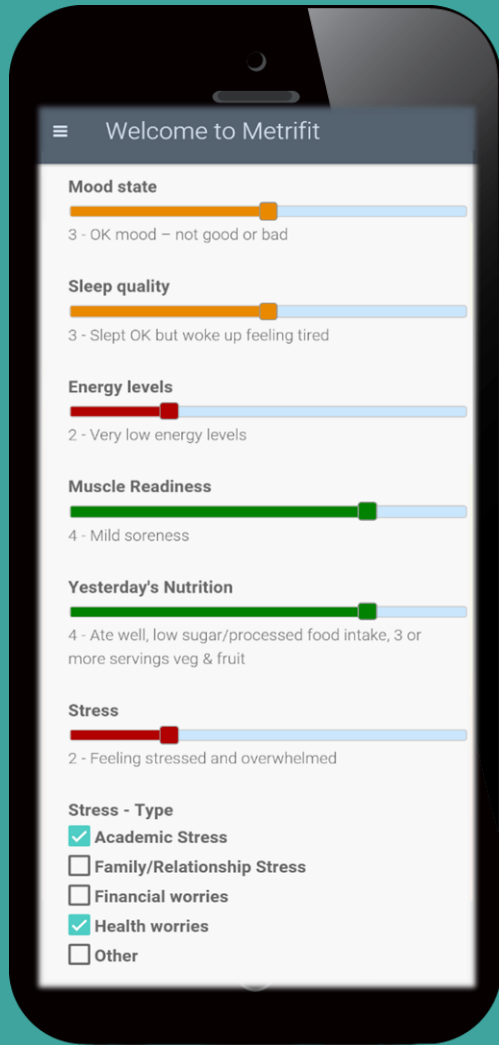


Metrifit Ready to Perform



What is the Ready to Perform Product?



Metrifit RTP offers a simple, intuitive and effective monitoring system looking at wellbeing & activity complemented by descriptive analytics and a facility for feedback and distribution of key information.

We know how busy life is and with this in mind we strive for simplicity that results in effective action.

- Mobile web app for ease of use– 30 seconds each morning to complete wellbeing questionnaire
- Focus on unique design to get input quickly and efficiently
- Easy to action visual reports
- Ready to perform score based on analytical
- Seamless communication through our Coaches corner, messaging and alerts system



What do you get with Metrifit RTP?

Metrifit RTP facilitates better compliance, individualized feedback and application of a number of intelligent analytical models. We will be continually enhancing the functionality as we carry out detailed research. Included:-

- ✓ Daily Well-Being Questionnaire
- ✓ Session RPE /Activity Logging
- ✓ Weekly Survey Option
- ✓ Profiling Questionnaire
- ✓ Readiness score derived from linear transformation and analytical models which will highlight more sensitive data changes
- ✓ Reports and Insights that are easy to action
- ✓ Report Builder and Library to allow you to easily send weekly report PDF to users
- ✓ Coach Performance Review and Feedback
- ✓ Continual improvements from ongoing research
- ✓ Sports Science Consultancy
- ✓ Covid-19 Monitoring and Contact Tracing for both athlete and staff

WELL-BEING

User Profiling
& Surveys to
track
improvement

Analytical
Readiness
Score and
intelligent
algorithms

Weekly
Survey Option
Individualised
Reports/PDFs

Performance
and Review

Consultancy

Individualized
Feedback
and
Ongoing
Research

Communication

Messages,
Coaches Corner,
Library

Daily Well Being Questionnaire

Users complete a daily wellbeing questionnaire which covers key areas and provides invaluable information and insight into well-being which includes:-

- ✓ Mood state
- ✓ Sleep quality
- ✓ Sleep duration
- ✓ Energy levels
- ✓ Muscle readiness
- ✓ Nutrition
- ✓ Stress
- ✓ Health inc. additional Covid areas if required

The screenshot shows the 'Welcome to Metrfit' app interface. It features a questionnaire with six sliders and a stress type section. Each slider has a description below it. The sliders are: Mood state (orange), Sleep quality (orange), Energy levels (red), Muscle Readiness (green), Yesterday's Nutrition (green), and Stress (red). The Stress section includes checkboxes for Academic Stress, Family/Relationship Stress, Financial worries, Health worries, and Other.

Mood state
3 - OK mood – not good or bad

Sleep quality
3 - Slept OK but woke up feeling tired

Energy levels
2 - Very low energy levels

Muscle Readiness
4 - Mild soreness

Yesterday's Nutrition
4 - Ate well, low sugar/processed food intake, 3 or more servings veg & fruit

Stress
2 - Feeling stressed and overwhelmed

Stress - Type

- ☒ Academic Stress
- ☐ Family/Relationship Stress
- ☐ Financial worries
- ☒ Health worries
- ☐ Other

Athletes simply slide the sliders to the appropriate value keeping a close eye on the descriptions which are customizable by the client

Additional information is easily input by the athlete when they are scoring on the low side for each variable. A series of customizable pop-ups will appear along with free format text area so that the athlete can easily highlight issues.

Coaches can view traffic light reports in real-time giving them great insight into their team members.

Coach Traffic Light Report

Welcome to Metrifit

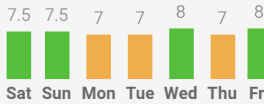
4

< March 18 >

Today Analytics

| 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 | Yesterday's Nutrition | Stress |
|----------------|-----------------|--------------------------------|-----------|--------------------------|------------|---------------|----------------|---------------|--------|------------------|-----------------------|--------|
| Peter Larkin | 2 | 2 | 48% | 53% | 2 | 3 | 8 | 3 | 4 | 2 | 3 | 3 |
| Conor Wilson | 1 | 1 | 58% | 72% | 3 | 3 | 7 | 2 | 4 | 3 | 3 | 4 |
| John Smith | 1 | 1 | 62% | 67% | 3 | 4 | 7 | 1 | 3 | 4 | 3 | 2 |
| Micheal Taylor | 1 | 1 | 69% | 69% | 4 | 4 | 7 | 3 | 3 | 3 | 3 | 4 |
| Mary Glynn | 0 | 0 | 73% | 73% | 3 | 4 | 7 | 3 | 4 | 4 | 4 | 4 |

Sleep duration last 7 days:



Health

| Name | Health | Ailment Details | Comments |
|------|--------|-----------------|----------|
|------|--------|-----------------|----------|

No health issues logged today

Muscle Readiness

| Name | Muscle Readiness | Body Locations | Comments |
|------|------------------|----------------|----------|
|------|------------------|----------------|----------|

| | | | |
|----------------|---|--------------|--------------------------------------|
| Conor Wilson | 3 | Groin | Groin acting up. Sore when I woke up |
| Micheal Taylor | 3 | Back | |
| Peter Larkin | 2 | Arm Shoulder | |

Stress

| Name | Stress | Stress Details | Comments |
|------|--------|----------------|----------|
|------|--------|----------------|----------|

No stress issues logged today

The daily traffic light report provides coaches with invaluable information about the well-being of their team. It is sorted by users who have the most red zones for that day.

Any additional information entered via checkboxes is also included

Session RPE

Users can easily and quickly log their RPE (rate of perceived exertion) after any training exercise.

The screenshot shows the Metrifit app's home screen. At the top, there's a navigation bar with a hamburger menu, 'Welcome to Metrifit', and a notification bell with '0'. Below this is a date selector for 'September 4'. The main content area is divided into two sections: 'My Body & Mind' and 'My Activities'. 'My Body & Mind' features a list of health metrics with progress bars: RTP score (%) at 72, Mood state, Sleep quality, Energy levels, Health, Muscle readiness, Yesterday's nutrition, Stress, and Sleep duration at 6 hours. 'My Activities' shows a table of logged activities with columns for Time, Activity type, Duration, and RPE/Intensity. A red heart icon is overlaid on the 'My Body & Mind' section, and a red plus icon is overlaid on the 'My Activities' table.

| Time | Activity type | Duration | RPE/Intensity |
|-------|------------------------------|----------|---------------|
| 11:38 | Gym session | 60 mins | 6 - Hard |
| 13:38 | Individual training/practice | 60 mins | 5 - Hard |
| 19:56 | Gym session | 60 mins | 7 - Very hard |

The screenshot shows the 'My Activities' form in the Metrifit app. It has a header with 'September 4' and 'My Activities'. The form fields include: 'Time *' (11:30), 'Activity type *' (Gym session), 'Duration *' (00:30), and 'RPE/Intensity *' (6 - Hard). There is a plus icon next to the RPE/Intensity field. Below these fields is a text area for 'Prescribed gym program A'. At the bottom, there are 'BACK' and 'DONE' buttons. Below the form is a section titled 'Activities logged' with a table showing the same data as the 'My Activities' table in the previous screenshot.

| Time | Activity type | Duration | RPE/Intensity |
|-------|------------------------------|----------|---------------|
| 11:38 | Gym session | 60 mins | 6 - Hard |
| 13:38 | Individual training/practice | 60 mins | 5 - Hard |
| 19:56 | Gym session | 60 mins | 7 - Very hard |

Information entered:-

- ☐ Activity Start Time
- ☐ Activity type (customizable by client)
- ☐ Activity duration
- ☐ Activity Intensity/RPE
- ☐ Activity comments
- ☐ Option to include Travel Duration/Mode

Multiple activities can be entered by clicking the plus icon

RPE and training logs can also be collated on a spreadsheet by coaches and imported to Metrifit if necessary

Reports – Individual and Team Level

Previous 7 days

Previous 28 days

John Patrick Smith

Export

Activity Load

25/01/2017 to 21/02/2017

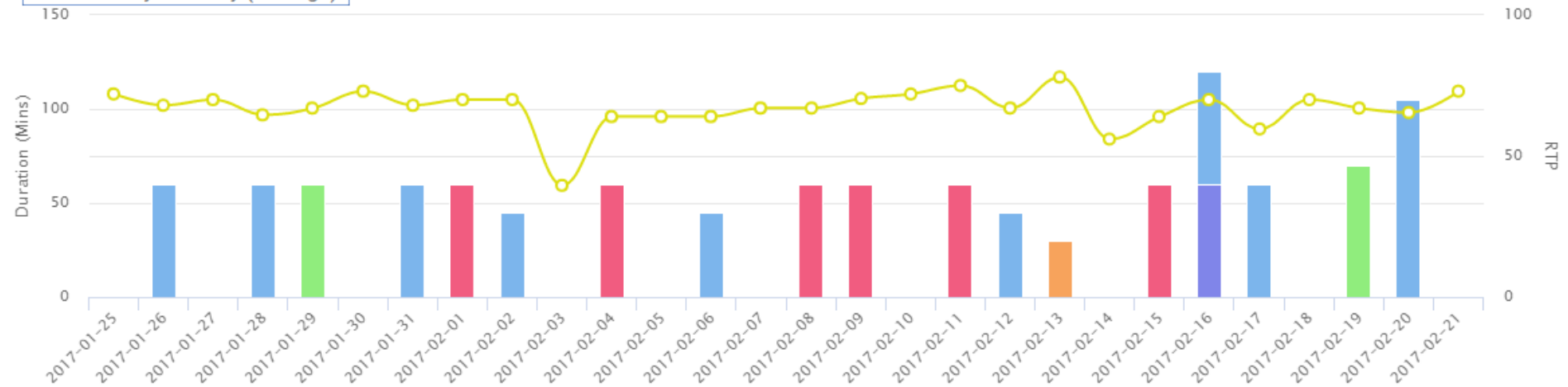
Activity Duration

Activity Load

Activity Duration

Activity Intensity (Average)

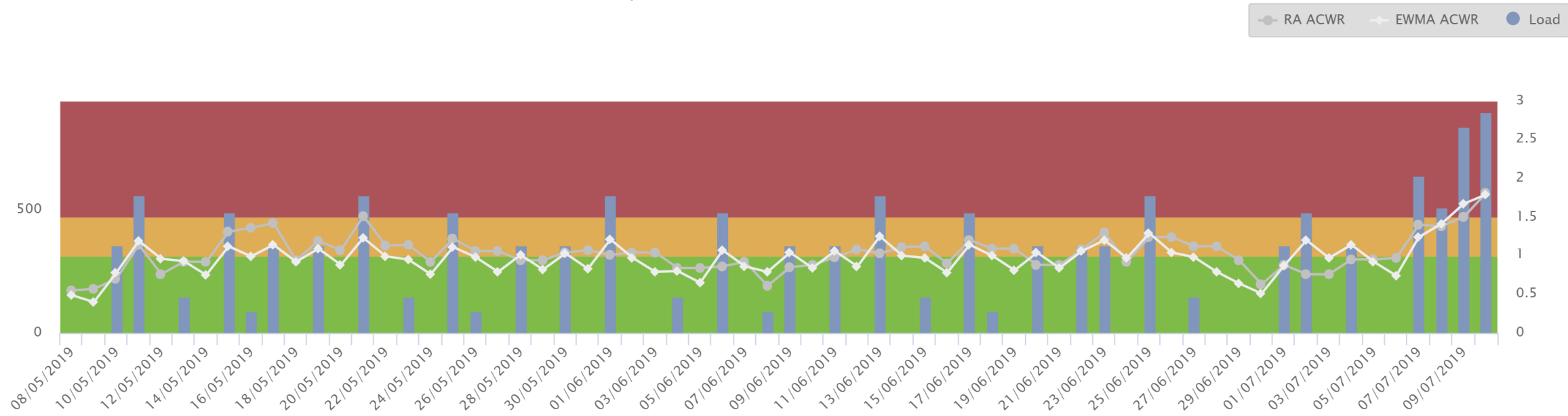
Total Activity Intensity (Average)



| Date | RTP | Gym session | Match/Competition | Recovery session | Skills Session | Team training/practice |
|------------|-------|-------------|-------------------|------------------|----------------|------------------------|
| 25/01/2017 | 72.00 | | | | | |
| 26/01/2017 | 68.00 | 60 | | | | |
| 27/01/2017 | 70.00 | | | | | |
| 28/01/2017 | 64.60 | 60 | | | | |

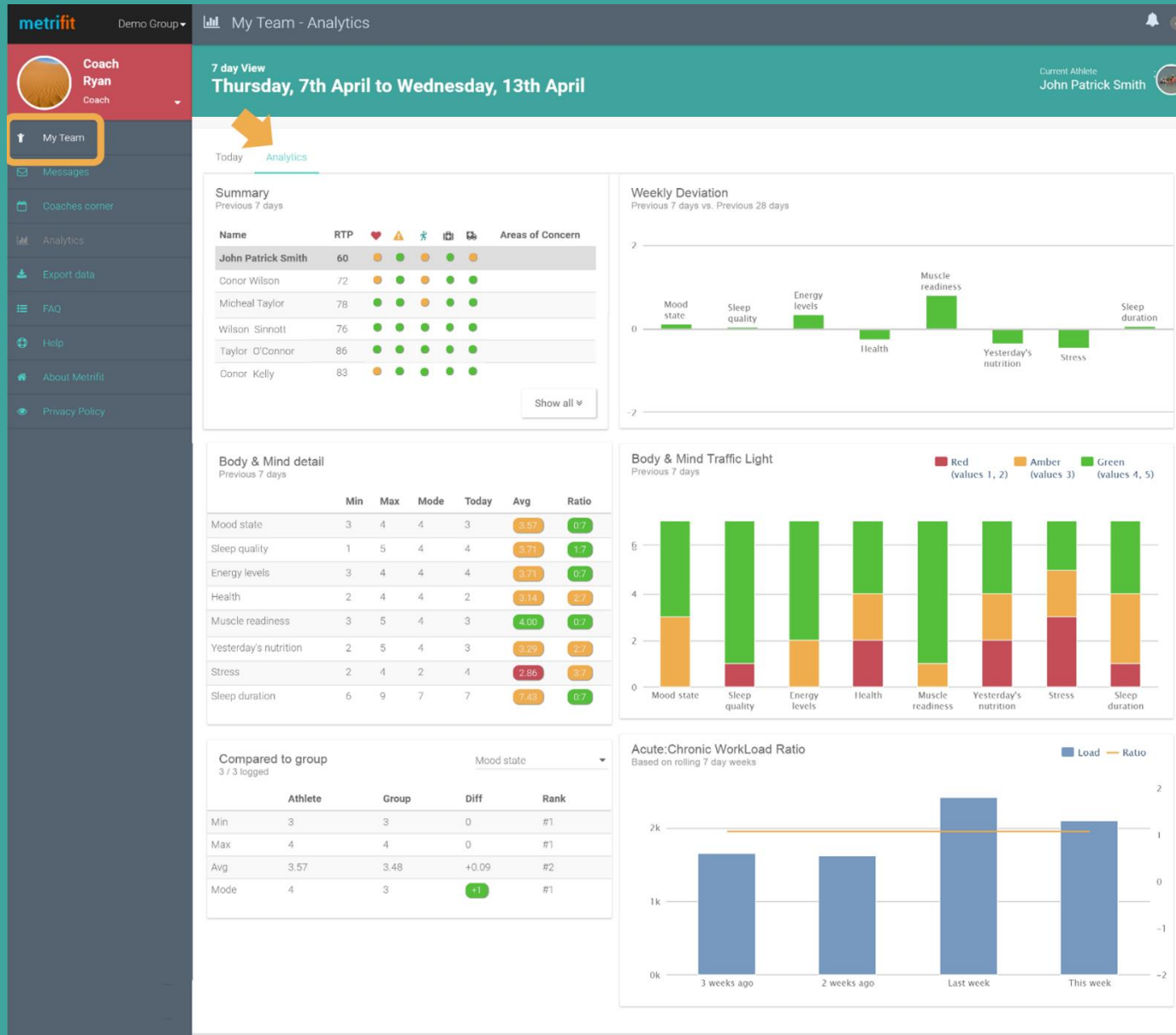
Workload Acute Chronic Workloads

Daily Acute:Chronic WorkLoad Ratio



| Date | RA ACWR | EWMA ACWR | Load |
|------------|---------|-----------|------|
| 10/07/2019 | 1.81 | 1.79 | 900 |
| 09/07/2019 | 1.50 | 1.67 | 840 |
| 08/07/2019 | 1.38 | 1.41 | 510 |
| 07/07/2019 | 1.40 | 1.24 | 640 |

Analytics



Our Analytics nightly processes look at deviations and areas of concern for each athlete.

The analytics reports takes a look at the last 7 days and compares them to the last 28 days to highlight deviations and areas of concern.

Simpler easy-to-action coach and athlete insights will be available soon

Coaches Corner



NEW POST

All posts

Posts by me

Search...

Categories

Competition Stats

Athlete welfare

Training programmes

Nutrition

Rehab & Prehab

Medical

Metrifit

Education

Psychology

new category...

The 9 mental skills of successful athletes

Posted by **Coach Ryan** on: 17 March 2016 22:48, in: **Psychology**, Demo Group

[The 9 mental skills of successful athletes](#)

"What successful athletes have in common is that their sport is important to them and they're committed to being the best that they can be within the scope of their limitations – other life commitments, finances, time, and their natural ability. They set high, realistic goals for themselves and train and play hard. They are successful because they are pursuing their goals and enjoying their sport. Their sport participation enriches their lives and they believe that what they get back is worth what they put into their sport."

Dealing with Academic pressure

Posted by **Coach Ryan** on: 15 March 2016 21:22, in: **Athlete welfare**, all groups



Coaches Corner



0



All posts

Search..

Categories

Competition Stats

Athlete welfare

Training programmes

Nutrition

Rehab & Prehab

Medical

Metrifit

Education

Dealing with Academic pressure

Posted by **Coach Ryan** on: 15 March 2016 21:27, in: **Athlete welfare**, all groups

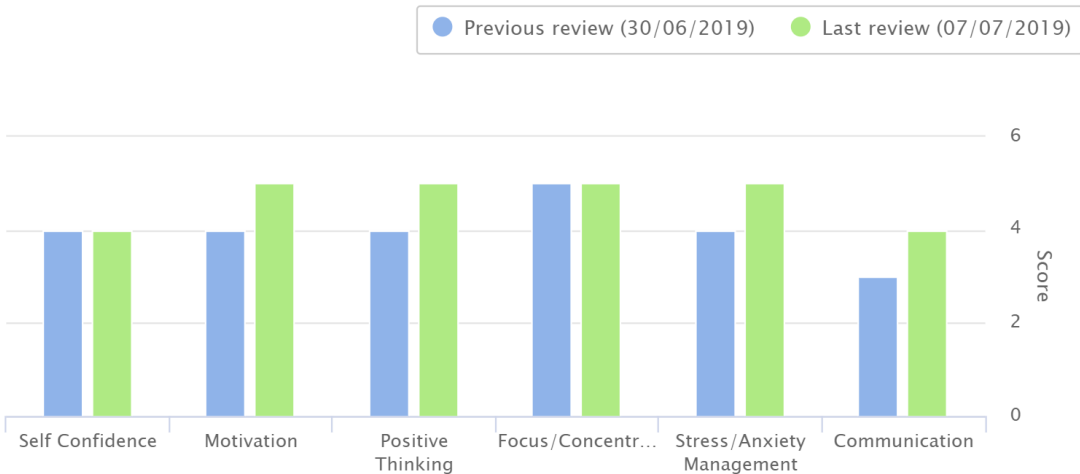
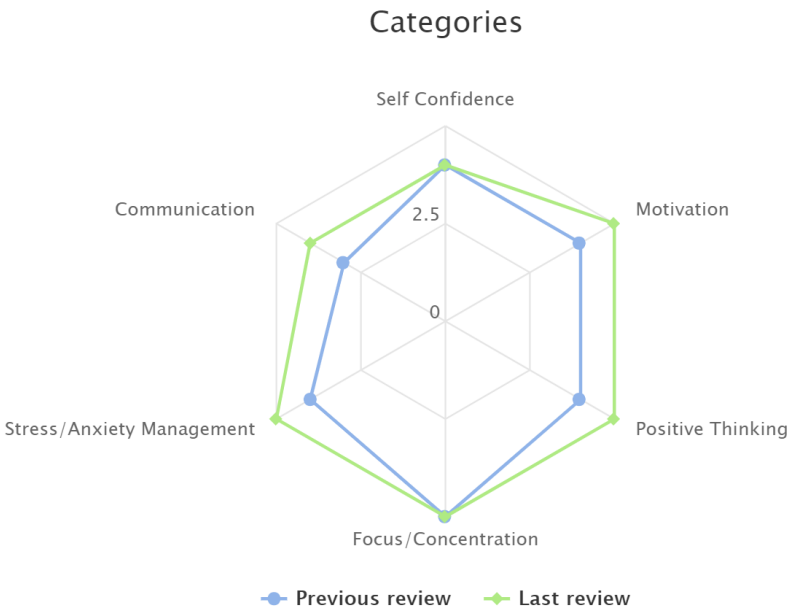
Some useful links for dealing with Academic pressure

[Academic Pressure: 5 Tips From An Expert On Coping](#)

Coaches corner is an information library where coaches and staff can post key information and resources. These can be categorised and contain attachments and links to allow for easy access to information.

Weekly Survey Report

Weekly Performance Review



Ratings

| Category | Previous review (30/06/2019) | Last review (07/07/2019) |
|---------------------------|------------------------------|--------------------------|
| Self Confidence | 4 - Did well | 4 - Did well |
| Motivation | 4 - Did well | 5 - Did very well |
| Positive Thinking | 4 - Did well | 5 - Did very well |
| Focus/Concentration | 5 - Did very well | 5 - Did very well |
| Stress/Anxiety Management | 4 - Did well | 5 - Did very well |
| Communication | 3 - Satisfied | 4 - Did well |

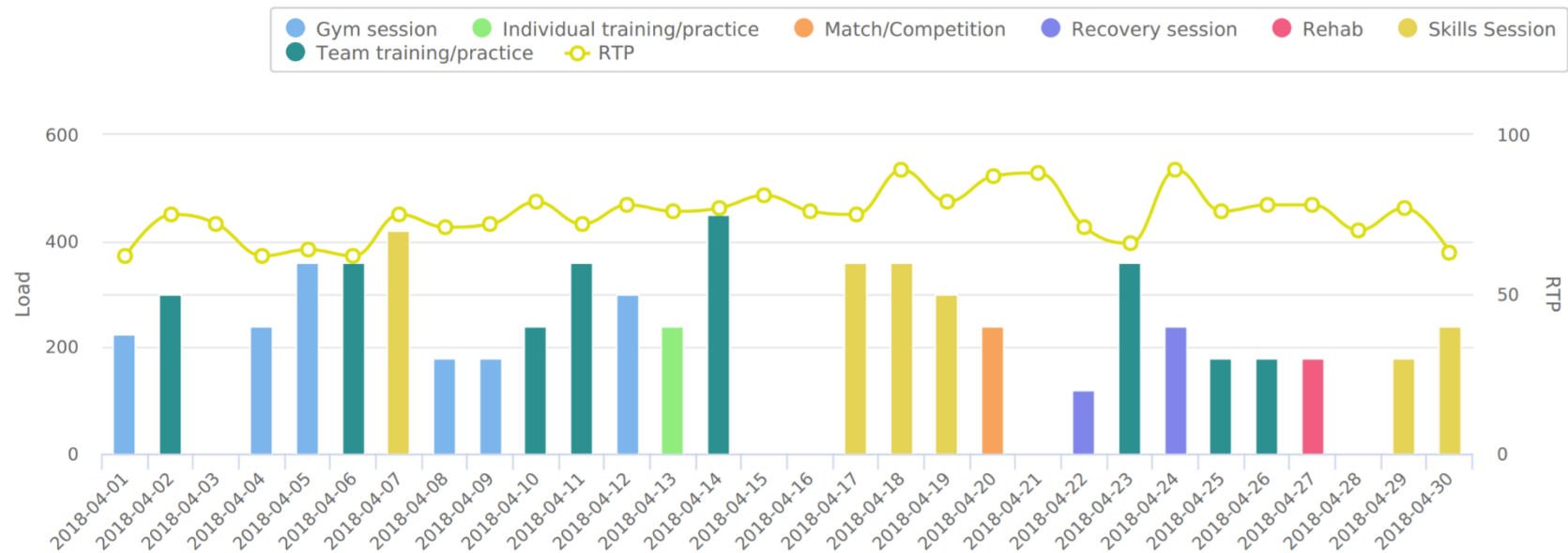
Report Builder and Library

John Patrick Smith

John - great work on what we talked about last week. Keep it up

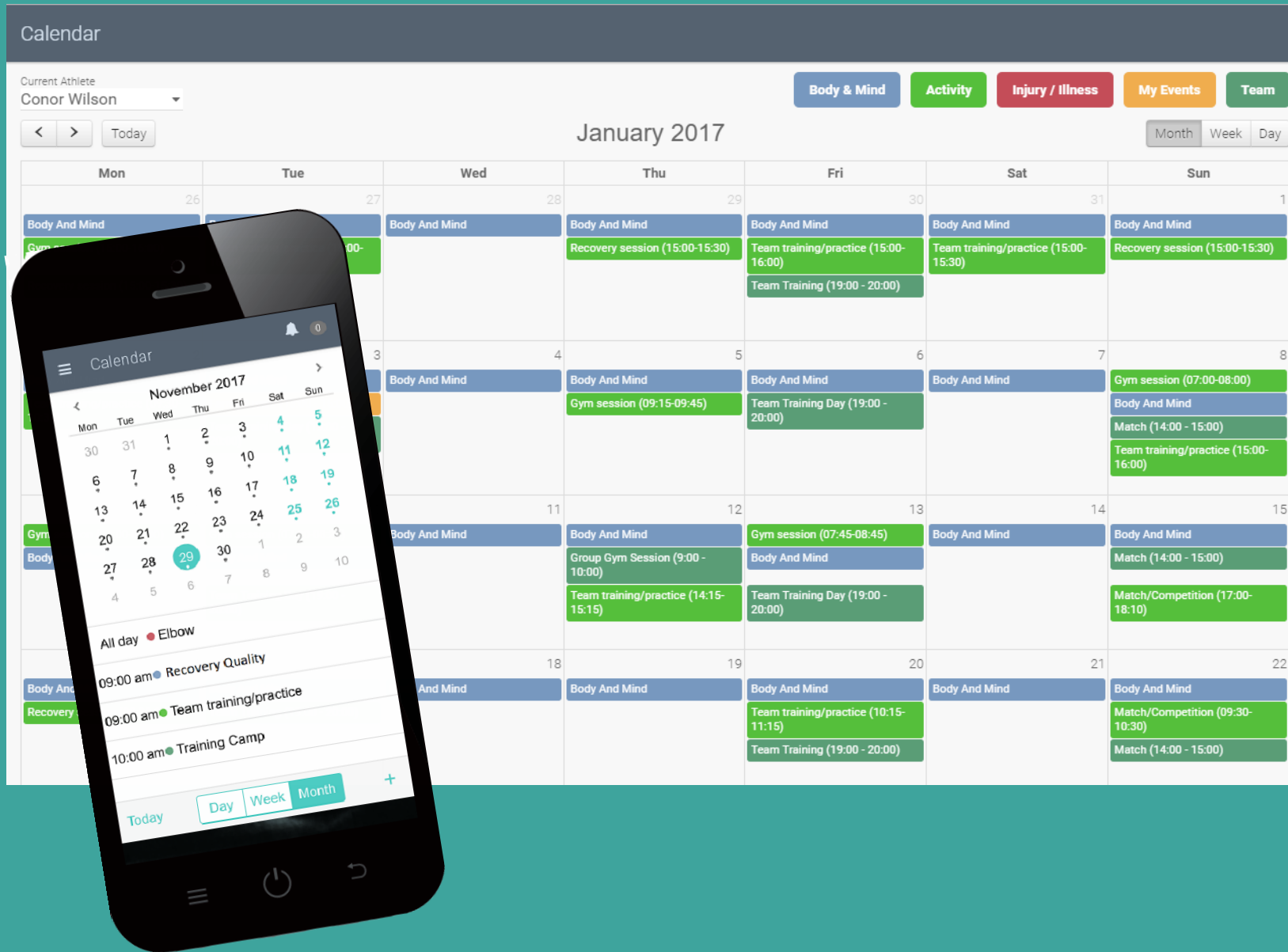
Activity Load

01/04/2018 to 30/04/2018



The report builder allows a coach to select which reports he/she wants to include in a weekly report as well as include individual feedback. Report templates can be saved and reused to make this a time efficient personal way to communicate with your users.

Calendar – Team and Individual Calendar



Coach also has access to each individual's calendar. where he/she can enter individual events which will show only on that individual's calendar.

Individual user can enter their own events i.e. exams, family occasions etc.

Any body and mind logged / activities and injury/illness logged by the user will show on individual calendar

Lifestyle Profile Questionnaire

BODY

- Questions relating to sleep, nutrition, health, training and other physical components

MIND

- Questions relating to stress levels, methods to relief stress, academic stress, mental health

WORK LIFE BALANCE

- Questions relating to work life balance, overuse, over training, mindfulness, selfcare, resilience, sports motivation

Our Lifestyle Profile Questionnaire aims to learn more about each individual related to their current knowledge and behaviors.

In summary this survey looks at sleep, mental and physical health, sports motivation, physical and psychological fatigue, stress, training and nutrition focusing on the past month/28 days. A summary of this survey for your team presents key knowledge to help guide your education, coaching style and highlights issues that you can easily address to help your team perform its best.

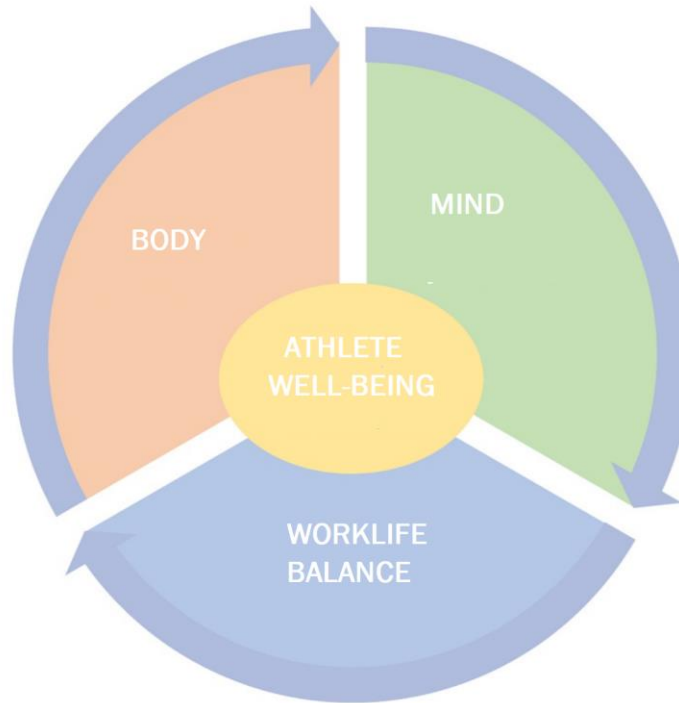
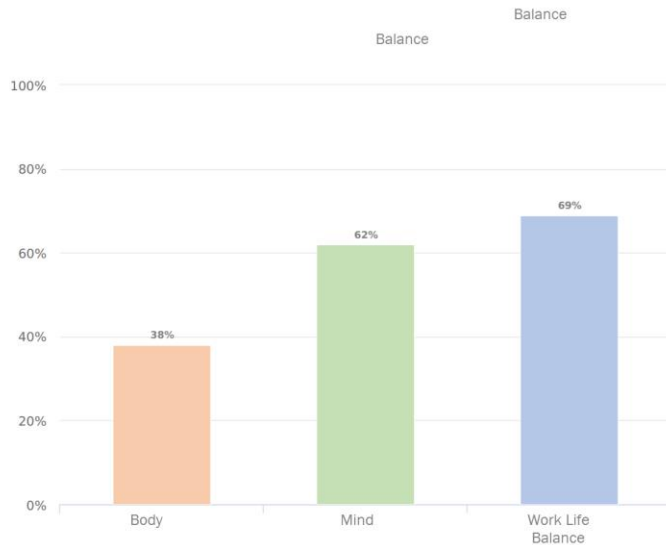
Life Style Profile Questionnaire



Name: Jane Jones
Evaluation Type: Initial

Overall Score: 56%

| BODY | MIND | WORK LIFE BALANCE |
|------|------|-------------------|
| 38% | 62% | 69% |



Each user will receive an individualised multi page profile report with a summary for each of the key areas as well as some information detailing ways to improve certain areas - for example, sleep hygiene, stress.

Coach will receive team overview and individuals can grant access to coaches for their individual detailed report if required.

This slide is just an example for illustration purposes only.

Additional Modules



Injury and Illness Modules

Separate injury and illness logging modules to keep track of injuries/illness and how it affects participation in training/work. Injury location, type of injury, where the injury occurred, how it occurred and free format notes included.



Tests Module

You can set up your own test vocabularies for the test types that you use with your users i.e. weight, height etc. These can be entered by the user or you can download our tests template and populate and upload when ready.



Library

Each user has their own individual library area where information specific to them can be uploaded. This is also used to store survey results and any reports generated through the report builder for that individual.



Consultancy

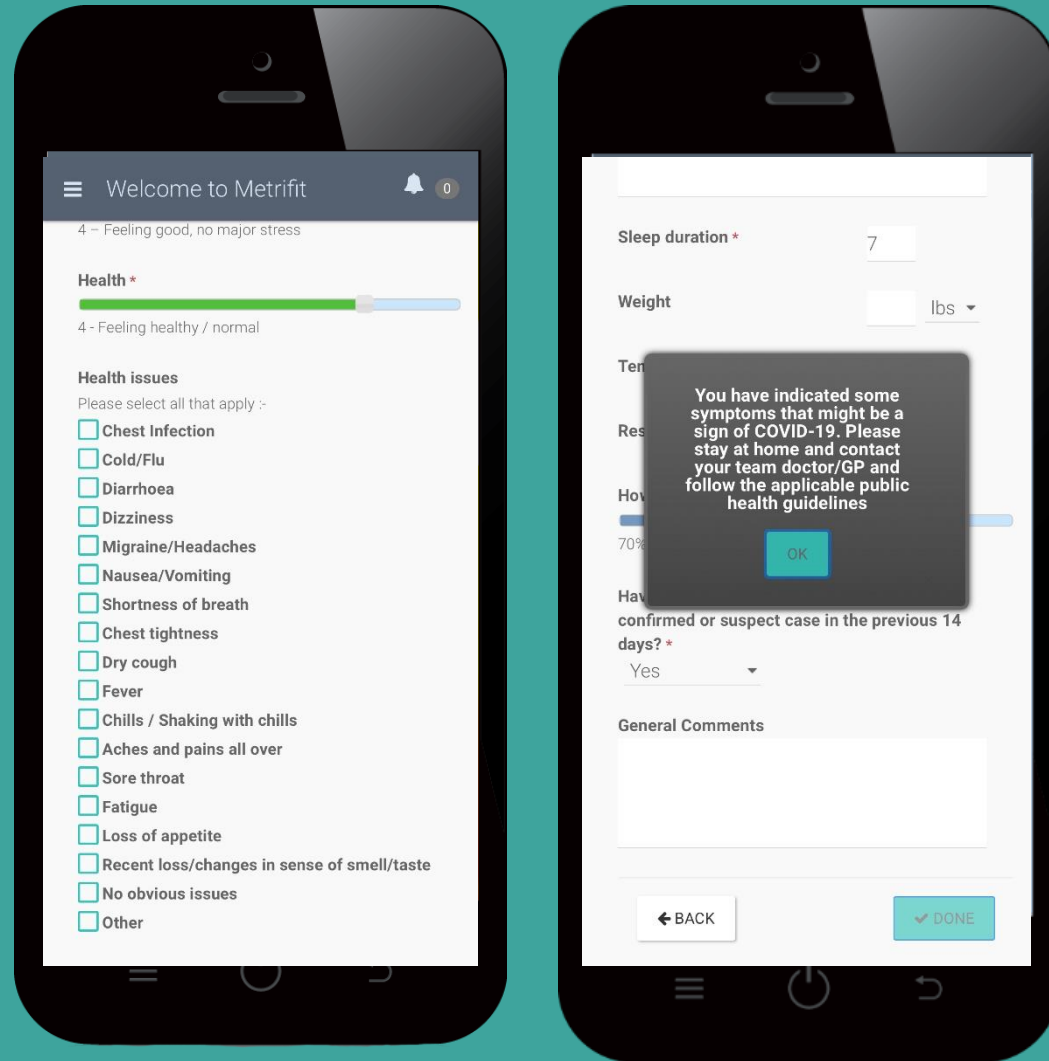
You have the option of availing of our consultancy to help you make the most of monitoring and ask questions about your data

Monitoring with COVID-19

As different teams move back to restricted levels of training there will be a greater need to keep a close eye on your athletes, not just on their general health and well-being but a closer look at any sign of symptoms that might indicate the possibility of a COVID-19 infection.

Based on our knowledge to date, we have included some additional monitoring features on Metrifiit. These can be switched on if required by your team.

What additional monitoring is in place?



Body Temperature

Ability to log body temperature in Celsius/Fahrenheit added to daily questionnaire

Health Slider Changes

Health Slider on daily questionnaire will show additional areas that may be indicative of Covid-19

Additional Question

Additional Checkbox to ask question re contact with anyone who has been confirmed / suspected to test positive


Contact Tracing

Ability to log daily contacts to help with contact tracing if required.

Coach/Staff Log


Ability for coaches / staff to log daily health and contacts information

Health Slider options

☰ Welcome to Metrfit  0

4 – Feeling good, no major stress

Health *



4 - Feeling healthy / normal

Health issues

Please select all that apply :-

- ☐ Chest Infection
- ☐ Cold/Flu
- ☐ Diarrhoea
- ☐ Dizziness
- ☐ Migraine/Headaches
- ☐ Nausea/Vomiting
- ☐ Shortness of breath
- ☐ Chest tightness
- ☐ Dry cough
- ☐ Fever
- ☐ Chills / Shaking with chills
- ☐ Aches and pains all over
- ☐ Sore throat
- ☐ Fatigue
- ☐ Loss of appetite
- ☐ Recent loss/changes in sense of smell/taste
- ☐ No obvious issues
- ☐ Other

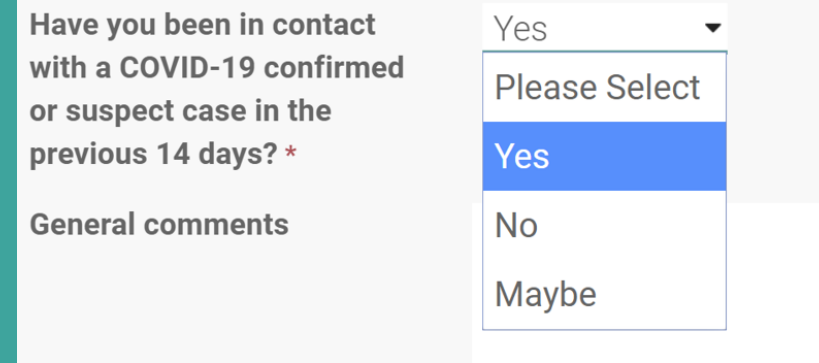
Additional checkboxes added to include symptoms that may be indicative of covid-19

- ✓ Shortness of breath
- ✓ Chest tightness
- ✓ Dry cough
- ✓ Fever
- ✓ Chills / Shaking with chills
- ✓ Aches and pains all over
- ✓ Sore throat
- ✓ Fatigue
- ✓ Loss of appetite
- ✓ Recent loss/changes in sense of smell/taste

Users will be prompted to tick relevant checkboxes if they select less than 5 on the health slider

Additional question re contact with confirmed/suspected covid case

Additional question asked on daily basis on daily questionnaire.



The screenshot shows a form with two sections. The first section is titled 'Have you been in contact with a COVID-19 confirmed or suspect case in the previous 14 days? *'. It features a dropdown menu with the following options: 'Yes' (selected), 'Please Select', 'Yes', 'No', and 'Maybe'. The second section is titled 'General comments' and is currently empty.

If user indicates any symptoms by ticking applicable checkboxes, has a body temperature indicative of a fever or as answered Yes or Maybe to the question regarding contact with confirmed/suspected cases they will be presented with the message below. This is configurable based on the client's preferences.

You have indicated some symptoms that might be a sign of COVID-19. Please stay at home and contact your team doctor/GP and follow the applicable public health guidelines

OK

Body Temperature

May

8

🕒 My Tests

Test Date *

08/05/2020

Time *

12:45

Test Name

Body Temperature ▼

Score *

36.5

Unit *

C ▼

Comments

+

← BACK

✓ DONE

You can now log body temperature on the daily questionnaire. Additional temperatures that coaches might take for the team before / after training can be loaded via our import data option or logged by individuals in the TESTS module.

Temperature graphs will be added and we will look at alerts/messages when a high temperature is logged.

Contact Tracing

If someone is diagnosed it is useful to keep daily track of people you have been in close contact with. We have added a Contacts area for athletes to record this on a daily basis. Previous names entered will be saved for easy re-entry

[Today](#) [Calendar](#) [Reports](#) [Overview](#) [Injury](#) [Illness](#) [Tests](#) [Contacts](#)

May
8

My Contacts

Activity Date

08/05/2020

Select from previous names

ADD

Contact Name

Contact Description

+

← BACK

✓ DONE

Contacts List

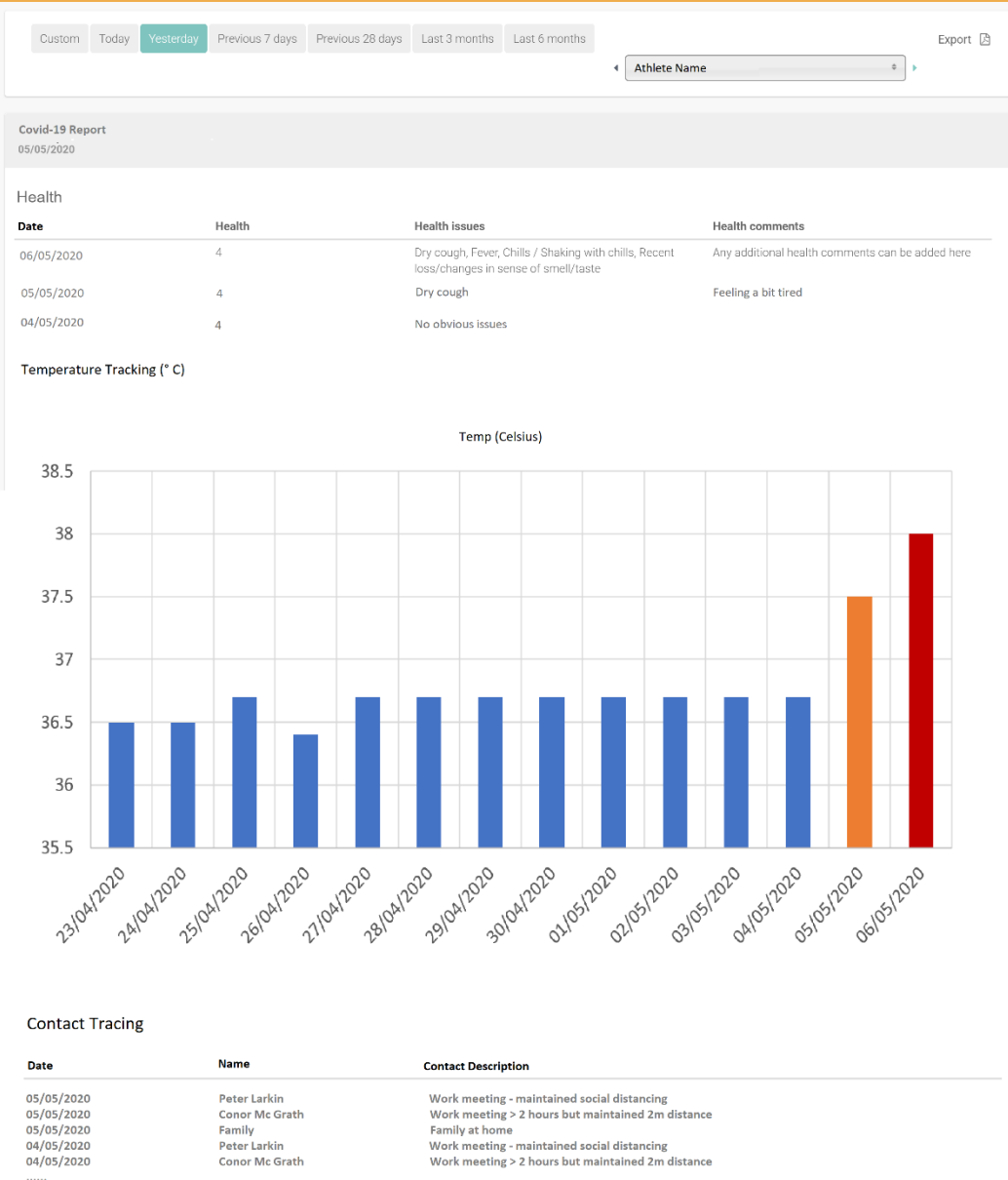
Export

From 08/04/2020

To 08/05/2020

| Date | Name | Contact Description |
|------------|----------------|---|
| 05/05/2020 | Peter Larkin | Work Meeting - maintained social distancing |
| 05/05/2020 | Conor McGrath | Work - meeting > 2 hours but maintained 2m distance |
| 01/05/2020 | Peter Larkin | Work Meeting - maintained social distancing |
| 01/05/2020 | Roland Hollman | Family |
| 01/05/2020 | Conor McGrath | Work - meeting > 2 hours but maintained 2m distance |

Reports



A new report can be accessed by individual and admin level staff if necessary to export relevant information to aid with contact tracing in the case that someone on the team tests positive or someone has had close contact with someone who has tested positive.

Coach/Staff Logging

metrifit

Demo

Team

Metrifit

Coach

My Team

Team Calendar

Messages

Coaches courses

Reports

Report Builder

Library

Analytics

Export data

Covid log

Import data

Surveys

Help / About Metrifit

Welcome to Metrifit

May

Daily Covid Log

6

Health Check

Health ⁺

Health Issues

Please select all that apply >

☐ Chest Infection

☐ Cold/Flu

☐ Diarrhoea

☐ Dizziness

☐ Migraine/Headaches

☐ Nausea/Vomiting

☐ Shortness of breath

☐ Chest tightness

☒ Dry cough

☒ Fever

☒ Chills / Shaking with chills

☐ Aches and pains all over

☐ Sore throat

☐ Fatigue

☐ Loss of appetite

☒ Recent loss/changes in sense of smell/taste

☐ Other

☐ No obvious issues

4 - Feeling healthy / normal

Health comments

Temperature Check

Time

Temp (Celsius)

Comments

+

Contacts

Select from previous names

ADD

Contact Name

Contact Description

+

← BACK

✓ DONE

Contacts List

Export

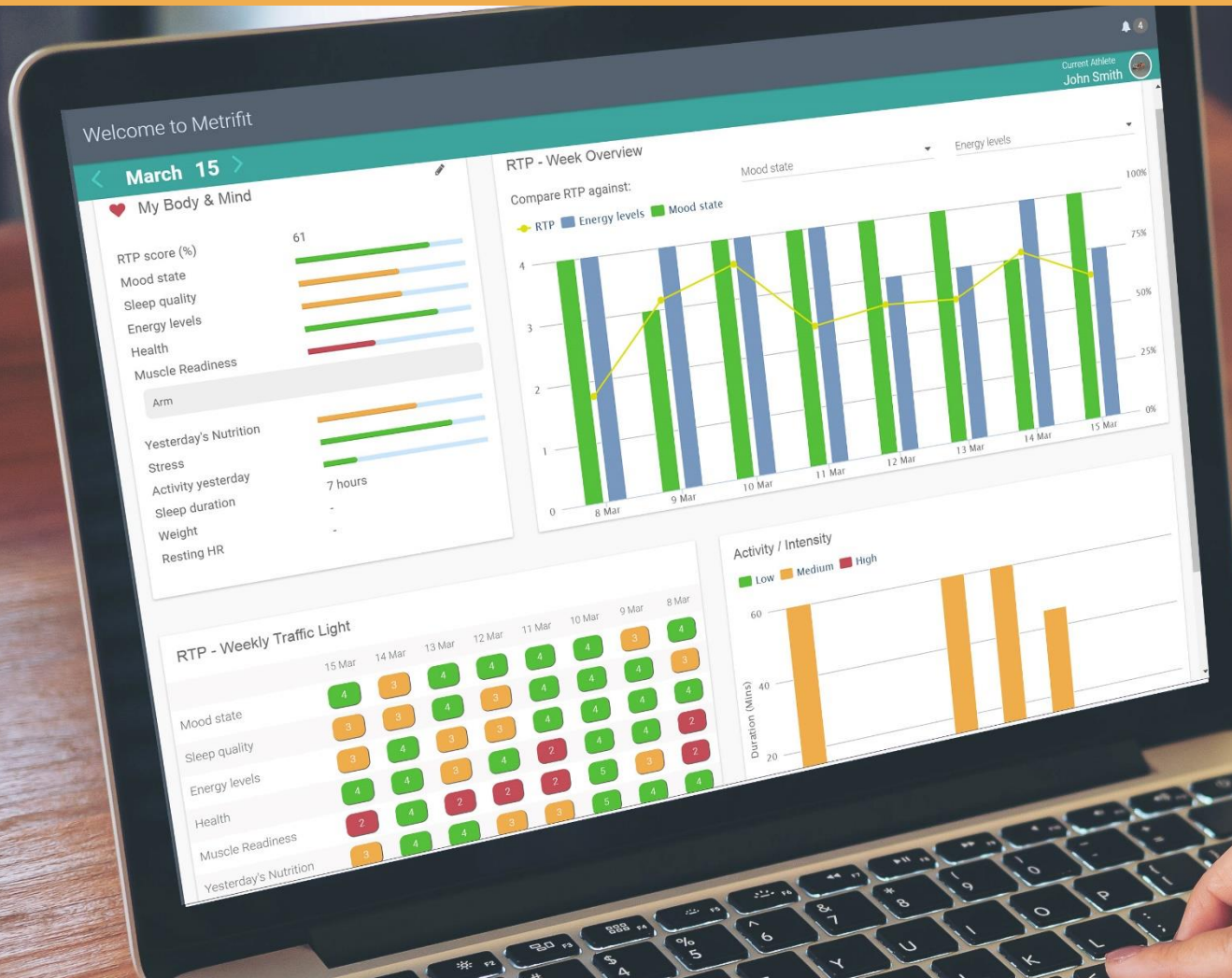
From 06/04/2020 To 06/05/2020

| Date | Name | Contact Description |
|------------|---------------|---|
| 05/05/2020 | Peter Larkin | Work Meeting - maintained social distancing |
| 05/05/2020 | Conor McGrath | Work - meeting > 2 hours but maintained 2m distance |
| 01/05/2020 | Peter Larkin | Work Meeting - maintained social distancing |
| 01/05/2020 | Roland Holman | Family |
| 01/05/2020 | Conor McGrath | Work - meeting > 2 hours but maintained 2m distance |

Coaches and other staff will also now be able to log their health, temperature and contacts through a new coach specific covid log menu item.

A new menu item called ‘Covid log’ will be accessible and from there they can log a health question and detail any symptoms they have; log their temperature multiple times, answer question about contact with confirmed or suspected cases and complete daily contact list.

Contact Details



Email us at info@metrifit.com for more information or to organize a demo

metrifit[®]
are you ready to perform?

Making health and well-being a
priority in performance

