

# metrifit®

# Are you ready to perform?

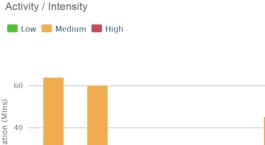
## **Daily Questionnaire**

Athletes fill out a simple questionnaire every morning on their phones

Welcome to Metrifit	Welcome to Metrifit				
March 3	March 3				
Mood state					
3 - OK mood – not good or bad	🎔 My Body & Mind				
Sleep quality	RTP score (%) 59				
- Good night's sleep; Feeling refreshed	Mood state Sleep quality				
	Energy levels				
Energy levels	Health				
3 - Reasonable energy levels	Muscle Readiness				
Muscle Readiness	Yesterday's Nutrition Stress				
4 - Mild soreness	Academic Stress Feeling overwhelmed with assignments				
Yesterday's Nutrition	Activity yesterday				
3 - Ate reasonably some sugar/processed food. 2	1 hours, 15 minutes - Very hard intensity.				
servings fruit/veg.	all and the state				
	Sleep duration Weight(kg)				
Stress	Resting HR -				
- Feeling stressed and overwhelmed					
Stress - Type ✓ Academic Stress	RTP - Weekly Traffic Light				
Family/Relationship Stress	Today 2 Ma				
Financial worries					
Health worries	Mood state 3 3				
Other	Sleep quality 4 4				
Stress Comments	Energy levels 3 3				
Feeling overwhelmed with assignments	Health 3 3				
	Muscle Readiness				
	Yesterday's Nutrition 3 3				
Health					
3 - Just OK	Stress 2 2 2 Sleep duration 8 9				
Activity yesterday					
3 - Moderate training/exercise/competition					
How long did you exercise,train or compete in total	HOW				
01:15					
Rate your average intensity for these sessions	✓ Athlete gets				
	in daily surv				
Very hard	✓ Questions a				
Sleep duration					







# 40 \_\_\_\_\_\_ 20 \_\_\_\_\_\_ 0 \_\_\_\_\_\_ 25 Feb 26 Feb 27 Feb 28 Feb 29 Feb 1 Mar 2 Mar 3 Mar

#### HOW IT WORKS

- Athlete gets reminder to fill in daily survey
- Questions are simple sliders with detailed descriptors and additional pop ups

#### **TESTIMONIAL**

"Our coaches through Metrifit basically have an 'X-ray' vision into the habits and lifestyles and stressors their athletes have on a day-to-day basis, especially when they are not together"

Weight

8

**Resting HR** 

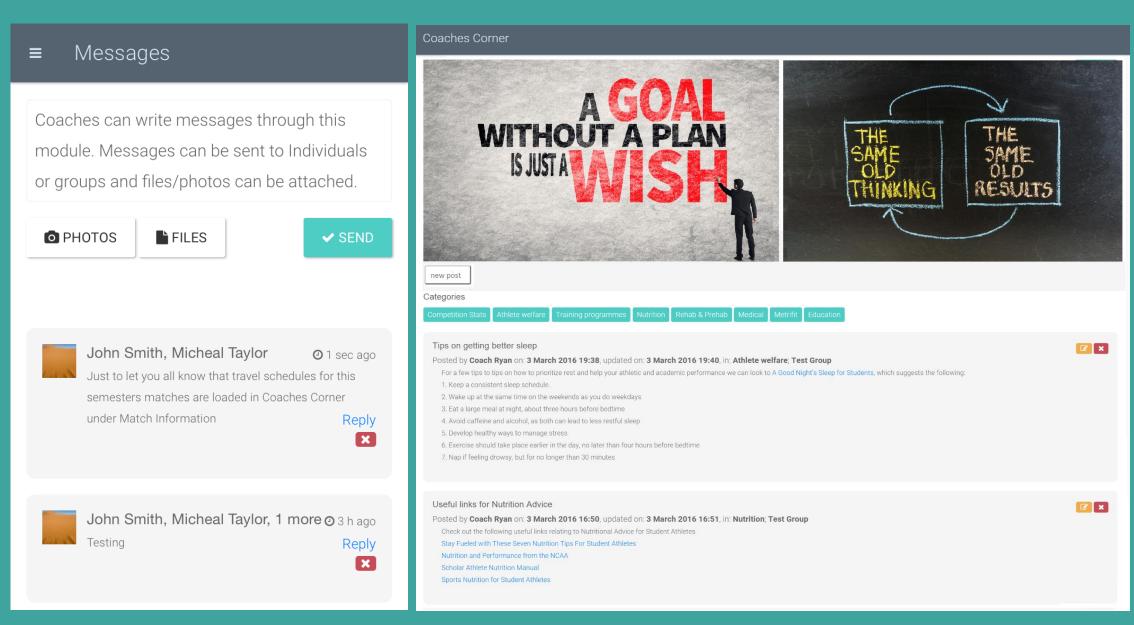
- when values are low
- ✓ Takes 30 60 seconds each morning
- Provides invaluable information to coaches

Brian Clarke, Head S&C Coach, Noblesville High School, IN

## Communication

Built in messaging system and Coaches Corner Wikipedia style library

There is extensive research in the area of feedback in sport that is of tremendous practical value to coaches. From a very basic point of view, coaches can see their athletes in action and may see areas that need improving that are not apparent to the athletes. Feedback and communication in general are critical components to coaching. Feedback allows coaches to tell athletes how they are performing in relation to their expectations. Coaches can then instruct and teach their athletes how to reach these expectations and perform better



### **Reports** Coach Team Reports and ability to look at individual athletes



"We are very lucky we have a player-monitoring tool, whereby players can communicate with you every day via psychometric data; sleep quality, sleep duration, stress levels, muscle soreness. What that means is by 11am every day I have valuable pieces of information relating to every member of the squad"

Conor Wilson	0 86%	85%	4	4 8	4	4 4 5	5
Health							
Name	Health		Ailment Details			Comments	
Micheal Taylor	2		Cold/Flu			Woke up with sniffles	
Muscle Readir	ness						
Name	Muscle Readiness		Body Locations			Comments	
Micheal Taylor	2		Arm			Sore arm after training last night and still sore this mo	orning
Stress							
Name	Stress		Stress Details			Comments	
No current stress re	ecorded						
Activity Load							
Name	Activiy Yesterday		Intensity	Duration (minutes)	Load		
John Smith	3 - Moderate training/exercise/compet	tion	7	75			52
Micheal Taylor	3 - Moderate training/exercise/competition		5	60		300	
Conor Wilson	4 - Hard training/exercise/competition		7	60		420	

*Cian O'Neill, Manager Kildare Football* 

## Analytics

🕯 My Team

Alerts to deviations from normal behavior using statistical functions and comparison to group averages. Key alerts for coaches and athletes and weekly and monthly deviation reports

