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How To: View Programs in List, Calendar, Month and Week



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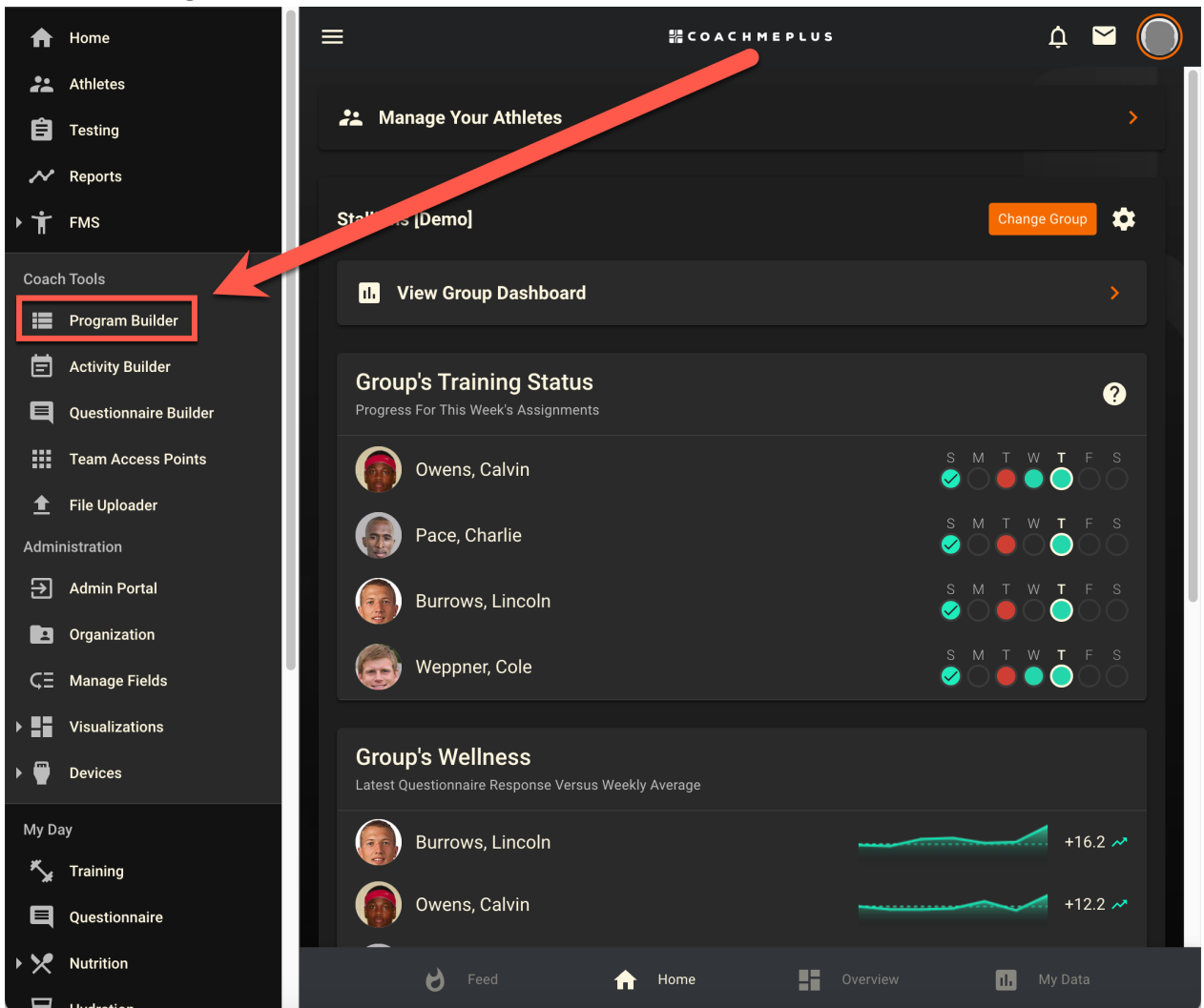
Week View Walkthrough (Calendar View)

The **CoachMePlus Week View** now allows coaches to be able to view and build Programs in a weekly format, rather than a list. Using the **Week View**, coaches can have a better sense of the scheduling and format of workout **Programs**.

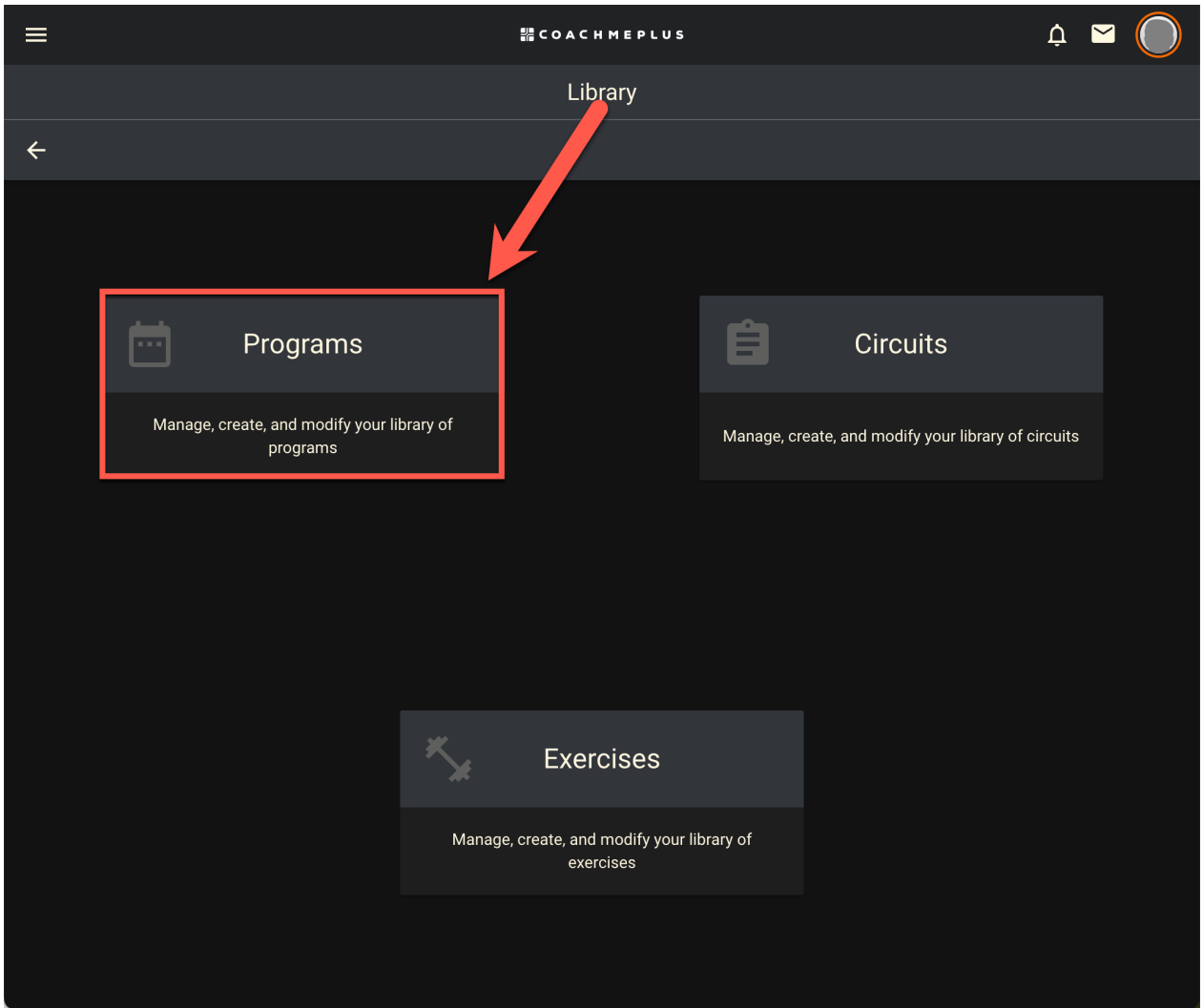
For a quick walkthrough of the Week View, watch the tutorial below and then follow these steps:

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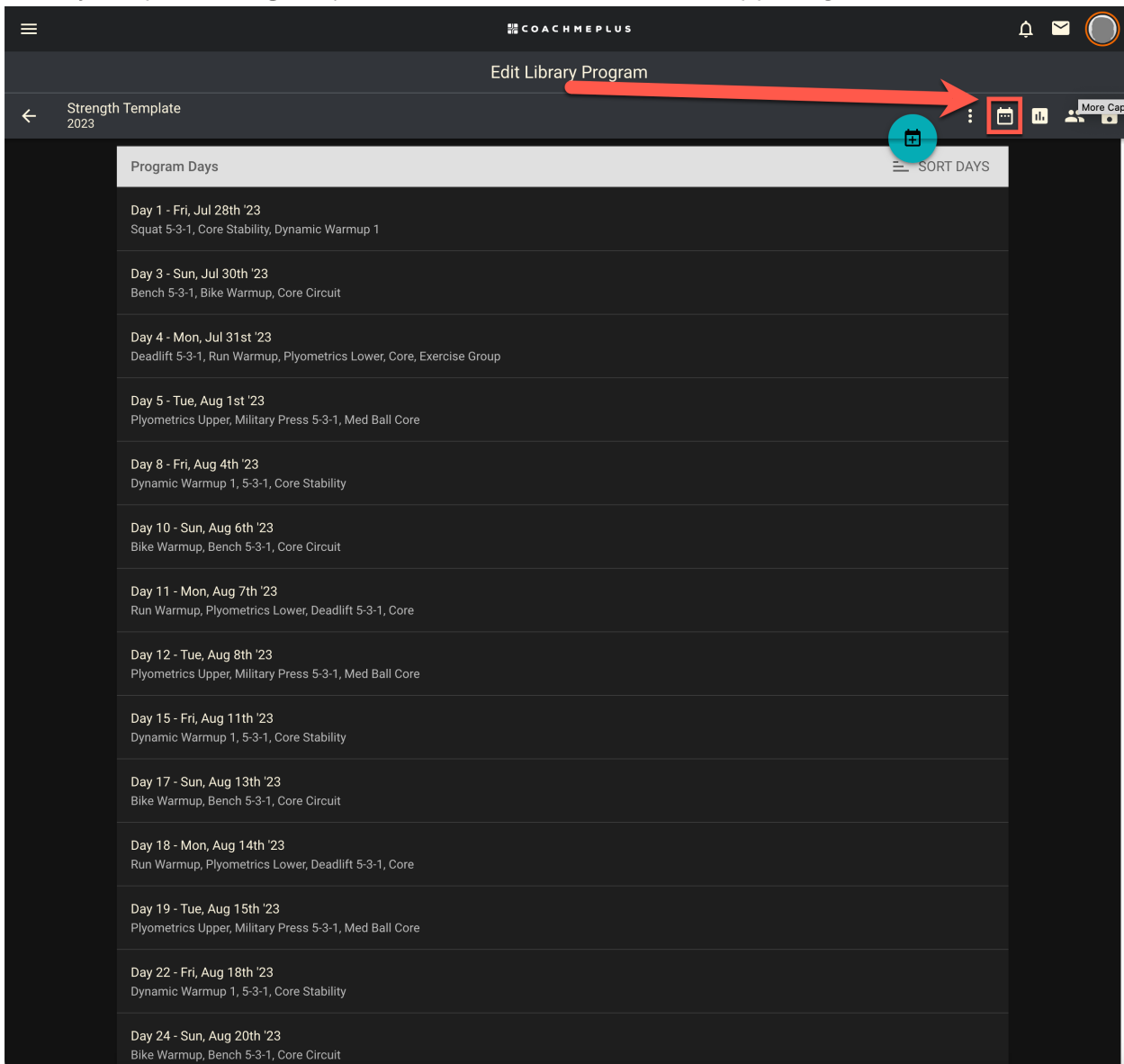
1. Go to the **Program Builder**.



2. Select the **Programs** button and select the **Program** that you would like to view the **Week View** for.



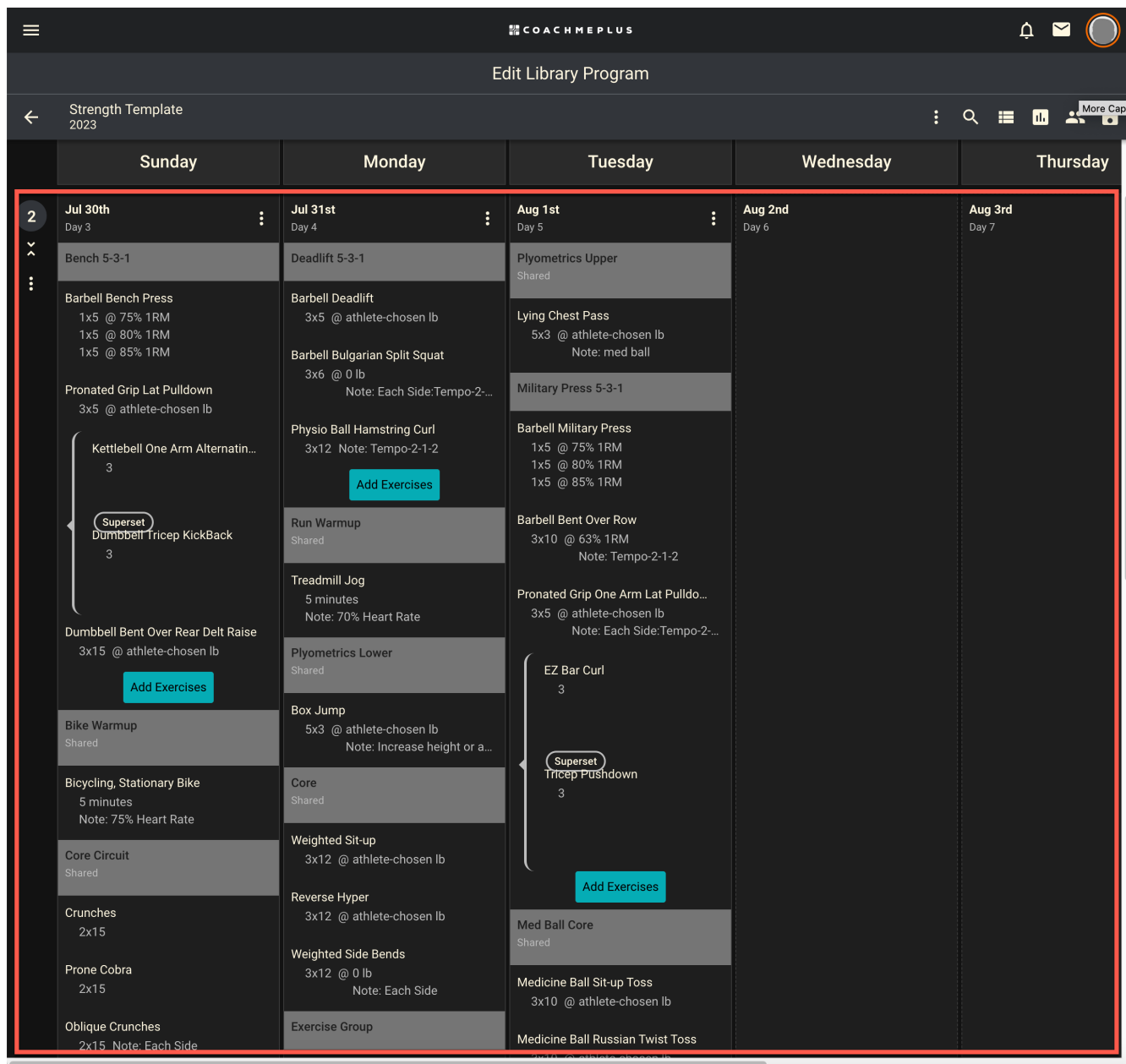
3. Once you open a **Program**, select the calendar icon in the upper right.



4. You will now see a **Week View** of the **Program**. If you select a day, it will bring you to that day in the **Program**.

The screenshot displays the 'Edit Library Program' interface for a 'Strength Template 2023'. The top navigation bar includes a hamburger menu, the 'COACHMEPLUS' logo, and notification icons. Below the navigation bar, the title 'Edit Library Program' is centered. The main content area is a calendar grid with columns for days of the week (Sunday through Thursday) and rows for weeks (1 through 6). Each cell in the grid represents a day with a date and a list of exercises. A red arrow points from the top right of the grid to a red-bordered icon in the top right corner of the grid area. This icon is a square with a grid pattern, likely representing a 'List' or 'Calendar' view toggle. The exercises listed include 'Bench 5-3-1', 'Bike Warmup', 'Core Circuit', 'Deadlift 5-3-1', 'Run Warmup', 'Plyometrics Lower Core', 'Plyometrics Upper', 'Military Press 5-3-1', and 'Med Ball Core'.

	Sunday	Monday	Tuesday	Wednesday	Thursday
1					
2	Aug 5th Day 3 Bench 5-3-1 Bike Warmup Core Circuit	Jul 31st Day 4 Deadlift 5-3-1 Run Warmup Plyometrics Lower Core Exercise Group	Aug 1st Day 5 Plyometrics Upper Military Press 5-3-1 Med Ball Core	Aug 2nd Day 6	Aug 3rd Day 7
3	Aug 6th Day 10 Bike Warmup Bench 5-3-1 Core Circuit	Aug 7th Day 11 Run Warmup Plyometrics Lower Deadlift 5-3-1 Core	Aug 8th Day 12 Plyometrics Upper Military Press 5-3-1 Med Ball Core	Aug 9th Day 13	Aug 10th Day 14
4	Aug 13th Day 17 Bike Warmup Bench 5-3-1 Core Circuit	Aug 14th Day 18 Run Warmup Plyometrics Lower Deadlift 5-3-1 Core	Aug 15th Day 19 Plyometrics Upper Military Press 5-3-1 Med Ball Core	Aug 16th Day 20	Aug 17th Day 21
5	Aug 20th Day 24 Bike Warmup Bench 5-3-1 Core Circuit	Aug 21st Day 25 Run Warmup Plyometrics Lower Deadlift 5-3-1 Core	Aug 22nd Day 26 Plyometrics Upper Military Press 5-3-1 Med Ball Core	Aug 23rd Day 27	Aug 24th Day 28
6	Aug 27th Day 31	Aug 28th Day 32	Aug 29th Day 33	Aug 30th Day 34	Aug 31st Day 35



1. Components of the **Week View**:

1. **Date**: The calendar date that the day fall on

2. **Day**: What number day it is for the **Program**

3. Circuits: The Circuits that are on this day of the Program



4. **Extra Week:** There is an extra week in place for the week following your last day of your **Program**. This will allow you to continue building your **Program** out using this view.

The screenshot shows the 'Edit Library Program' interface for a 'Strength Template 2023'. The calendar is organized by days of the week (Sunday to Thursday) and weeks (2 to 6). Each day cell contains the date, day number, and a list of exercises such as 'Bench 5-3-1', 'Bike Warmup', 'Core Circuit', 'Run Warmup', 'Deadlift 5-3-1', 'Plyometrics Lower Core', 'Military Press 5-3-1', and 'Med Ball Core'. A red arrow points to the 'Add Week' button at the bottom of the calendar grid.



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