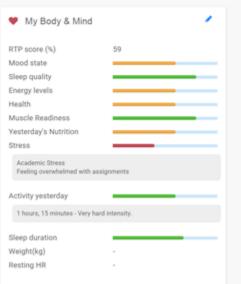
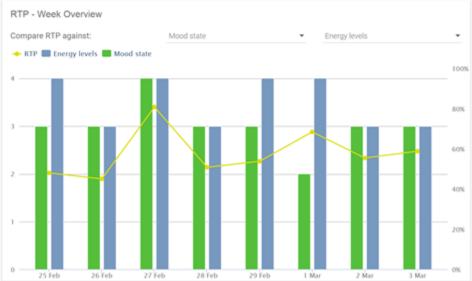


Welcome to Metrifit





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 include 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											Expo	ort 🖪
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		uration last 7 days:		3	3	3	3
Athlete 5	0	0	76%	72%	4	8 6	7 6 6 6	6	3	4	4	4
Athlete 6	0	0	76%	81%	4	Fri Sat	Sun Mon Tue We	d Thu	4	3	4	4
Athlete 7	0	0	78%	77%	4	TH Sat	Suil Wolf Tue We	d IIId	4	4	5	4

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.



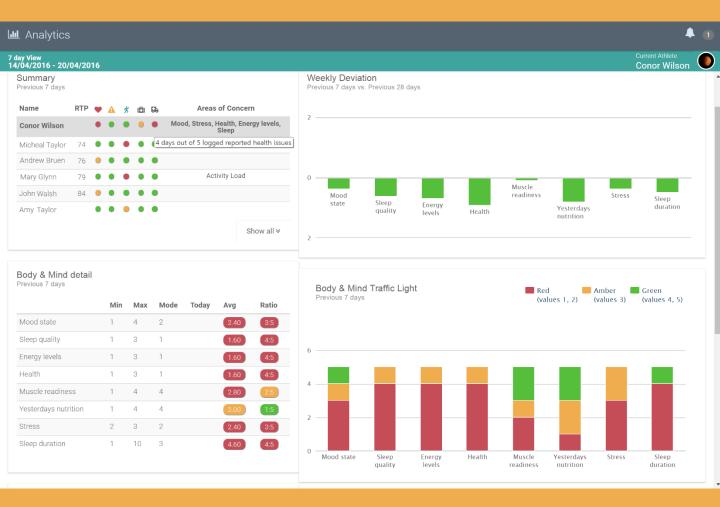
Are you ready to perform?



Metrifit RTP is our entry level product offering. It offers outstanding functionality that enables coaches to monitor their athletes and take their teams to a new level of performance

ANALYTICS

- ✓ Highlights deviation from normal behavior once 4 weeks of data has been accumulated
- √ Highlights areas of concern and at risk athletes
- √Visual diagrams allow you to view at risk athletes easily and action effectively
- ✓ Uses series of statistical functions including min, max, median, mode, averages, standard deviation and Z-scores
- ✓ Looks at acute:chronic workload ratio to highlight injury risk where training spikes are evident



Metrifit RTP makes the monitoring technology of a professional team available to you on a new platform and at an affordable price. This is backed up by sophisticated descriptive analytics and intelligent feedback alerting coaches and athletes to any changes in behavior that may otherwise go unnoticed.