



# Getting Started

## – The Short Version

### ***What you will need:***

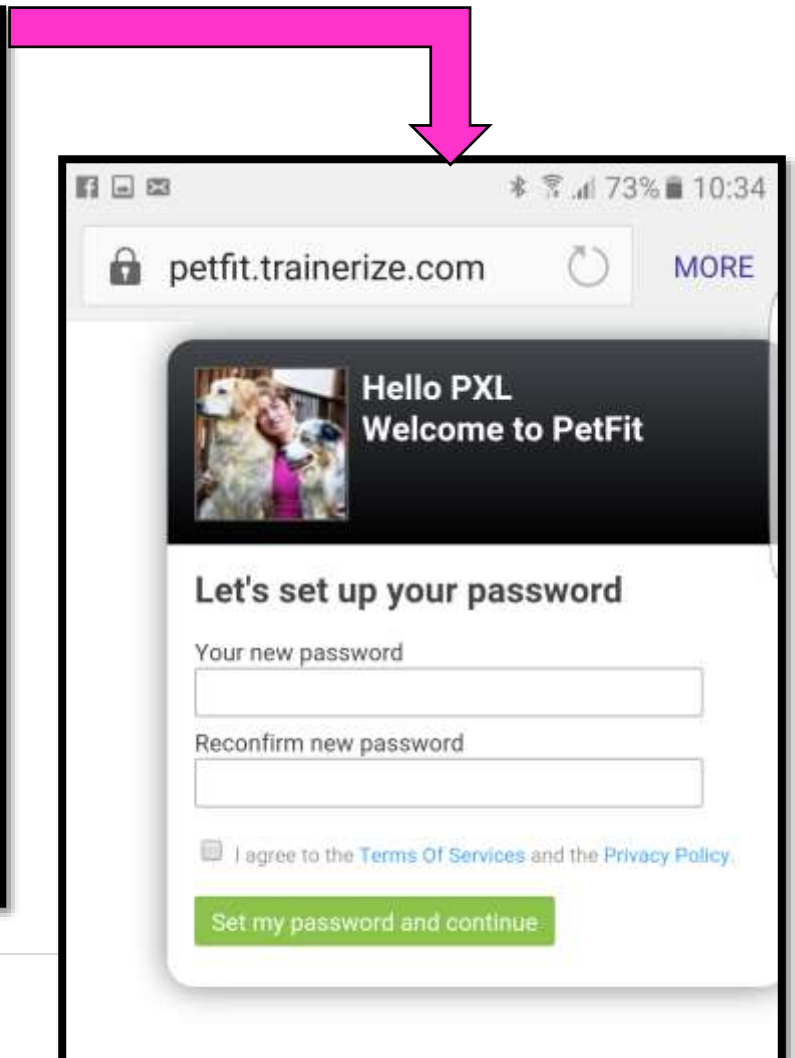
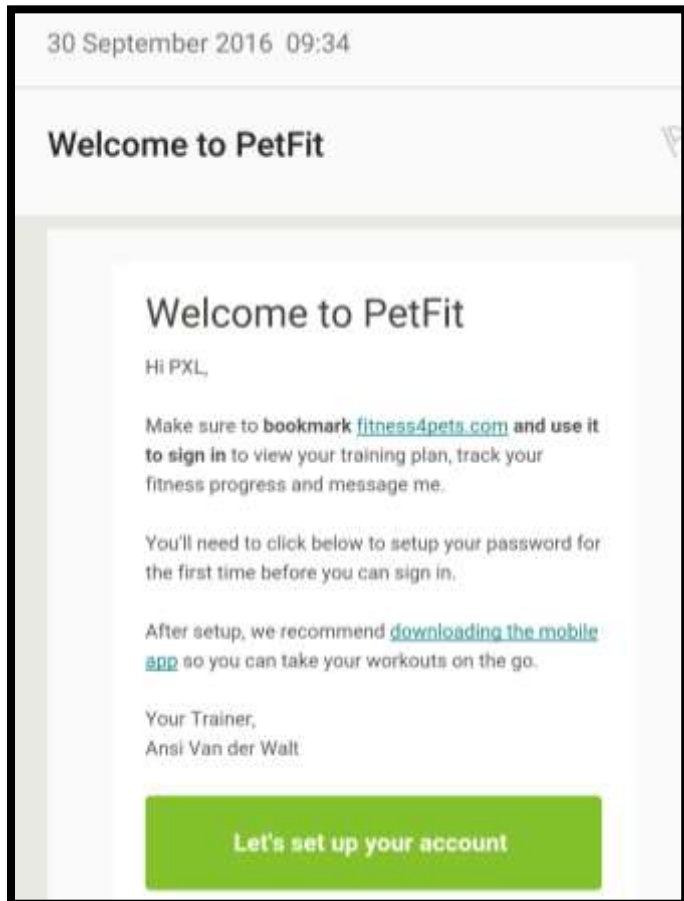
1. A Smartphone or tablet (You can also access your profile on a normal computer or laptop but it is less streamlined)
2. A Youtube account (if you don't have one, go to <https://www.youtube.com> and sign up – it's free)
3. The ability to video yourself once a week – so either a willing videographer or a tripod 😊

### ***Getting Started***

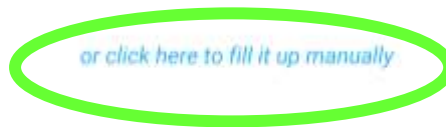
*You will receive an e-mail from PetFit.*

*Click on the green button that says 'Let's set up your account'*

*Set up your password*



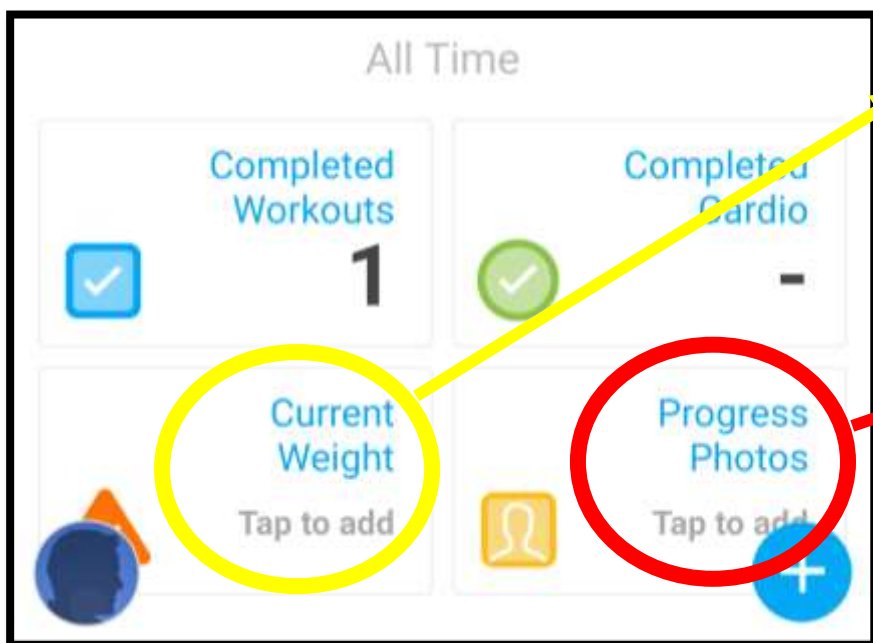
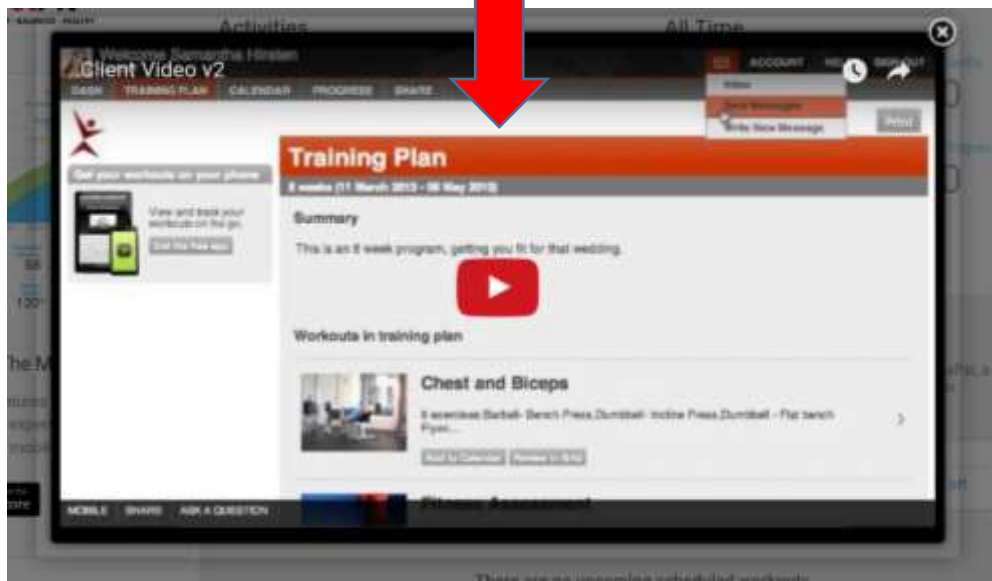
Let's fill out your profile



**CLICK HERE....**

And fill out your dog's details

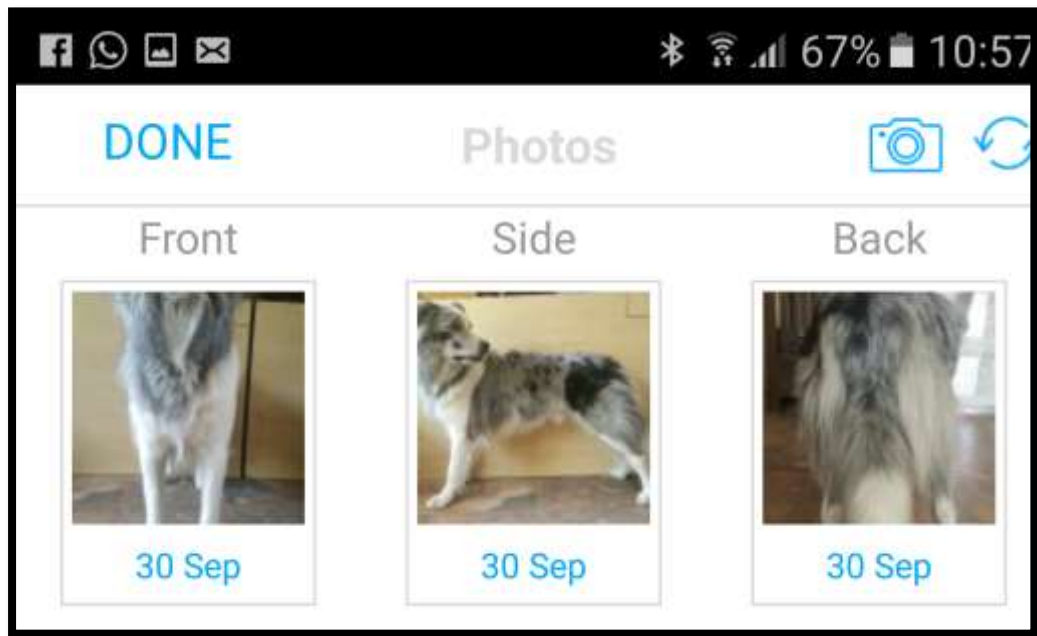
***Don't watch this intro video – it will just confuse you 😊***



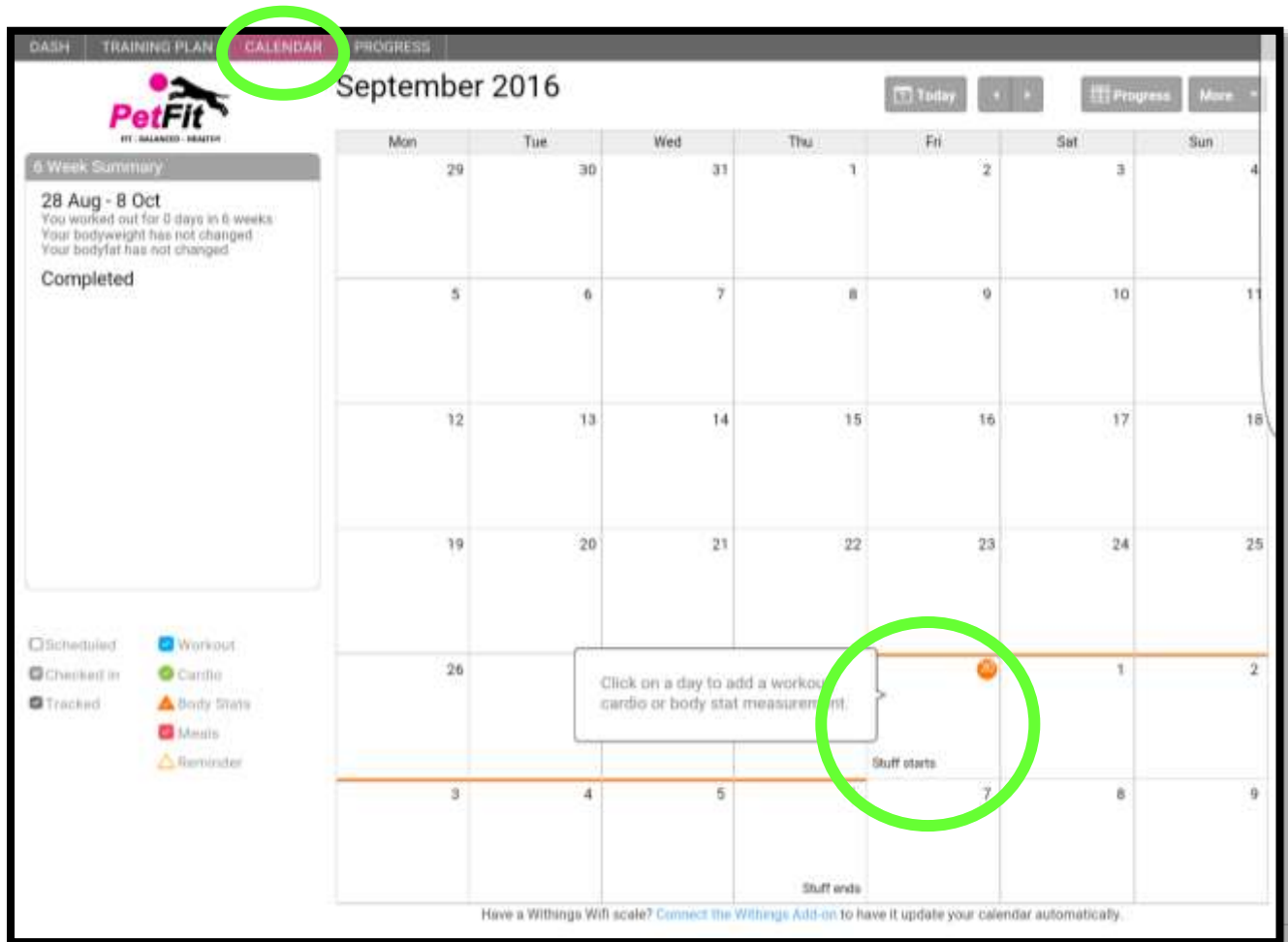
Click here to record your dog's current weight  
(Don't worry about the other measurements, just weight)

Click here to upload reference photos of your dog from the front, side and back

***This is what your reference photos should look like – take from the front, side and back.***

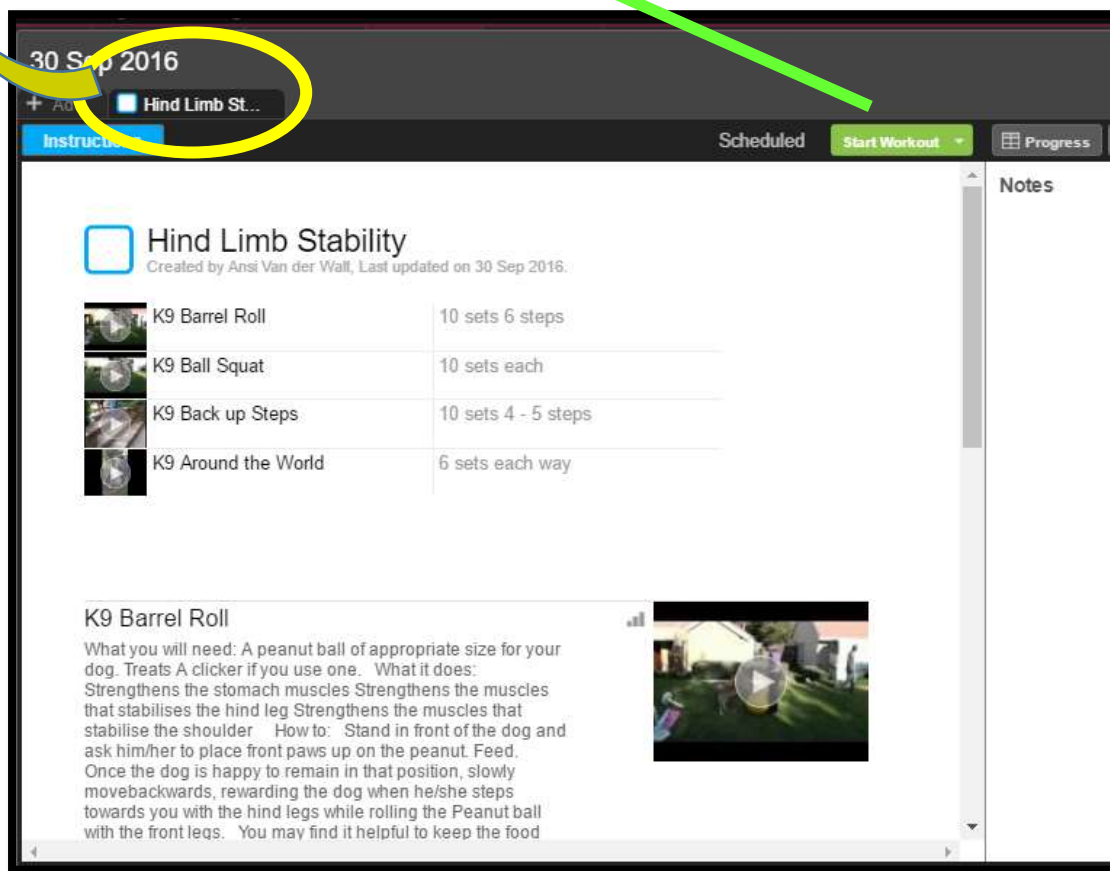


***NEXT STEP: Go to your calendar by clicking the 'Calendar' tab***

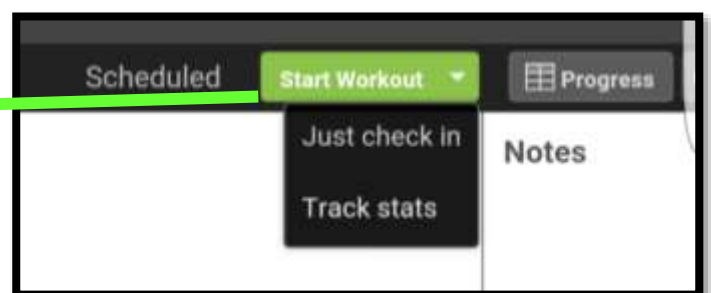


On your calendar you will see whether you have a workout scheduled for that day. Click on the day to go to your workout.

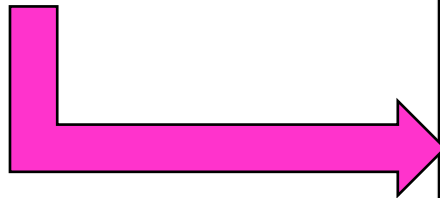
Click on the tab at the top of the page that will take you to that day's workout. The list of exercises in that workout will appear. Now click on 'Start Workout'



Click on 'Start Workout' and then 'Track Stats'.



Record the number of successful repetitions your dog managed.



Close Today SAVE

1 **Test stuff**  
2 Tracked

**K9 Around the World**  
3 sets, 5

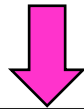
Set 1	<input type="text" value="5"/>	reps	5 reps
Set 2	<input type="text" value="5"/>	reps	5 reps
Set 3	<input type="text" value="4"/>	reps	4 reps

[+Add new set](#)

**K9 Back up Steps**  
3 sets, 5

Set 1	<input type="text" value="2"/>	reps	2 reps
-------	--------------------------------	------	--------

Next, in the 'Notes' section, please put the link (URL) to your Youtube clip of your training session, and any other notes of hoe your session went, in particular anything you may have been struggling with. Remember to click 'SAVE'



CANCEL Workout Notes SAVE

<https://youtu.be/N854q>

Your trainer will be able to follow your progress, give advice and adapt exercises appropriately.

# Happy Training!!