metrifit®
are you ready to perform?

Welcome to Metrifit

My Body & Mind

RTP score (%)	59
Mood state	
Sleep quality	
Energy levels	
Health	
Muscle Readiness	
Yesterday's Nutrition	
Stress	

Academic Stress
Feeling overwhelmed with assignments

Activity yesterday

1 hours, 15 minutes - Very hard intensity.

Sleep duration

Weight(kg)   -
Resting HR   -

RTP - Week Overview

Compare RTP against: Mood state   Energy levels

RTP   Energy levels   Mood state
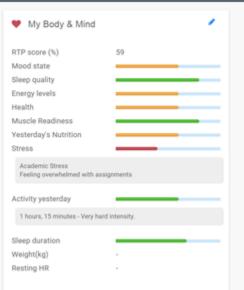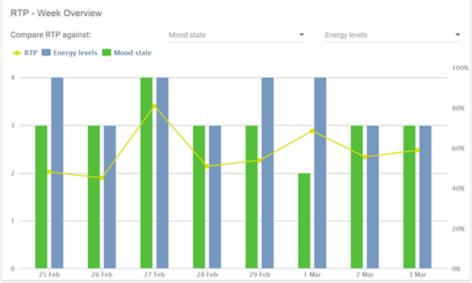
25 Feb 26 Feb 27 Feb 28 Feb 29 Feb 1 Mar 2 Mar 3 Mar

HOW IT WORKS

✓ Athletes fill in a daily wellbeing questionnaire
✓ Questions are answered on a sliding scale of 1 to 5: Responses indicating issues trigger additional questions
✓ Takes 30 – 60 seconds each morning
✓ Session RPE entered after training / competition
✓ Injury, Illness, Tests, Calendar and Report Builder modules included
✓ Provides invaluable information to coaches

✓ Messaging system and Coaches Corner area included for categorizing and distributing key information
✓ Coaches can view individual athlete information
✓ Coaches can view daily traffic light report highlighting athletes at risk
✓ Analytics allows coaches to see deviations from normal behavior
✓ Athletes and coaches can export all data for input into other programs

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				3	3	3	3
Athlete 5	0	0	76%	72%	4				3	4	4	4
Athlete 6	0	0	76%	81%	4				4	3	4	4
Athlete 7	0	0	78%	77%	4				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.

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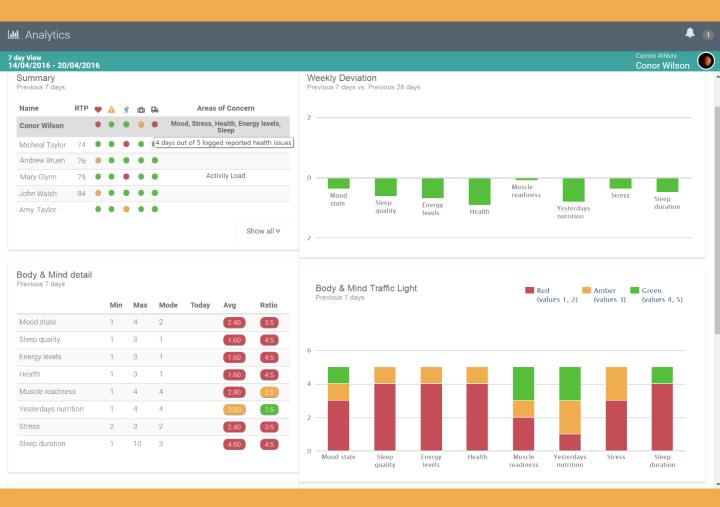+353 86 8105171

Metrifit RTP 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: Includes rolling moving averages and exponentially weighting moving averages

📊 Analytics

7 day View
14/04/2016 - 20/04/2016

Current Athlete
Conor Wilson

Summary
Previous 7 days

Name	RTP	❤️	⚠️	🏃	📷	🚚	Areas of Concern
Conor Wilson		🔴	🔴	🔴	🟠	🔴	Mood, Stress, Health, Energy levels, Sleep
Micheal Taylor	74	🟢	🟢	🔴	🟢	🟢	4 days out of 5 logged reported health issues
Andrew Bruen	76	🟠	🟢	🟢	🟢	🟢	
Mary Glynn	79	🟢	🟢	🔴	🟢	🟢	Activity Load
John Walsh	84	🟠	🟢	🟢	🟢	🟢	
Amy Taylor		🟢	🟢	🟢	🟠	🟢	

Show all ⌄

Weekly Deviation
Previous 7 days vs. Previous 28 days

Mood state, Sleep quality, Energy levels, Health, Muscle readiness, Yesterdays nutrition, Stress, Sleep duration

Body & Mind detail
Previous 7 days

	Min	Max	Mode	Today	Avg	Ratio
Mood state	1	4	2		2.40	3:5
Sleep quality	1	3	1		1.60	4:5
Energy levels	1	3	1		1.60	4:5
Health	1	3	1		1.60	4:5
Muscle readiness	1	4	4		2.80	2:5
Yesterdays nutrition	1	4	4		3.00	1:5
Stress	2	3	2		2.40	3:5
Sleep duration	1	10	3		4.60	4:5

Body & Mind Traffic Light
Previous 7 days

🔴 Red (values 1, 2) 🟠 Amber (values 3) 🟢 Green (values 4, 5)

Mood state, Sleep quality, Energy levels, Health, Muscle readiness, Yesterdays nutrition, Stress, Sleep duration

Metrifit RTP makes the monitoring technology of a professional team available to you. It is backed up by sophisticated descriptive analytics and intelligent feedback alerting coaches and players to any changes in behavior that may otherwise go unnoticed.