **Kilo - Members** app lets you record your results for a class, see how you did against everyone else, and update your numbers later if you need to. Your coach can also log results for you, and either way the result shows up the same in your app.

Your workouts live under the **Workout** tab at the bottom of the screen.

What you can do

- See the workout your coach programmed for a class
 - Log your results the way your coach set them up, including time, weight, reps, and more
 - Mark whether you did a conditioning section **RX** or **Scaled**
 - Leave a note for your coach about how the workout went
 - See how your result compares with other athletes on the leaderboard
 - Update your results later if you made a mistake
 - View results your coach logged for you
-

Find your workout

1. Select **Workout** at the bottom of the screen.
2. Stay on the **Training** tab.
3. Choose the date of the class from the row of days, or use the arrows to move week by week. Select **Today** to jump back to the current day.

11:21 

   62



Workout

Training

Performance



September 2026 

Today



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SA

6

7

8

9

10

11

12



class

Sep 10

Warm up

Strength

Bench Press Heavy 1 rep

1. Bench Press

1 sets × 1 reps lb

Retest of August Workout

WOD - 8/25/2026

3 RFT

400m Run

15 Deadlifts

25 Pullups

1. WOD - 8/25/2026



Schedule



Workout



Reservations

The workout appears as a card, broken into the sections your coach programmed, such as **Warm up**, **Strength**, and **Conditioning**.

Log your results

1. Open the workout for the date you want.
2. Scroll down and select **View Leaderboard**.
3. Select **Log Results**, then enter your result for each movement. The inputs match how your coach set up the workout, so you might enter a weight, a time in minutes and seconds, reps, rounds, distance, or calories.

11:21



class



class

Sep 10

Warm up

Strength

Bench Press Heavy 1 rep

1. Bench Press

1 sets × 1 reps lb

Weight

0

lb

Retest of August Workout

WOD - 8/25/2026

3 RFT

400m Run

15 Deadlifts

25 Pullups

Conditioning

Scaled

✓ RX

1. WOD - 8/25/2026



Schedule



Workout



Reservations

4. For a conditioning section, choose **RX** if you did the workout as written, or **Scaled** if you modified it.
5. Add an **Overall Workout Notes** entry if you want to tell your coach how it felt. This is optional.

11:22 

   62



class

Bench Press Heavy Prep

1. Bench Press

1 sets x 1 reps lb

Weight

0

lb

Retest of August Workout

WOD - 8/25/2026

3 RFT

400m Run

15 Deadlifts

25 Pullups

Conditioning

Scaled

✓ RX

1. WOD - 8/25/2026

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Overall Workout Notes

Optional notes



Schedule



Workout



Reservations

6. Save your results.

You can come back and change your numbers later if something was wrong.

Check the leaderboard

Scored sections have a leaderboard so you can see where your result sits.

1. Open the workout and select **View Leaderboard** at the bottom of the card.
2. Use the **Scored Section** picker at the top to switch between the parts of the workout that were scored.

11:21



Leaderboard

SCORED SECTION

Strength · Bench Press



ALL ATHLETES



Your ranking

Log your results to see your ranking

Be the first to submit a score for this section.

Log Results



Schedule



Workout



Reservations

3. Use the filter icon beside **All Athletes** to narrow who you are comparing yourself against.

Your own ranking sits at the top. If you have not logged a result for that section yet, select **Log Results** to enter one.

Frequently asked questions

Where do I find a past workout?

Select Workout at the bottom of the screen, then pick the date from the row of days. Use the arrows to move back through previous weeks. The workout your coach programmed for that day appears with any results you have already logged.

Can I change my results after saving?

Yes. Open the workout again and change your numbers. Your previous entries are already filled in, so you can adjust them and save again. Updating replaces your earlier results for that section.

What is the difference between RX and Scaled?

RX means you did the conditioning section exactly as your coach wrote it. Scaled means you modified it, for example by using a lighter weight or a different movement. Choose whichever matches what you actually did, so your result is compared fairly on the leaderboard.

Do I need to be checked in to log my results?

No. You can log results even if you were not checked in, and logging your results does not check you in. Logging is only about recording your performance for a class you took part in.

Can my coach log results for me?

Yes. Coaches can log results for the whole class, and anything your coach logs shows up in your app just like results you entered yourself. If your coach already logged your result, you will see it when you open the workout, and you can still change it if something is off.

Why is my result not on the leaderboard?

Check that you have logged a result for that scored section. The leaderboard is per section, so use the **Scored Section** picker to make sure you are looking at the one you entered. If you have not logged anything yet, the panel invites you to be the first to submit a score.

Helpful tips

- Log right after class while your numbers are fresh
 - Add a note for your coach if something felt off or you scaled a movement
 - Choose **Scaled** honestly, since it keeps the leaderboard meaningful for everyone
 - Use the **Today** button to get back to the current day after browsing older workouts
 - Ask your coach if a result looks wrong and you did not enter it yourself
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When workout logging is most helpful

- Recording your results right after finishing a class
- Keeping a personal history of your performance over time
- Comparing your result against the rest of the class
- Letting your coach see how you did and any feedback you leave

If you have questions about your account, your membership, or the classes at your gym, contact your gym administrator. They manage your account in Kilo and can help you directly.

- Tags
- [Gym Management](#)