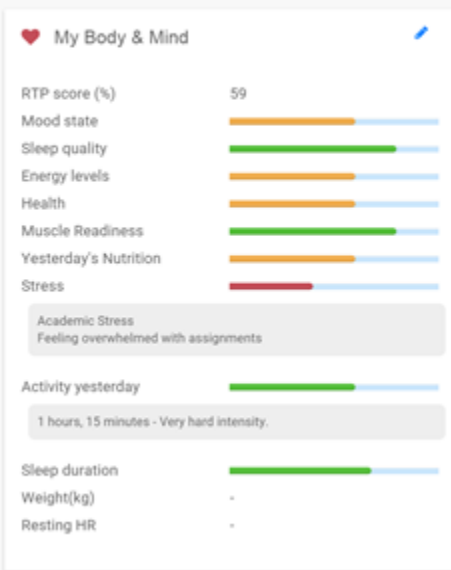


Welcome to Metrifit



## HOW IT WORKS

- ✓ Athletes are reminded to fill in their daily survey
- ✓ Questions are answered on a sliding scale of 1 to 5. Responses indicating issues trigger additional questions
- ✓ Takes 30 – 60 seconds each morning
- ✓ Provides invaluable information to coaches
- ✓ Athletes and coaches can export all data for input into other programs
- ✓ Coaches can view individual athlete information
- ✓ Coaches can view daily traffic light report highlighting athletes at risk
- ✓ Messaging system and Coaches Corner area included for categorizing and distributing key information
- ✓ Analytics allows coaches to see deviations from normal behavior
- ✓ SESSION RPE option available
- ✓ Injury Tracking plug-in available

Today Analytics

Export

Name	Red Zones Today	Red Zones Avg (last 7 days)	RTP Today	RTP Avg (last 7 days)	Mood state	Sleep quality	Sleep duration	Energy levels	Health	Muscle readiness	Yesterdays nutrition	Stress
Athlete 1	2	1	49%	70%	2	4	8	3	3	2	4	3
Athlete 2	1	0	68%	75%	2	3	8	3	5	4	4	4
Athlete 3	1	1	72%	80%	4	4	6	3	4	3	4	4
Athlete 4	0	0	66%	66%	4	4	6	3	3	3	3	3
Athlete 5	0	0	76%	72%	4	4	6	3	3	4	4	4
Athlete 6	0	0	76%	81%	4	4	6	3	4	3	4	4
Athlete 7	0	0	78%	77%	4	4	6	3	4	4	5	4

Sleep duration last 7 days:

8 6 7 6 6 6 6

Fri Sat Sun Mon Tue Wed Thu

Our daily traffic light report based on input received from athletes is available in real time for coaches and staff and helps identify at risk athletes and any issues so that these can be acted on before they become a problem. Additional team reports are available for training loads and team averages.

