Log 1:1 Workout Results for Athletes in Kilo GMS

2026-11-19 - Sandy Tannheimer - Feature Updates

You can now **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 before they leave, and the results count toward their personal records and movement history just like results they enter in the Kilo Members app.

- Log or update results from the workout preview or the workout card's menu
- See who logged each result, plus a **New PR** chip on any result that sets a personal record
- Track progress on the calendar card, from "No results yet" to "2 of 4 logged" to **Completed**

For the full walkthrough, see Log Results for an Athlete’s Assigned Workout (1:1).

- Tags
- Feature Update