



Get your gym ready. Help the first workout happen.

Use this checklist alongside the rollout guide. Assign a person to each task and check it off once it is done.

Gym: _____

Launch lead: _____

Done	Task	Suggested owner / name
☐	Confirm gym name, location and contact details	Setup lead _____
☐	Prepare a clear gym logo	Setup lead _____
☐	Check equipment types and quantities on the floor	Gym team _____
☐	Remove duplicates and save the equipment list	Setup lead _____
☐	Walk staff through downloading and joining	Launch lead _____
☐	Walk staff through a first recorded workout	Launch lead _____
☐	Share the tested app download link with members	Gym team _____
☐	Help initial members open and finish a session	Gym team _____
☐	Review setup questions and recorded activity	Launch lead _____
☐	Agree improvements for the next introduction	Gym team _____

Review recorded activity alongside staff observations. A quiet app record does not prove that a member has stopped attending.

Read the full guide: speclo.app/guides/launch-speclo-at-your-gym

Download page for members: speclo.app/get-the-app