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Update Your Profile or Contact Info in the Kilo App

Laura Gibson - 2026-09-10 - [Getting Started & Your Account](#)

You can update your own contact details, address, emergency contact, and medical notes on the **My Profile** screen in the **Kilo - Members** app. Keeping these current matters because your gym uses them to reach you and to know who to contact if something happens during a session.

What you can do

- Update your name
 - Update your phone number and date of birth
 - Update your address
 - Update your emergency contact information
 - Update your medical notes
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Update your information

1. Open **Kilo - Members** and tap the person icon in the top left corner to open your **Account**.
2. Select **Edit Profile** below your name.
3. Update any of the fields you need to change.

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My Profile



Laura Test

laura@gymleadmachine.com

1. General Information

First name *

Laura

Last name *

Test

Email

To edit emails use "Edit Login".

laura@gymleadmachine.com

Phone Number



+1 Phone number

Date of Birth

Use the YYYY-MM-DD format.



Schedule



Workout



Reservations

4. Scroll to the bottom and select **Update Profile**.

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My Profile

City

Enter City

State

Select State



Zip Code

Enter Zip Code

Country *

United States



3. Emergency Info

Emergency contact

Enter Full Name

Emergency phone



+1

Phone number

Medical notes

Enter medical notes

Update Profile

Cancel



Schedule



Workout



Reservations

Your changes are visible to your gym straight away. Select **Cancel** instead if you want to leave without saving.

Note

You cannot change your email address on this screen. The **Email** field is locked, and the screen points you to **Edit Login** instead, which you reach from the **Switch Account** screen.

What is on the My Profile screen

The screen is divided into three numbered sections.

- **1. General Information.** Your first name, last name, email address, phone number, and date of birth. First name and last name are required, and email is read-only. Enter your date of birth in **YYYY-MM-DD** format, for example 1990-07-24.
- **2. Address.** Your city, state, ZIP code, and country. Country is required.
- **3. Emergency Info.** Your emergency contact's name and phone number, and any medical notes your coaches should know about.

Required fields are marked with an asterisk. Both phone number fields include a country selector, so pick your country before typing the number.

Frequently asked questions

How do I change the email address on my account?

Use Edit Login, not the My Profile screen. The **Email** field on My Profile is read-only. To change your address, open your **Account**, select **Switch account**, scroll to the bottom, and select **Edit Login**, then choose **Change Email**.

What format should I use for my date of birth?

Use YYYY-MM-DD: four-digit year, then month, then day. July 24, 1990 is entered as 1990-07-24. The field will not accept other formats.

Why does my gym ask for emergency contact and medical notes?

So your coaches know who to call and what to be aware of during a session. Your gym decides what it needs here, so ask them if you are not sure how much detail to include.

Who can see my medical notes?

Your gym can. These fields exist so your coaching staff have the information they need. Contact your gym administrator if you have questions about how they handle it.

I cannot change one of the fields. What should I do?

If it is your email address, use Edit Login instead. For anything else, contact your gym administrator, since some details may be managed by your gym rather than edited by you.

Helpful tips

- Update your phone number as soon as it changes, so confirmations and reminders reach you
- Keep your emergency contact current, especially if the person you listed has changed number

- Add medical notes your coaches should know about before your first session
- Select the right country in the phone field before typing the number
- Change your login email through **Edit Login** if your address has changed, since you cannot do it here

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](#)