Getting a new user started with a workout

**Member**
- User asks for a physical assessment would like to try Personal Lead for a week.
- The user enters their profile and goals, then decides upon a workout.
- The user does a workout, and returns to enter in the results and see how many calories they burned. They can't log in.
- The user finds out their burned calories and goes home happy.

**Personal Trainer**
- Personal Trainer performs assessment and has the new member enter data into Personal Lead.
- Assists the new user with entering data into the system and familiarize the member with how to use Personal Lead.
- The trainer tries to log the user in, and checks the database for the user ID. The ID is not present, so they call UC Fit.
- UC Fit staff arrives and solves the problem.

**UC Fit, Inc.**
staff member