SEE THE WORKOUT. LOG THE WORK. CELEBRATE PROGRESS.

SUGARWOD QUICK START

See what's coming, track how far you've come, and cheer on your people.

1. DOWNLOAD SUGARWOD

Tap your store below or scan the matching code.

iPHONE / APP STORE | **ANDROID / GOOGLE PLAY**

iPHONE ANDROID

2. CREATE YOUR ACCOUNT & JOIN FIEND

1. Open SugarWOD and **create your own account** with your email and password.
2. When choosing a gym, search for **CrossFit Fiend** and select us as your **home gym**.
3. Open our **Whiteboard** to see the Fiend workouts.

Your gym access is included with your Fiend membership. Need help joining? Ask a coach.

3. BEFORE CLASS: SEE THE PLAN

Use the workout dates to see Fiend workouts **up to one week in advance**. Open a workout to read the **coaches' notes** and review what is coming.

4. AFTER CLASS: LOG YOUR WORK

1. Open the workout you completed and choose the option to **log your result**.
2. Enter your **time, rounds, reps, or weight**, and record any scaling you used.
3. Add **notes** about your weights, adjustments, how it felt, or what to try next time.
4. **Save your result.** Make this part of your after-class routine.

BENCHMARKS & PRs: GIVE YOUR PROGRESS A HISTORY

Benchmarks are repeatable workouts that help you measure progress. Log them every time so you can compare your next attempt with your last.

SugarWOD tracks your **PRs (personal records)** as you log results. Use your **Personal Logbook** to review past scores, notes, and workout history.

5. GIVE A FIST BUMP. LEAVE SOME ENCOURAGEMENT.

Open a teammate's score to leave a comment or give a fist bump. Celebrate effort, consistency, and new PRs. Your encouragement is part of what makes Fiend feel like Fiend.

Your first win: join CrossFit Fiend, log your next workout, and give someone a fist bump.