Use the Whiteboard and Log Results During Class

Laura Gibson - 2026-11-05 - Workout Tracker

The **Whiteboard** is the gym-facing display that shows the day's workout on a TV, monitor, or tablet during class. It's also where results get logged: you or your athletes can enter scores as the class wraps up, and a leaderboard shows how everyone did.

There are two places in Kilo GMS that put a workout on screen. **Workouts → Whiteboard** and the **Kiosk** both show the same workout and both include the timer, but the results grid and the leaderboard are on the Whiteboard only. This article uses the Whiteboard route throughout.

The Whiteboard runs in a browser, so open your Kilo GMS account at **app.usekilo.com** on the device connected to your screen. Today's date loads by default, so there's very little to set up before class starts.

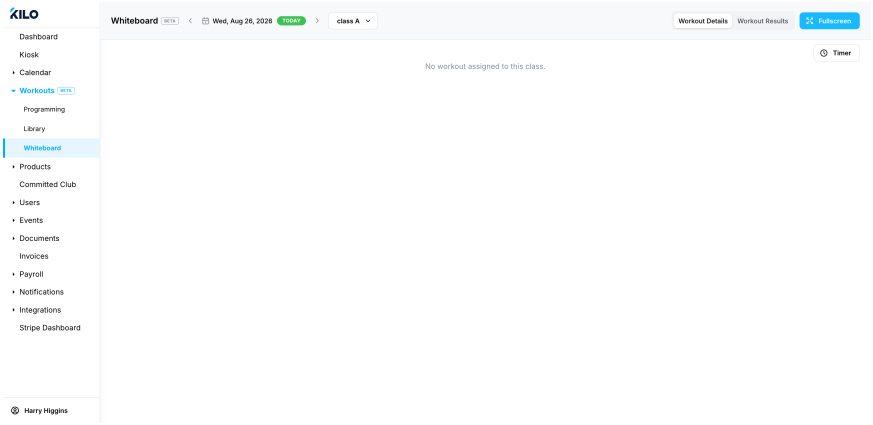
What you can do with the Whiteboard

- Display the day's workout on a screen at the gym
- Move through the workout one section at a time
- Go fullscreen for a clean, distraction-free display
- Run a built-in timer with stopwatch and countdown modes
- Log results for every athlete in the class from one screen
- Let athletes type their own results directly into the screen
- Show a leaderboard for this class, or for every class doing the workout today

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How do I show the workout on a screen in the gym?

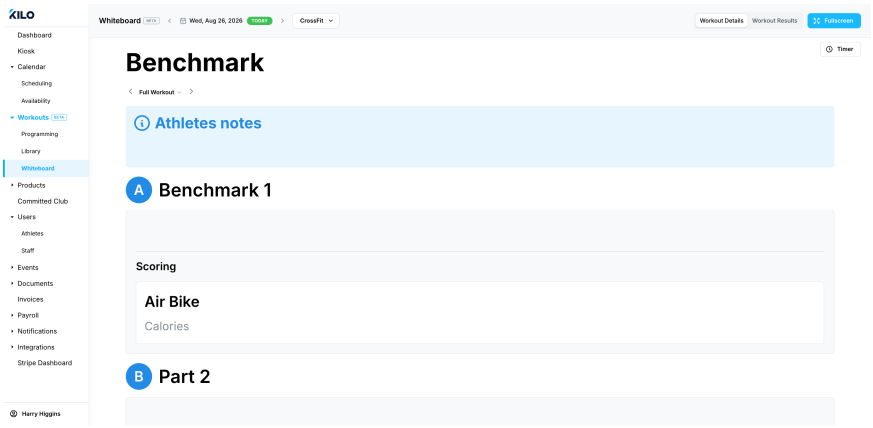
1. On the computer, tablet, or streaming device connected to your TV, open **app.usekilo.com** in a browser and log in.
2. Go to **Workouts → Whiteboard**.



3. Use the **date selector** at the top to move to the day you want. Use the arrows on either side of the date to step back and forward a day at a time.

4. Choose the class from the **class picker** next to the date.

5. Click **Fullscreen**. The workout expands to fill the screen and always shows the athlete-facing view, which is what you want on a TV the whole room is reading.



6. Connect or cast the device to your TV using whatever your hardware supports. See the next section.

To walk the room through class one piece at a time, use the **Full Workout** selector below the workout title and the arrows on either side of it to move between sections.

Note

Workouts can carry private **Coach Notes**, and those notes appear on screen in **Coach View**. If you're projecting the Whiteboard in normal mode rather than fullscreen, switch to **Athlete View** first. Fullscreen always shows the athlete-facing view.

Tip

Leave the Whiteboard on a dedicated computer or tablet wired to the screen. It loads the current day automatically, so the display is ready every morning without anyone signing in again.

Connecting your device to the TV

How you get the Whiteboard onto the screen depends entirely on the devices you already have, so there's no single right answer. Common approaches:

- Run an **HDMI cable** from a laptop or mini PC to the TV and use the TV as a second display
- **Cast from Chrome** to a Chromecast or a Chromecast-enabled TV
- Use **AirPlay screen mirroring** from a Mac or iPad to an Apple TV or an AirPlay-compatible TV
- Use **screen mirroring** built into a smart TV or a streaming stick
- Open a browser directly on a smart TV that has one, and log in there

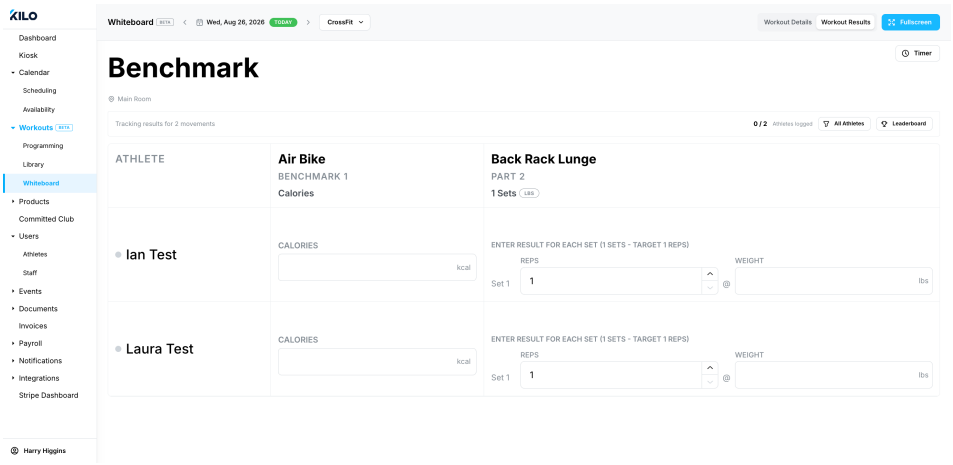
Note

Casting and mirroring are handled by your own hardware and operating system, not by Kilo. If the picture doesn't appear, check the documentation for your TV or streaming device.

How do I log results during class?

If the Whiteboard is in fullscreen, exit fullscreen first. Then click **Workout Results** in the top-right toggle to switch from the workout display to the results grid.

Each athlete in the class gets a row, and each tracked movement gets a column. The input fields match the scoring type for that movement, so a calorie score gets a **kcal** field and a weighted set gets **Reps** and **Weight** fields.



Because the grid is on screen in the room, athletes can type their own results in as they finish rather than reading them out to a coach.

A few things worth knowing:

- **Auto-save:** there's no Save button. Entries save on their own after a brief pause, with a saved confirmation.
- **Units per column:** pick the unit for a column, for example lbs or kg, and it applies to every athlete in that column.

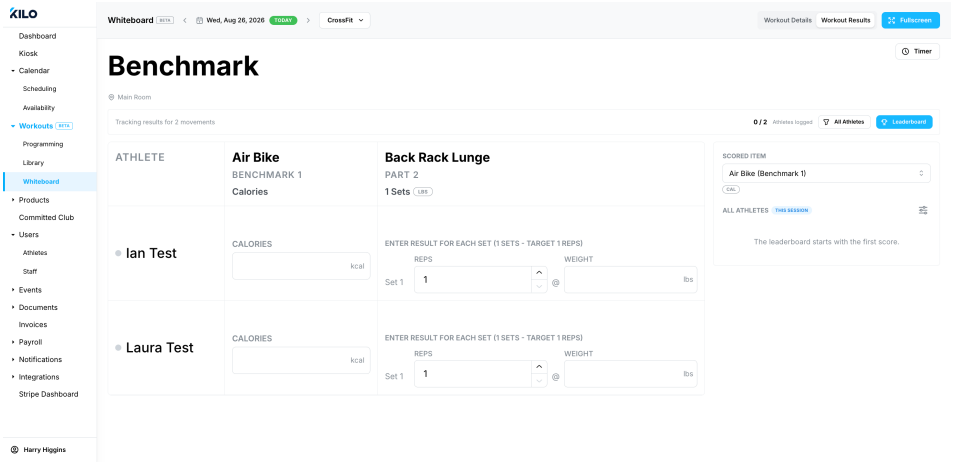
- **PR indicator:** movements set to track personal records show an indicator so you know they're being tracked.

How do I show the leaderboard?

From **Workout Results**, click **Leaderboard** to open the leaderboard panel beside the grid.

1. Choose the movement you want to rank in the **Scored Item** dropdown.

2. Set the **Date** filter to **This Session** to compare only the athletes in this class, or to **Today** to include athletes from every class doing this workout today.



Until someone logs a result, the panel shows a message that the leaderboard starts with the first score. Scores appear as athletes enter them.

Frequently asked questions

Which notes show on the screen during class?

Athlete notes are class-level notes written for the people doing the workout, so they're fine on a screen the room can see. They appear above the first section in both the Whiteboard and the Kiosk views.

Coach Notes are separate and private, and they appear on screen in Coach View. In normal mode, the Whiteboard has a **Coach View / Athlete View** toggle, so switch to **Athlete View** before projecting. Fullscreen always shows the athlete-facing view, so Coach Notes are never displayed there.

Can I show the workout from the Kiosk instead?

Yes. Select the class in the Kiosk and click View Workout, and the same workout opens. A **View Whiteboard** link at the top of that page crosses over to the Whiteboard if you need the results grid. The two views differ in a few ways:

Feature	Whiteboard	Kiosk
How you get there	**Workouts → Whiteboard**	**Kiosk → select the class → View Workout**
Workout display	Larger type, with a fullscreen option	More compact
Timer	Yes	Yes
Section navigation	Yes	Yes
Workout Results and Leaderboard	Yes	No

Use the Kiosk if you only need the workout on screen. Use the Whiteboard when you'll also be logging results or showing the leaderboard.

Is there a timer?

Yes. Click Timer in the top-right corner. It floats over the workout so you can open and close it without losing your place, and it keeps running in fullscreen. The timer is available on both the Whiteboard and the Kiosk view.

The timer has two modes. **Stopwatch** counts up. **Countdown** counts down from a preset of 3, 10, 12, 15, or 20 minutes, or from a custom time you set. On a countdown, the display turns red for the last ten seconds and green when time is up, so the room can see where they are without listening for a call.

Can athletes enter their own results?

Yes. Switch to Workout Results and athletes can type their scores straight into the grid on the screen. This is the fastest way to close out a class: athletes log themselves as they finish, and you only fill in whoever is missing.

Do I need to hit Save on the results screen?

No. The Workout Results screen saves automatically. After you enter a result and pause for a moment, Kilo saves it and shows a confirmation. There's no separate save step.

How do I see who still needs results entered?

Watch the athletes-logged counter at the top of the results screen. It shows how many athletes have results in out of the total for the class, so you can tell at a glance whether anyone is missing. The **All Athletes** control next to it filters which athletes appear in the grid.

Why can't I edit the workout from the Whiteboard?

The Whiteboard is a display, so workouts can't be edited there. This keeps the projected workout stable during class. To change the workout itself, edit it in **Workouts → Library**. To change which workout a class is doing, update the assignment in **Workouts → Programming**.

The Whiteboard says no workout is assigned to this class. What do I do?

Nothing is programmed for that class on that date. Check that the date selector and class picker are set to the class you meant, then assign a workout in **Workouts → Programming**. The Whiteboard picks it up once it's assigned.

Helpful tips

- Switch to Athlete View before projecting in normal mode, or use fullscreen, which always shows the athlete-facing view
- Use the Whiteboard rather than the Kiosk when you'll be logging results or showing the leaderboard
- Exit fullscreen when it's time to log results, since the results grid isn't available in fullscreen
- Keep the browser logged in on the display device so the Whiteboard is ready each morning
- Use the Full Workout selector to keep the screen on the section the class is actually working through
- Have athletes log their own scores as they finish to save cleanup after class
- Set the column unit once and it applies to every athlete in that column
- Switch the leaderboard's scored item to whichever movement the room actually cares about

When the Whiteboard is most helpful

- Showing the workout on a TV or monitor for the whole class to read
- Walking a class through a long workout one section at a time
- Running timed pieces without a separate clock or app
- Logging a full class's results in one place right after the workout
- Letting athletes enter their own scores on a shared screen
- Comparing scores within a class, or across every class doing the workout today

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If you have questions about the Whiteboard in Kilo GMS, our Support team is happy to help. Reach us at **hello@usekilo.com**.

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