



# **Personal Training Information**

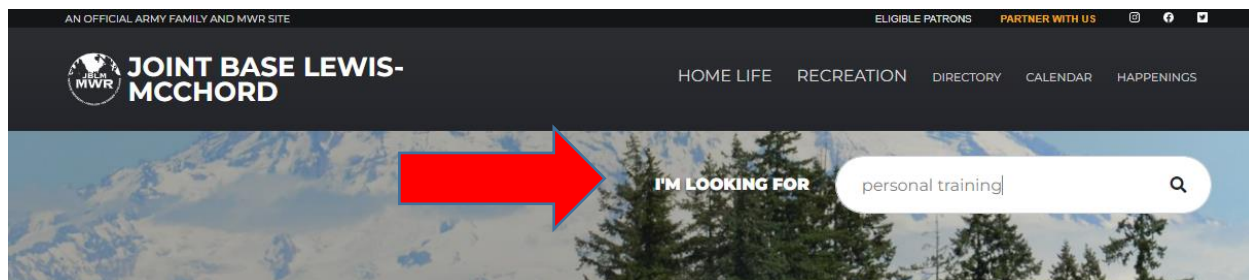
How to information to help guide patrons on how to register for PT sessions

# JBLM Homepage Directions

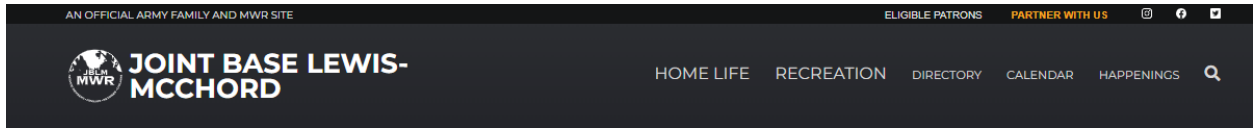
- Head to [home.army.mil/lewis-mcchord/index.php](https://home.army.mil/lewis-mcchord/index.php)
- Scroll to the bottom of the homepage and click on the MWR logo



- Type in personal training in the I'm looking for bar

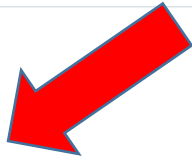


- Click on the Personal Training link

## Personal Training

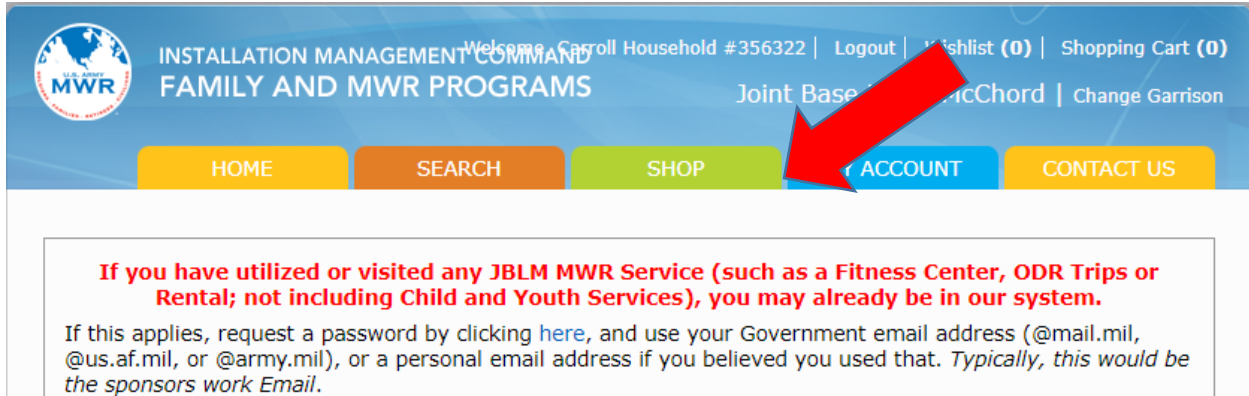
<https://jblm.armymwr.com/happenings/personal-training>



- Scroll to the registration link, click on the registration link.
- Login to WebTrac

# WebTrac

- Login to WebTrac
- Hover over the SHOP tab



The screenshot shows the top navigation bar of the WebTrac website. It features the MWR logo on the left, followed by the text "INSTALLATION MANAGEMENT COMMAND" and "FAMILY AND MWR PROGRAMS". To the right, there is a user greeting "Welcome, Carroll Household #356322" with links for "Logout", "Wishlist (0)", and "Shopping Cart (0)". Below this, it says "Joint Base" and "McChord" with a "Change Garrison" link. A navigation menu contains buttons for "HOME", "SEARCH", "SHOP", "ACCOUNT", and "CONTACT US". A red arrow points to the "SHOP" button. Below the navigation bar is a notification box with a red header: "If you have utilized or visited any JBLM MWR Service (such as a Fitness Center, ODR Trips or Rental; not including Child and Youth Services), you may already be in our system." The text below explains that users should request a password by clicking a link and use their Government email address (@mail.mil, @us.af.mil, or @army.mil) or a personal email address if they believe they used that. It notes that typically, this would be the sponsor's work email.

- Click Physical/Personal training sessions.
- Select the pass type
  - Number of sessions and number of people
- Select family member
- Add to cart

Staff will reach out to you to choose time and day.