

# How to View Impeller Speed/Distance in Link Logbook

The screenshot displays the Link Logbook interface. On the left is a calendar for March 2019, with the 27th highlighted. The main content area shows 'Daily Workouts' for Mar 27, 2019, with a summary of 0 workouts and a message: 'No workouts during this day. We are what we repeatedly do. Excellence then is not an act, but a habit. -Aristotle'. On the right, a user profile dropdown menu is open, showing options: Athlete Basic, Teams, Rower (Personal), Settings, Profile, and Sign Out. A 'Settings' dialog box is also open, showing options for 'Speed or Pace' (Speed selected) and 'Impeller or GPS' (Impeller selected). The 'Apply' button is highlighted.

1) Click on your profile

2) Click on Settings

3) Change to Impeller

4) Click Apply