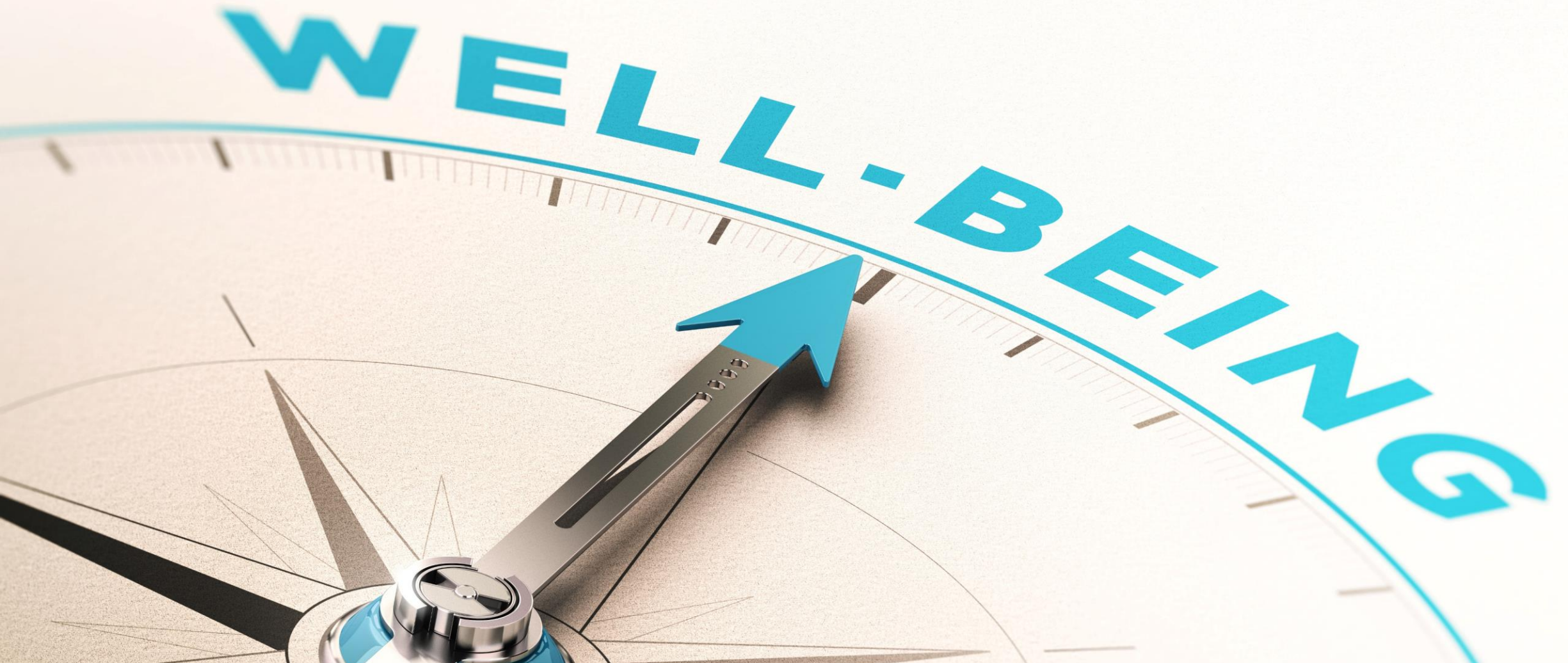




Introducing Lifestyle Profiling





LIFESTYLE PROFILING

Day to day lifestyle stress has a major influence on athletic performance and overall well-being.

Coaches are only with an athlete for a small portion of their day or week.

They are often unaware of the lifestyle stressors that are affecting their athletes and team.



LIFESTYLE PROFILING SURVEY

Educating and empowering athletes to make informed decisions to improve their lifestyle can pay huge dividends on the playing field.

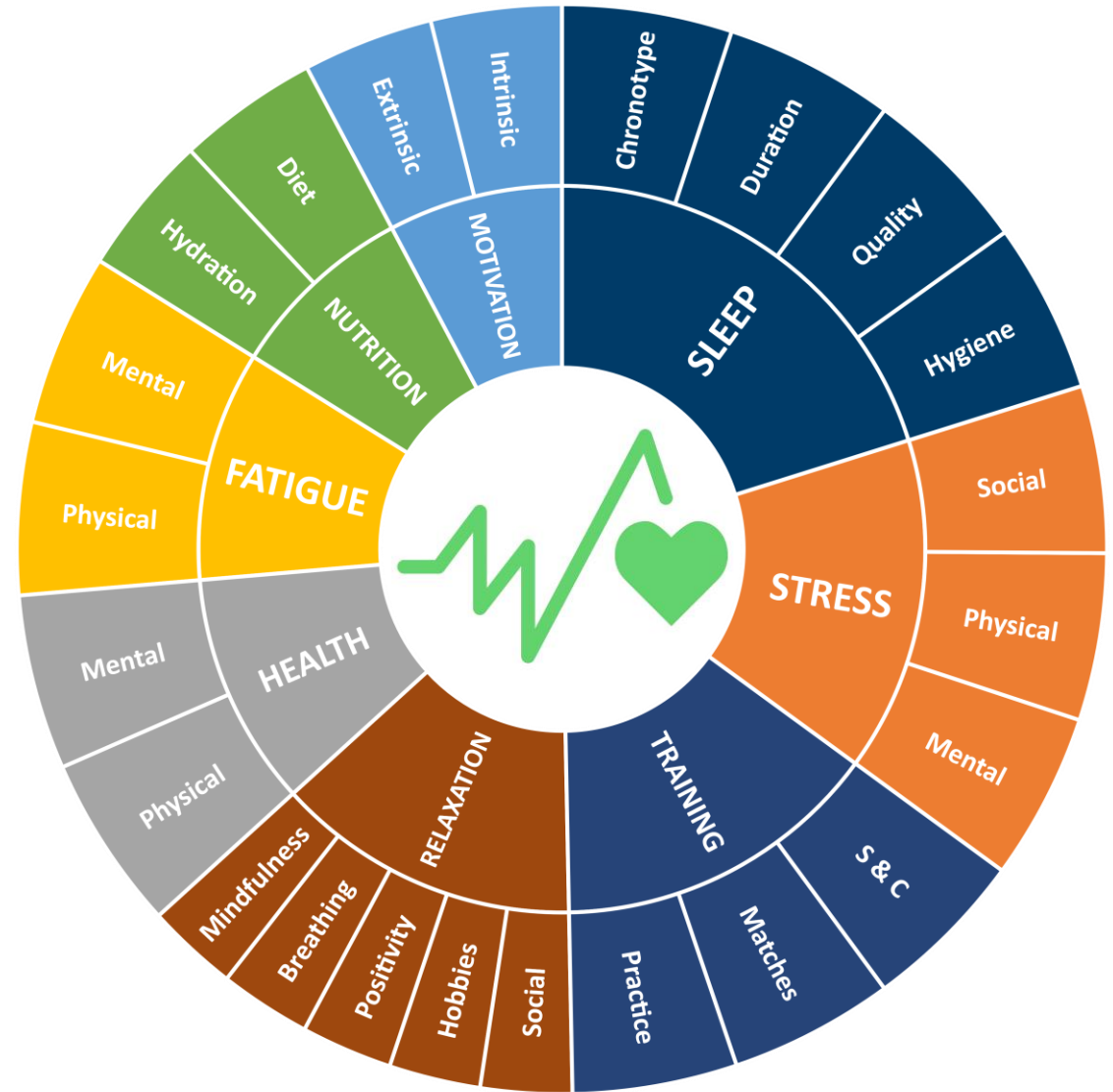
Our new lifestyle profiling functionality provides invaluable insight into the well-being of your team with clear visuals that help you make informed decisions to prepare your athletes for optimal performance.

metrifit[®]
ready to perform

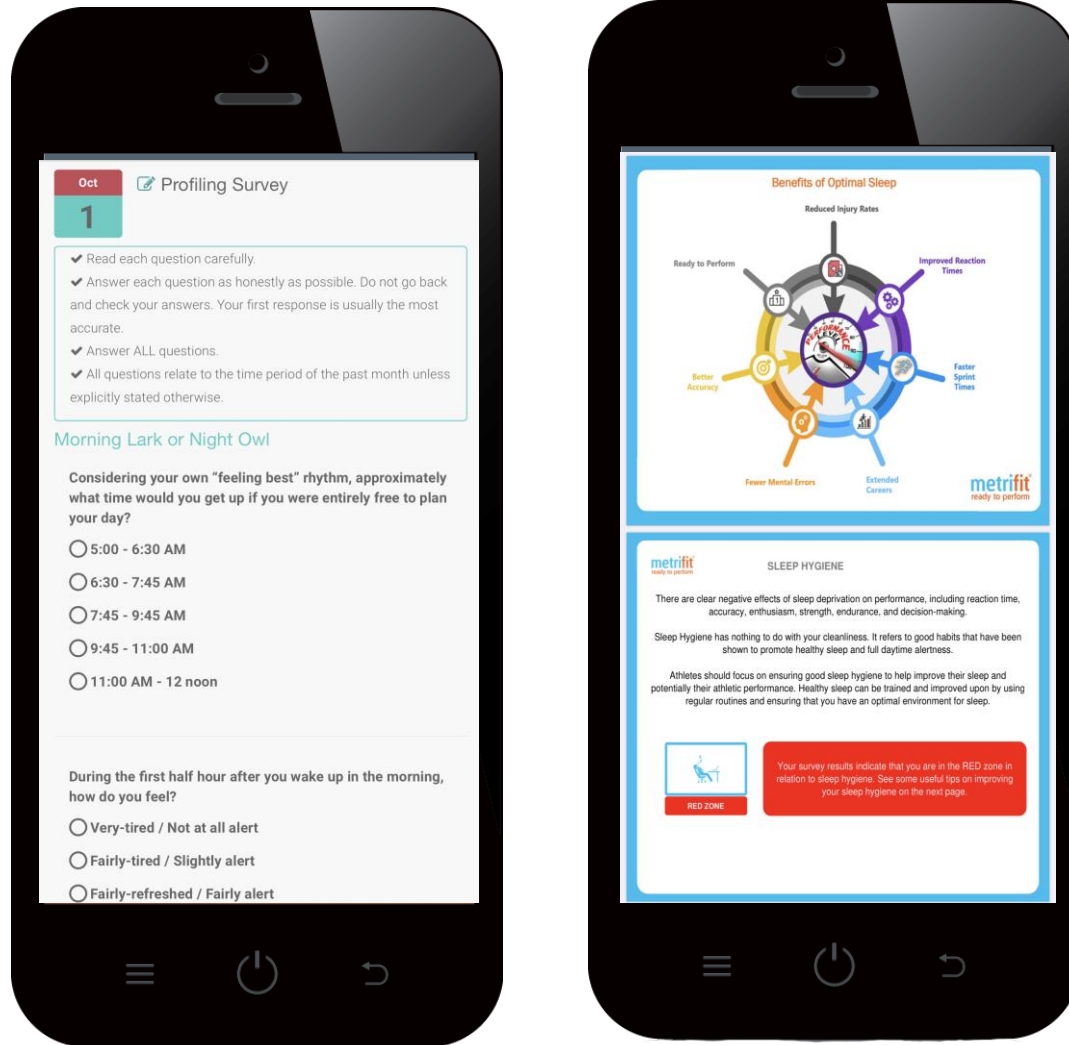
Lifestyle profiling explained

Athlete's complete the profiling survey on Metrifit which has questions based on validated questionnaires in different key areas including:-

- Sleep Quality
- Sleep Duration
- Sleep Hygiene/Habits/Chronotype
- Stress
- Mental Health
- Physical Health
- Mental Fatigue
- Physical Fatigue
- Motivation
- Nutrition & Hydration
- Relaxation
- Training & Competition






Lifestyle profiling explained



- ✓ The survey is easy to complete on the phone and divided into sections to allow for easy input.
- ✓ Once complete, the athlete will be provided with a personalized and dynamic PDF report which is private to them. This report includes easy to read visuals with scoring information as well as feedback on the different areas. Educational infographics and suggestions are included to help show how improvement can be made.
- ✓ Athletes can give permission to a coach or staff member to view their individual report.
- ✓ Summary team information is available to coaches.
- ✓ Athletes will not be allowed to retake the survey until a period of time has passed. This can be configurable but is at least a minimum of 1 month to allow for completion of goals/objectives.

Individual PDF page samples

| | | | |
|---|--|---|---|
|  |  |  |  |
| NIGHT OWL | SLEEP QUALITY | SLEEP HYGIENE | STRESS |
|  |  |  |  |
| PHYSICAL HEALTH | MENTAL HEALTH | PHYSICAL FATIGUE | MENTAL FATIGUE |
|  |  |  | <div><div></div> Doing well</div> <div><div></div> Room to Improve</div> <div><div></div> Needs attention</div> |
| MOTIVATION | NUTRITION | RELAXATION | |

Individual PDF page samples

"Your calm mind is the ultimate weapon against your challenges. So relax"

- Bryant McGill

Work Life Balance is very important. Try to make time for family, friends, hobbies and doing things that you enjoy. Relaxation training has been shown in research to help increase your mental resilience. Relaxation techniques such as breathing and meditation are helpful tools for coping with stress and promoting long-term health by slowing down your body and quieting your mind.



AMBER

You are in the AMBER zone. Try to make time for family and friends or engage in an activity or hobby that calms and relaxes you. You could also try meditation, breathing techniques and practice positive thinking to help improve in this area.

Lifestyle profiling - Coach Overview

Specify date range

From
09/25/2020

To
10/02/2020

Groups
Demo Group ▼

CREATE REPORT

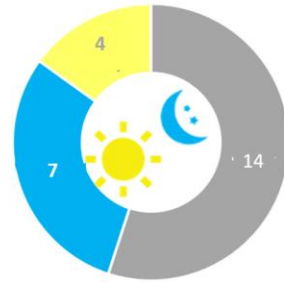
Previous Profiling Reports

| Date | Name | From | To |
|------------|---|------------|------------|
| 10/01/2020 | ProfilingReport2020-10-01 | 09/01/2020 | 10/01/2020 |

- ✓ When athletes have completed their survey, an admin coach can set from and to dates and request a team / group lifestyle profiling report. This can be reviewed and shared with coaches and other staff
- ✓ In order to protect athlete privacy a minimum of individual surveys must be completed so as to protect individual athlete's data.
- ✓ Athletes can give permission to a coach or staff member to view their individual report and they can then review the individual PDF but also all the individual answers to questions by that athlete.
- ✓ This report details summary information across the team for the key areas mentioned above. Information for each key area along with advice and areas to focus on is also included. This feedback can provide both athletes and coaches with invaluable information that can be used to educate and set goals/objectives to improve.

Team Overview Page Samples

CHRONOTYPE



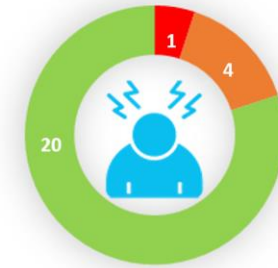
SLEEP QUALITY



SLEEP HYGIENE



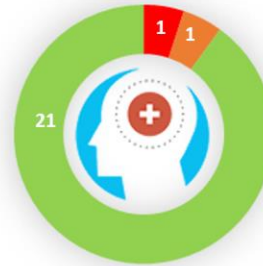
STRESS



PHYSICAL HEALTH



MENTAL HEALTH



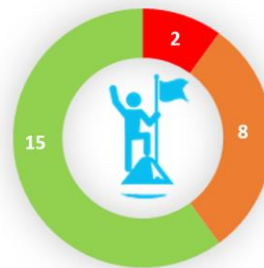
PHYSICAL FATIGUE



MENTAL FATIGUE



MOTIVATION



NUTRITION

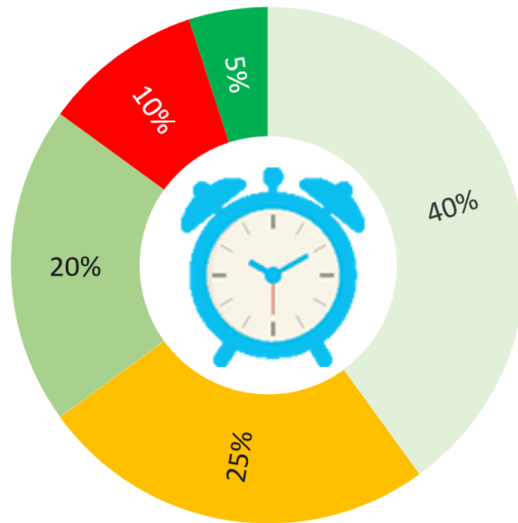


RELAXATION



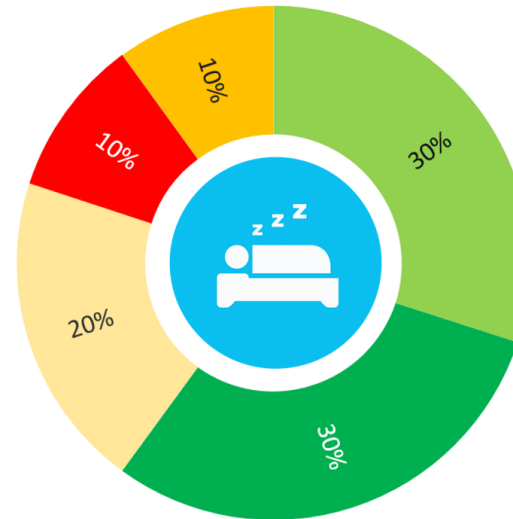
Team Overview Page Sample

In the past month how many hours and minutes of actual sleep do you get at night?



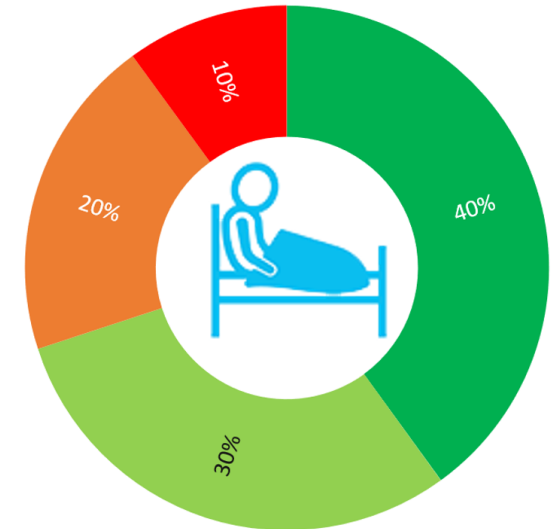
- 9 hours or more
- 8 - 9 hours
- 7 - 8 hours
- 6 - 7 hours
- less than 6 hours

How satisfied/dissatisfied are you with the quality of your sleep?



- Very satisfied
- Somewhat satisfied
- Neither satisfied or dissatisfied
- Somewhat dissatisfied
- Very dissatisfied

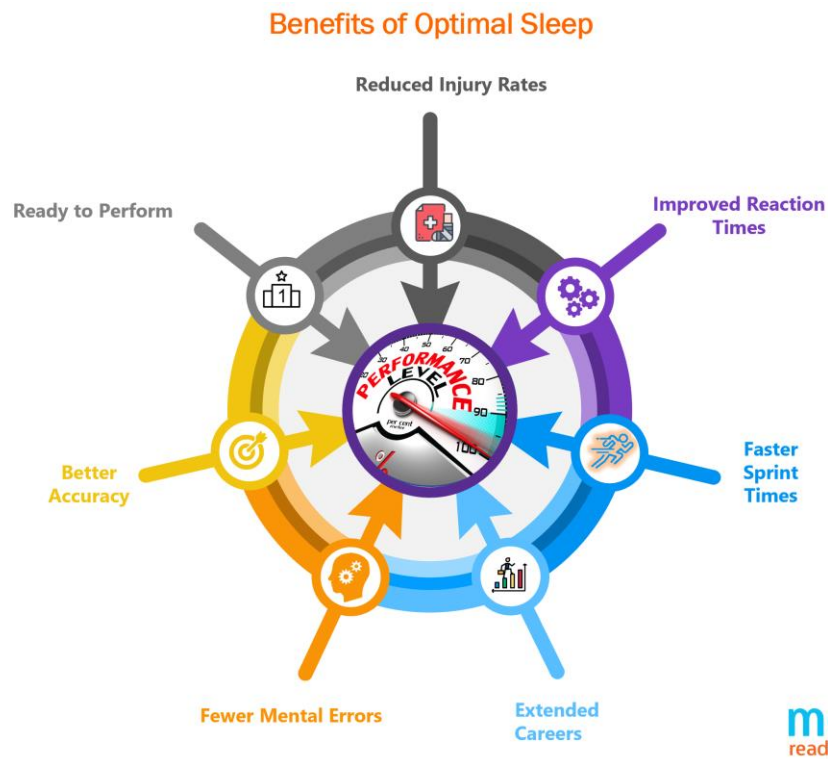
In the past month how often did you have trouble staying asleep?



- None
- Once or twice per week
- 3 or 4 times per week
- 5 - 7 times per week

Bespoke infographics

Educational infographics and summary information based on research will be included in the report and varied each month to promote education. Each month the report will be dynamic and provide new information based on latest research and recommendations for the key areas



Sleep Hygiene Guidelines

AVOID
STIMULANTS
AT LEAST 6
HOURS
BEFORE
BEDTIME



SWITCH
OFF
DEVICES



AVOID
OBSESSIVE
CLOCK
WATCHING



AVOID
EXCESSIVE
FOOD &
LIQUID AT
NIGHT



USE BEDS
FOR SLEEP -
IF YOU CAN'T
SLEEP GET
OUT OF BED
FOR A WHILE



KEEP BEDROOM
COOL, DARK AND
COMFORTABLE



MAINTAIN
REGULAR
SLEEP
SCHEDULE



AVOID SLEEP
NAPS IF NOT
ABLE TO FALL
ASLEEP AT
NIGHT



SEEK OUT
BRIGHT LIGHT IN
MORNINGS BUT
AVOID IN
EVENING



How are you ensuring the health and well-being of your athletes?



metrifit[®]
ready to perform

Lifestyle Profiling

To find out more please
email us
at info@metrifit.com

