



TRAINER**METRICS**

QUICK START GUIDE



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INTRODUCTION

Congratulations on creating a TrainerMetrics account! We understand that as fitness professionals, you need a quick resource to help you get your client data uploaded and presentable as quick as possible.

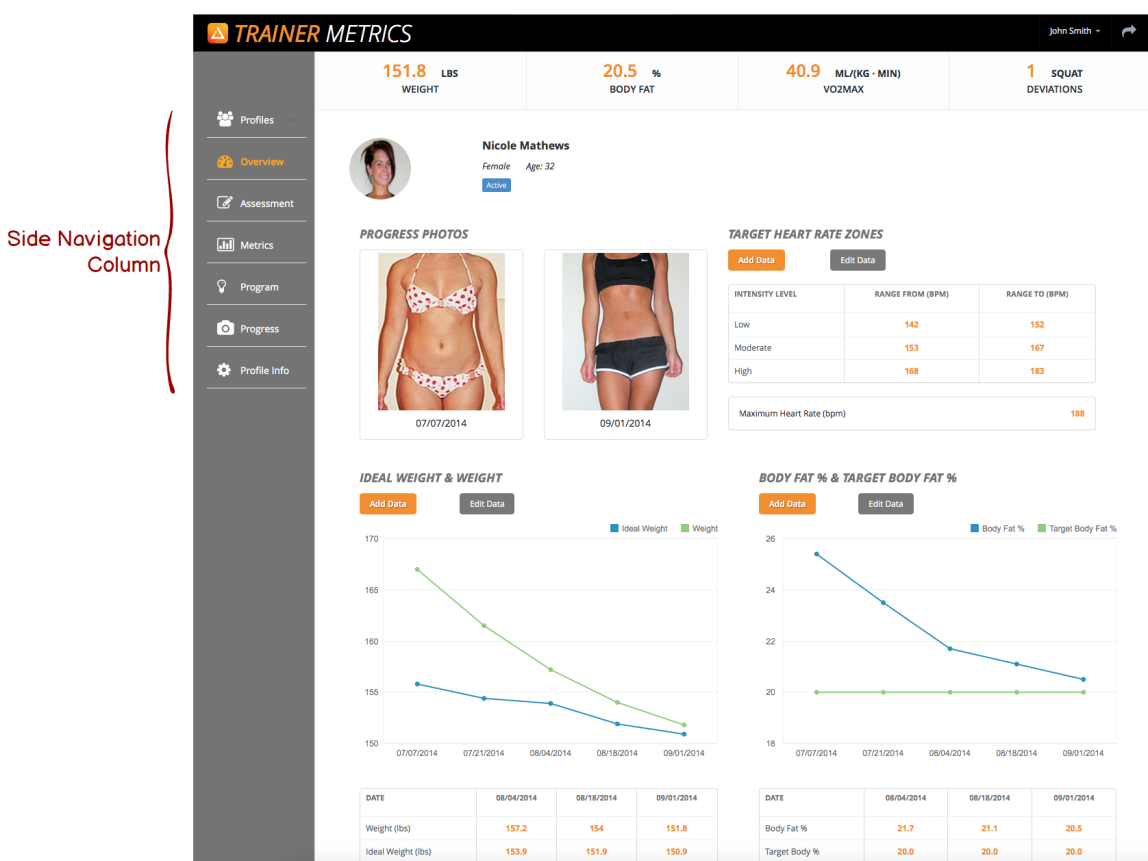
Take a few minutes between sessions to go over this guide so you can get the most use out of your client data. If you need any additional help please do not hesitate to:

Call: (424) 272-0810,

Email: contact@trainermetrics.com, or visit our Support Center: trainermetrics.zendesk.com

Quick tip for reading this guide

All core TrainerMetrics features are accessible via the in-app left side navigation column. Refer to the Table of Contents for a brief outline of what will be covered.



PART A: Initial Setup

Users are considered Trainers, Coaches, or Educators. The user is responsible for adding their own primary profile as well as profiles for Clients, Athletes, or Students.

Create Your Personal Profile:

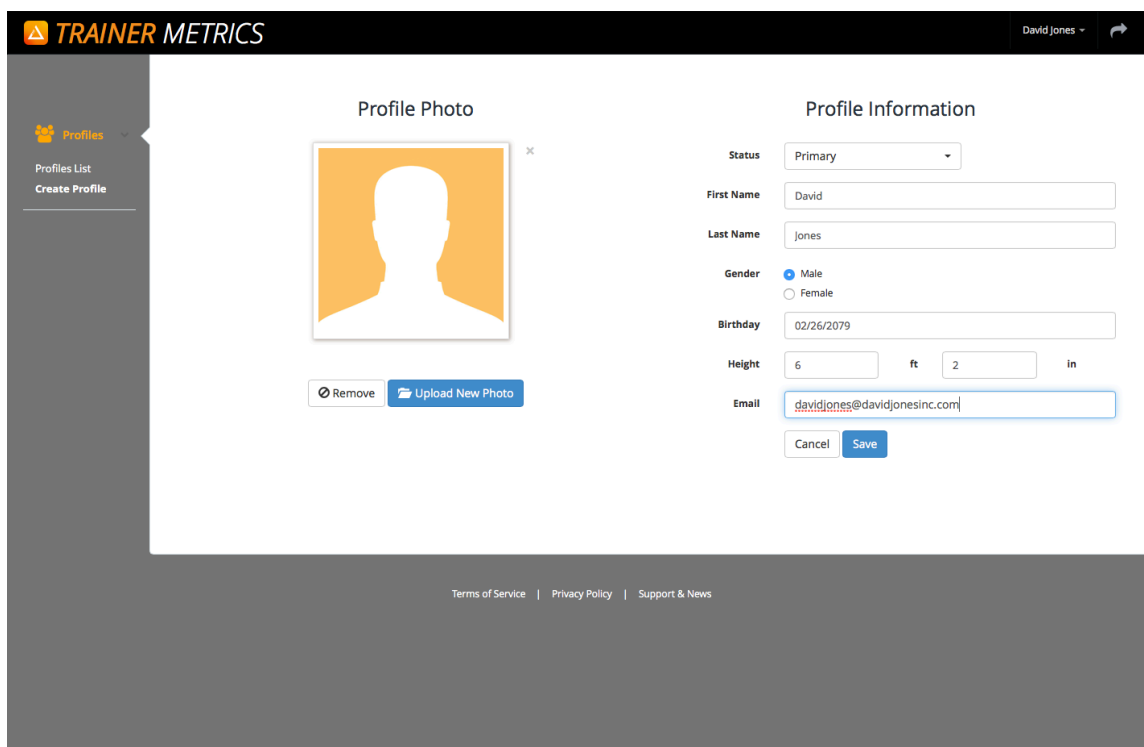
The first time you login after setting up your account, you will create a profile for calculating, tracking, and viewing your own health and fitness progress.

Navigation:

► Login in to your account with registered username and password ► Fill out profile information and add profile photo ► Select “Save” button and navigate to Assessment page

Page:

Sign Up > Login (only first time) > Create Profile



TRAINER METRICS David Jones

Profile Photo

Remove Upload New Photo

Profile Information

Status: Primary

First Name: David

Last Name: Jones

Gender: ☒ Male ☐ Female

Birthday: 02/26/2079

Height: 6 ft 2 in

Email: davidjones@davidjonesinc.com

Cancel Save

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Notes:

- Selecting “Primary” status links this profile to your user account.
- This is the same page you will first be filling out when creating a new client profile.
- If you do not wish to create your own profile, select “Cancel” and navigate to “Profiles List”.

First Assessment:

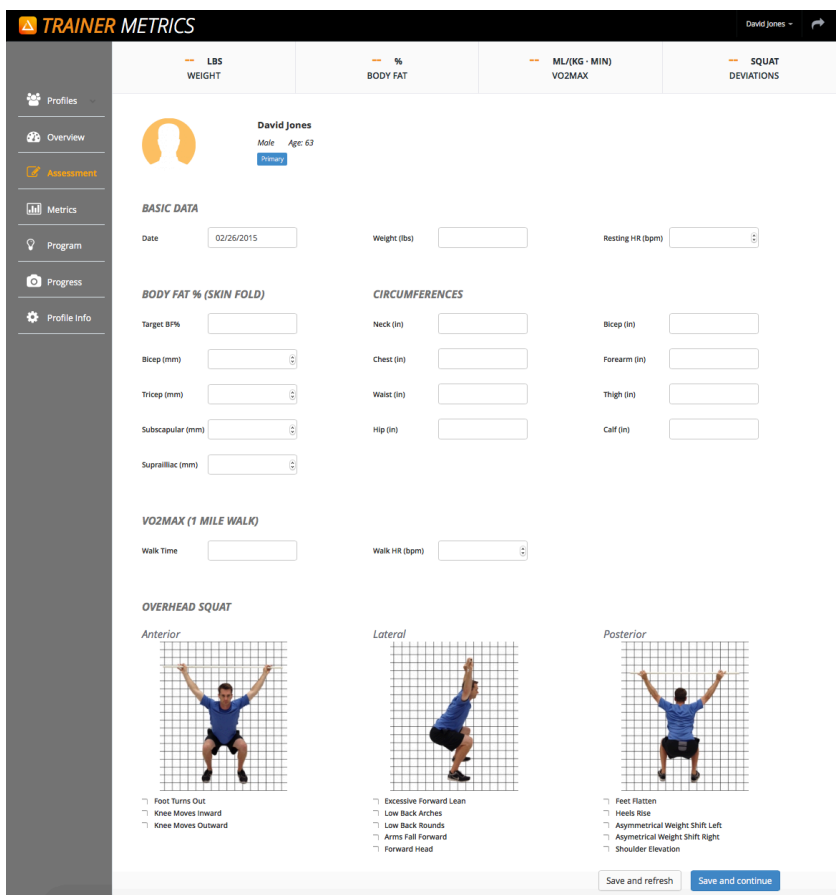
Prior to starting any fitness program with your new client first thing is first, assessments. For practice, test yourself by inputting basic, body compositional, cardiovascular, and biomechanical data.

Navigation:

► Input your measurements ► Select “Save and continue” to review resulting data, comparisons, and exercise program guidelines.

Page:

Profile List > Assessment



TRAINER METRICS David Jones

WEIGHT **BODY FAT** **ML/(KG · MIN) VO2MAX** **SQUAT DEVIATIONS**

David Jones
Male Age: 63

BASIC DATA

Date: 02/26/2015 Weight (lbs): Resting HR (bpm):

BODY FAT % (SKIN FOLD)

Target BFM: Bicep (mm): Tricep (mm): Subscapular (mm): Suprailiac (mm):

CIRCUMFERENCES

Neck (in): Chest (in): Waist (in): Hip (in): Bicep (in): Forearm (in): Thigh (in): Calf (in):

VO2MAX (1 MILE WALK)

Walk Time: Walk HR (bpm):

OVERHEAD SQUAT

Anterior

Lateral

Posterior

Save and refresh Save and continue

Notes:

- Weight is the only required measurement.
- If you don't have a skinfold caliper, a measuring tape is the next best way to get body fat % and resulting data.
- Select “Save and Refresh” for inputting old client data.

PART 1: What Do Your Metrics Look Like?

Adding Data

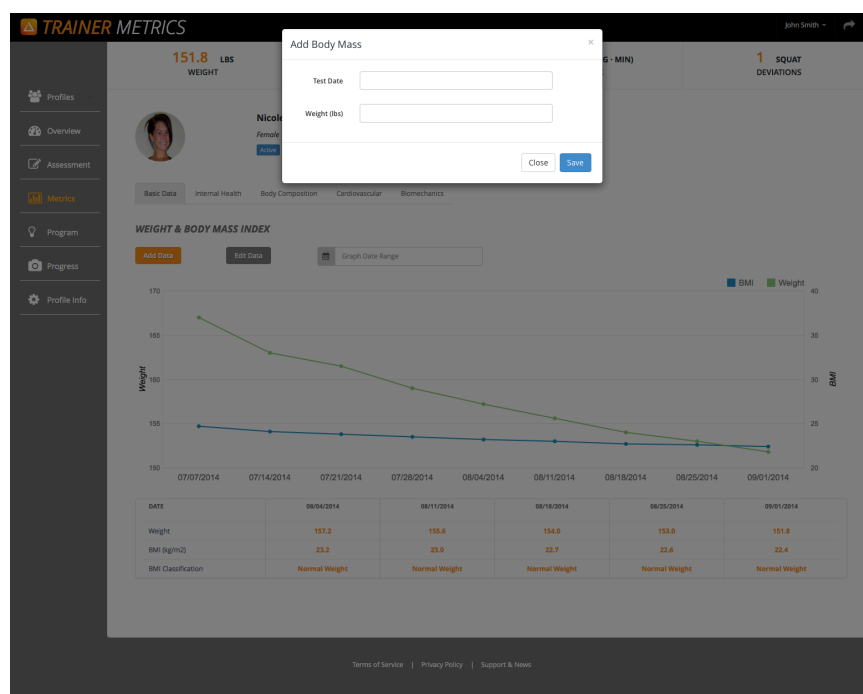
Instead of using the “Assessment” form to input a batch of measurements, add individual past or present health and fitness measurements using “Metrics”.

Navigation:

► Select a client profile in “Profile List” ► Click on the “Metrics” link from the Left Side Navigation Column ► Select appropriate assessment category using tabs ► Click on any “Add Data” button to input measurement data.

Page:

Profile List > Metrics > Basic Data



Notes:

- Input any past or current date.
- Add fitness data on any page that has “Add Data” Button (Overview, Metrics, Assessment).
- Select “Save” to calculate and display fitness measurements and resulting metrics in tables and graphs.

Editing Fitness Data

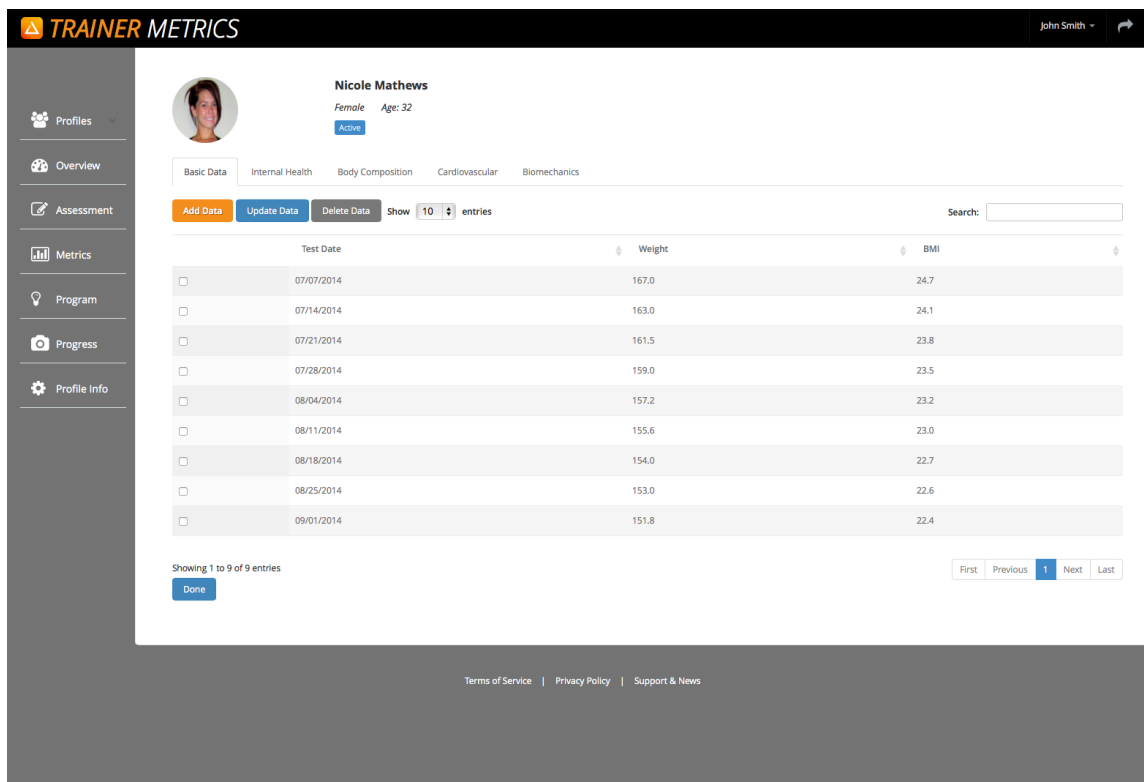
Did you make a mistake and need to edit your client's measurements? View the entire history of your client's health and fitness metrics as well as add, update, or delete any data set.

Navigation:

► Select a client profile in "Profile List" ► Click on the "Metrics" link from the Left Side Navigation Column ► Select appropriate assessment category using tabs ► Click on any "Edit Data" button to revise fitness measurement history.

Page:

Profile List > Metrics > Basic Data > Edit Data



TRAINER METRICS John Smith

Nicole Mathews
Female Age: 32
Active

Basic Data Internal Health Body Composition Cardiovascular Biomechanics

Add Data Update Data Delete Data Show 10 entries Search:

	Test Date	Weight	BMI
<input type="checkbox"/>	07/07/2014	167.0	24.7
<input type="checkbox"/>	07/14/2014	163.0	24.1
<input type="checkbox"/>	07/21/2014	161.5	23.8
<input type="checkbox"/>	07/28/2014	159.0	23.5
<input type="checkbox"/>	08/04/2014	157.2	23.2
<input type="checkbox"/>	08/11/2014	155.6	23.0
<input type="checkbox"/>	08/18/2014	154.0	22.7
<input type="checkbox"/>	08/25/2014	153.0	22.6
<input type="checkbox"/>	09/01/2014	151.8	22.4

Showing 1 to 9 of 9 entries

First Previous 1 Next Last

Done

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Notes:

- Add, Update, or Delete any data set by marking any check box and selecting "Add Data", "Update, Data", or "Delete Data".
- Toggle data sets by test date or measurement value.
- Use "Show _ entries" to view up to 100 data sets per page.

Assessment Categories

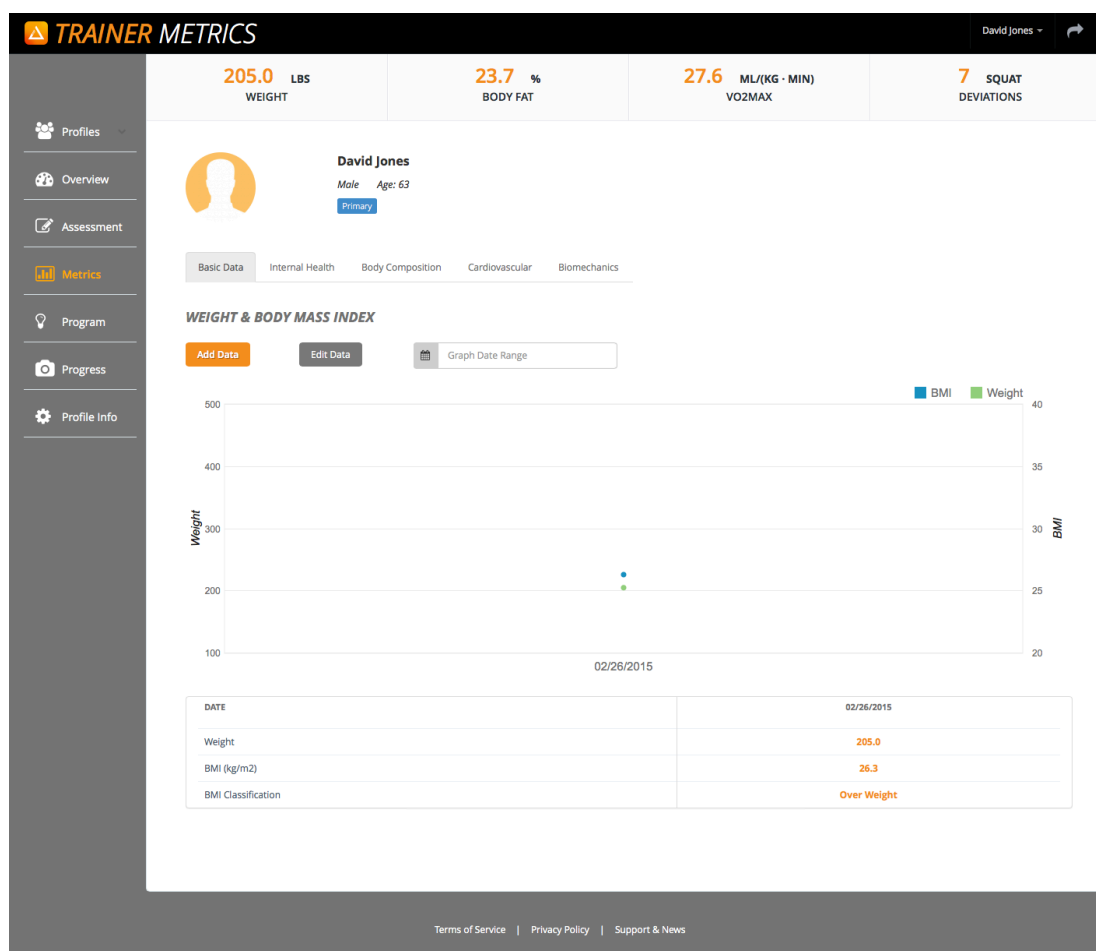
Review your fitness measurements, results, and comparisons displayed on charts and graphs via assessment category tabs.

Navigation:

► Use the horizontal assessment category tabs to navigate through assessment categories (Basic Data, Internal Health, Body Composition, Cardiovascular, and Biomechanics). ► Use combo boxes to select assessments that have multiple calculations (Body Fat% and Target Body Fat %, VO2Max).

Page:

Metrics > Basic Data



Notes:

- Select “Add Data” to add individual data sets for each assessment category
- Select “Edit Data” to edit view all data in tables organized by assessment category.
- Use “Graph Date Range” to view segments of data versus all data.

Multi Calculation Assessments

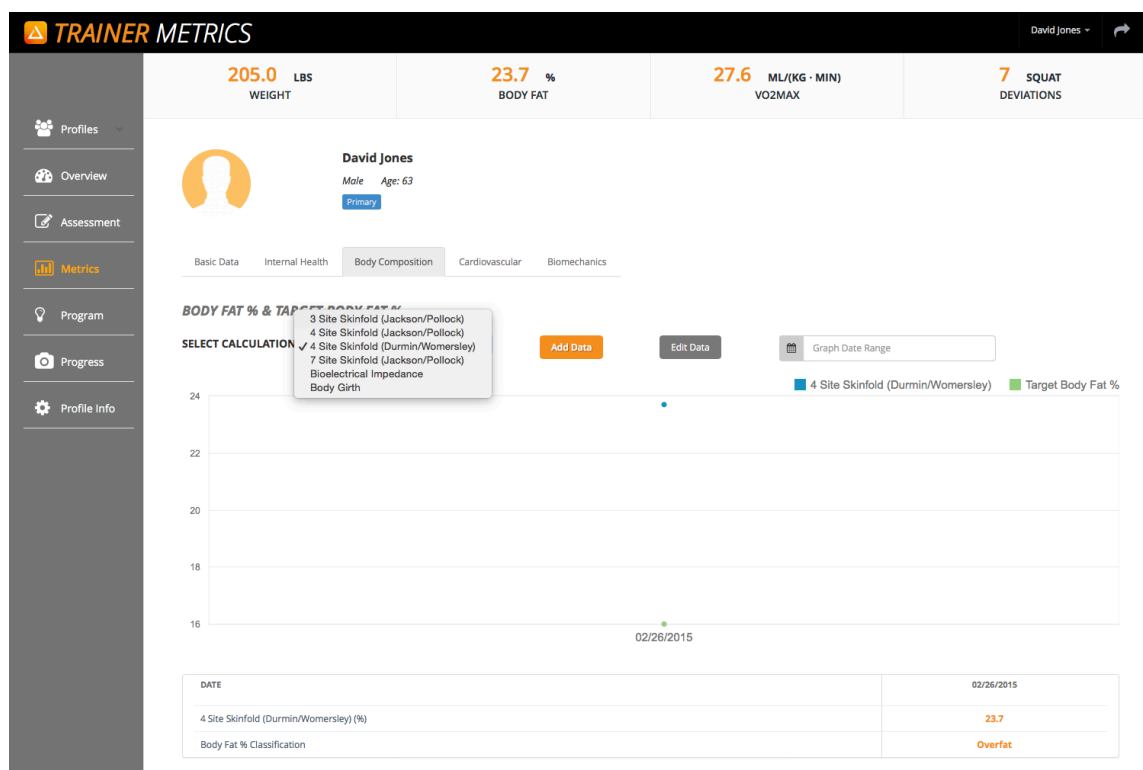
We understand that everyone has their own way of doing things, especially taking measurements. That's why we made sure you have options.

Navigation:

► Select Body Fat % and Target Body Fat% Calculation from drop down ► Add, or Edit data within the specific Assessment calculation ► View data by each calculation.

Page:

Metrics > Body Composition > Body Fat % & Target Body Fat %



Notes:

- Equipment necessary: Skinfold Caliper, Tape Measure, or Bioelectrical Impedance device.
- Enter Target Body Fat % (body fat % goal), and scroll down to view an example layered calculation results.



Compound Calculations

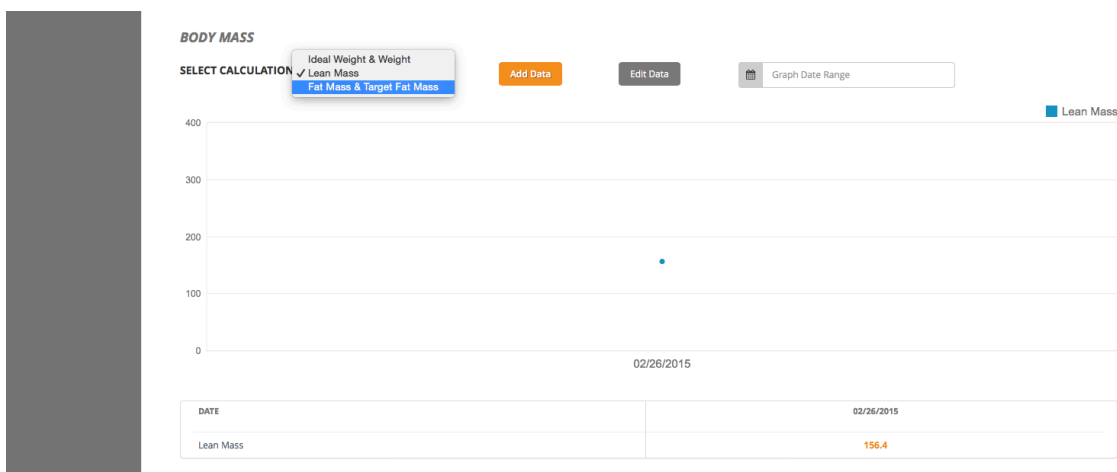
We strongly believe that you shouldn't have to spend time manually calculating your client's data, especially when there are multiple layers of calculations to get one resulting metric. Instead of explaining percentages, use metrics that are identifiable like pounds (lbs).

Navigation:

► Select Body Mass Calculation from drop down ► Add, or Edit data within the specific Assessment calculation ► View data by each calculation.

Page:

Metrics > Body Composition > Body Mass



Notes:

- Use Ideal Weight & Weight to see how far your client is from their weight goals calculated from Target Body Fat %
- Select Lean Mass to view muscle mass gains.
- Know how much fat your client has gained or lost, and how much they should lose to get to their goal.

PART 2 - Client Management Made Easy.

Toggle Profiles

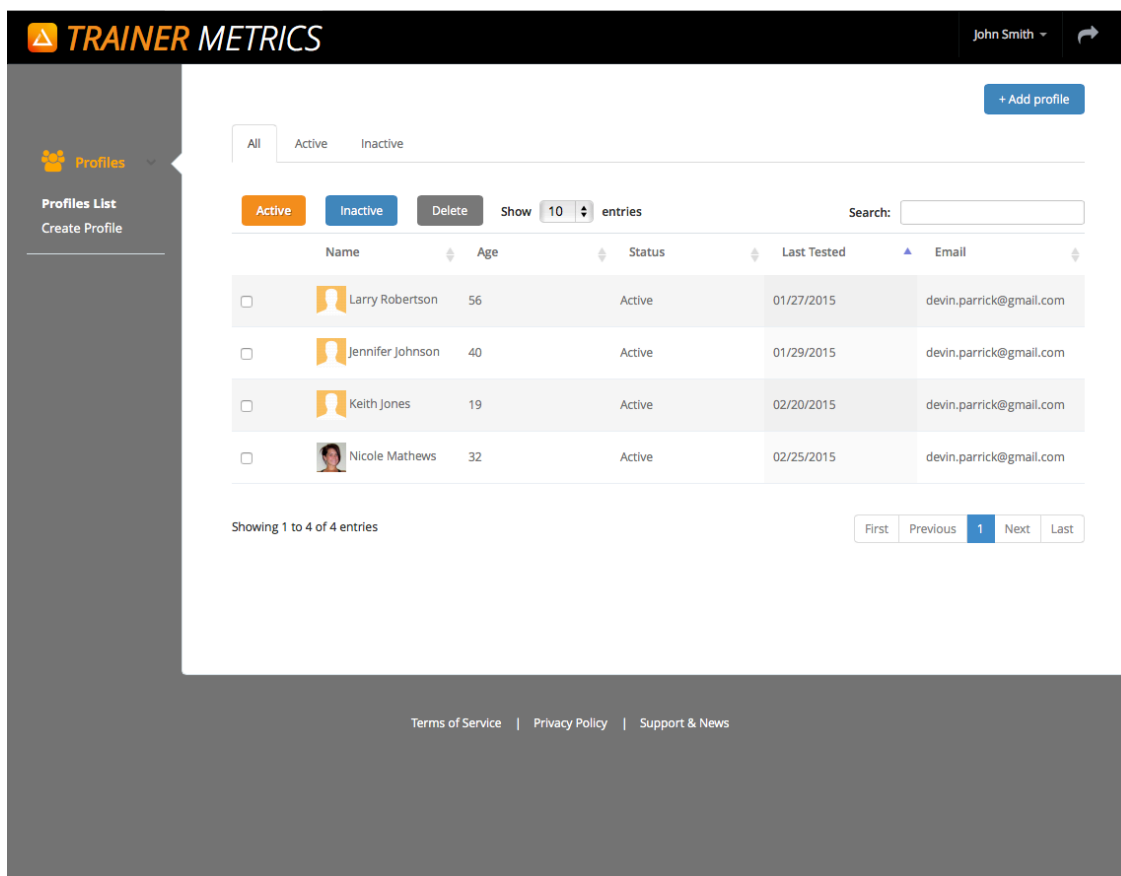
How often to do you keep track of when the last day you tested your client's fitness was? Or who your oldest and youngest clients are? Toggle filters from each of the column headings and see your people from a bird's eye view.

Navigation:

- Use toggle arrows on each column heading to sort profile information.

Page:

Profile List



The screenshot shows the TrainerMetrics web application interface. At the top, there's a black header with the TrainerMetrics logo on the left and a user profile 'John Smith' with a dropdown arrow on the right. Below the header, on the left, is a dark grey sidebar with a 'Profiles' menu item and a 'Profiles List' section containing a 'Create Profile' link. The main content area is white and features a '+ Add profile' button in the top right. Below this, there are tabs for 'All', 'Active', and 'Inactive', with 'All' currently selected. A search bar is located to the right of these tabs. Below the search bar, there are buttons for 'Active' (highlighted in orange), 'Inactive', and 'Delete'. To the right of these buttons is a 'Show' dropdown set to '10' and the text 'entries'. Below this, there's a table with columns: Name, Age, Status, Last Tested, and Email. Each column has a small upward and downward arrow for sorting. The table contains four entries, each with a checkbox on the left and a profile picture icon. The entries are: Larry Robertson (Age 56, Active, Last Tested 01/27/2015), Jennifer Johnson (Age 40, Active, Last Tested 01/29/2015), Keith Jones (Age 19, Active, Last Tested 02/20/2015), and Nicole Mathews (Age 32, Active, Last Tested 02/25/2015). Below the table, it says 'Showing 1 to 4 of 4 entries'. At the bottom of the main content area, there are pagination buttons: 'First', 'Previous', '1' (highlighted), 'Next', and 'Last'. At the very bottom of the page, there's a dark grey footer with links for 'Terms of Service', 'Privacy Policy', and 'Support & News'.

Notes:

- Select “Last Tested” toggle to see who your most and least recent testing day
- Use “Age” toggle to see the oldest, youngest, and biggest age group of your client base.
- Select “Name” toggle to sort your clients alphabetically.

Organizing Profiles

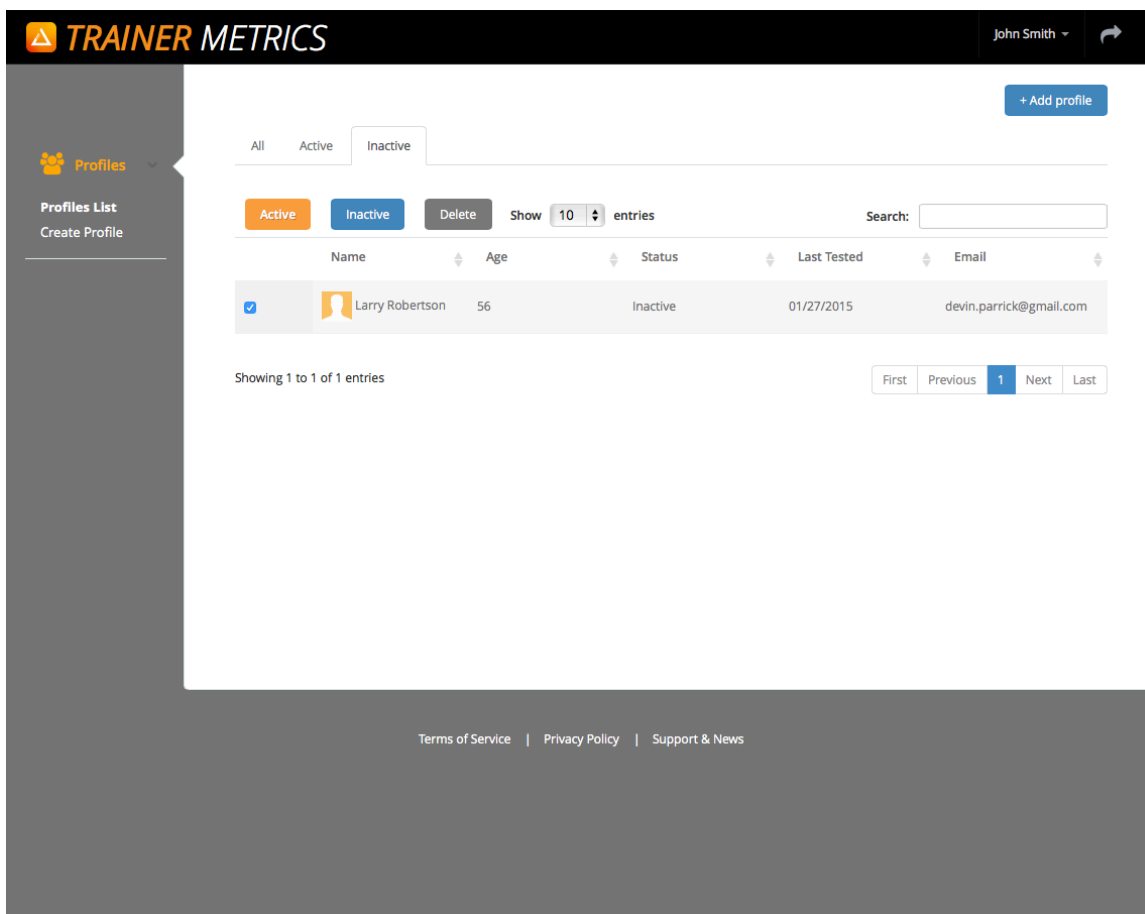
Do you have some clients that said they would be back and their profiles are still lingering? Don't throw their folder away, instead just make the clients profile "Inactive" until they finally come back to training. Organization is as easy as 1, 2...

Navigation:

► Select checkbox of client profile. ► Choose to either change profile status to "Active, Inactive, or Delete" client data entirely. ► Use tabs to filter through profiles by status.

Page:

Profile List > Inactive



The screenshot displays the TrainerMetrics web application interface. At the top, there's a black header with the TrainerMetrics logo on the left and the user name 'John Smith' on the right. Below the header, a sidebar on the left contains a 'Profiles' section with a 'Profiles List' and 'Create Profile' link. The main content area features a tabbed interface with 'All', 'Active', and 'Inactive' tabs. The 'Inactive' tab is currently selected. Above the table, there are buttons for 'Active', 'Inactive', and 'Delete', along with a 'Show 10 entries' dropdown and a search bar. The table itself has columns for Name, Age, Status, Last Tested, and Email. A single entry is visible: Larry Robertson, 56, Inactive, Last Tested 01/27/2015, Email devin.parrick@gmail.com. Below the table, it says 'Showing 1 to 1 of 1 entries' and there are pagination controls: First, Previous, 1, Next, Last. At the bottom of the page, there are links for 'Terms of Service', 'Privacy Policy', and 'Support & News'.

Notes:

- If you have received a delegated client from another trainer, their profile will need to be changed from "inactive" to "active".
- Use the delete function to finally get rid of those clients you only trained once and they ditched.

Creating A New Client Profile

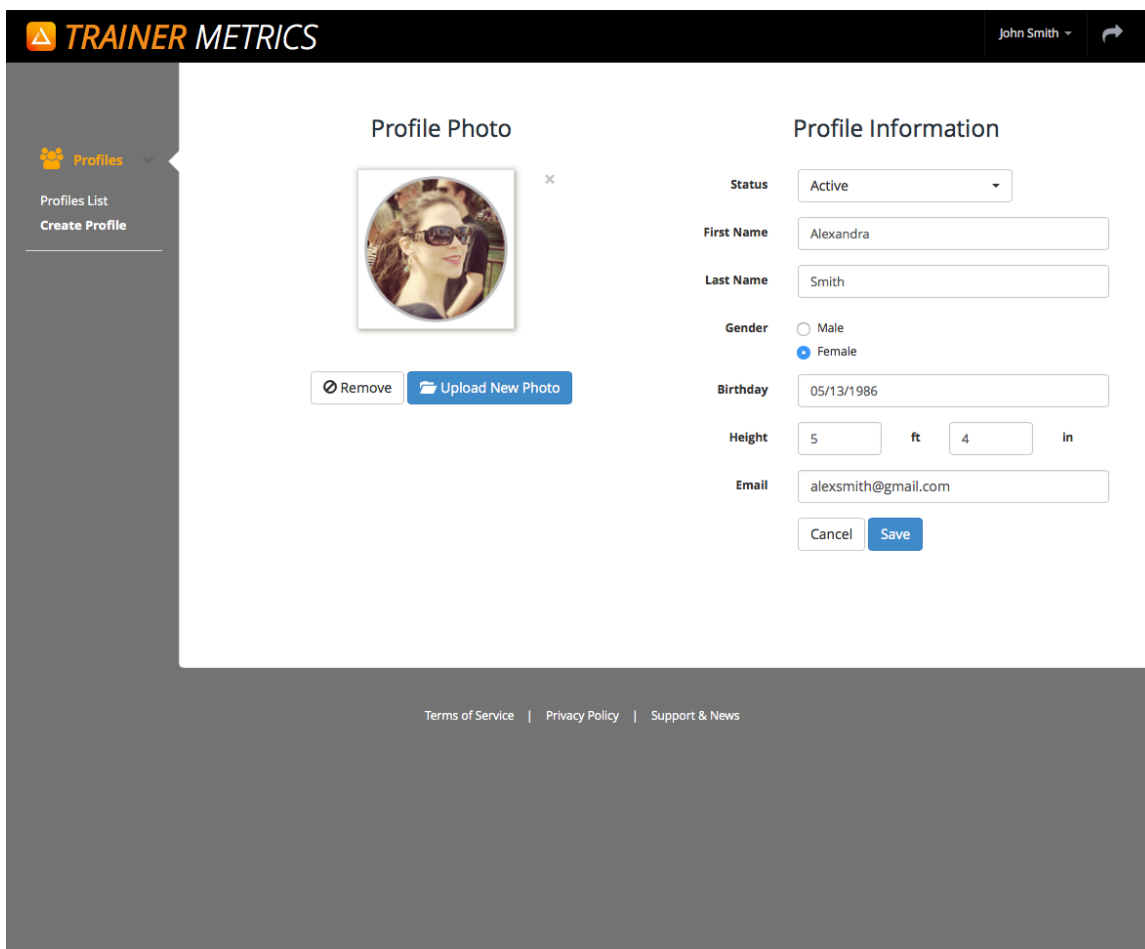
You should have practice creating a profile by now if you made your own in our initial setup. Create a “New Profile” from any screen throughout the application and start keeping track of those clients who need their measurements taken when you just got to the gym.

Navigation:

► Select “+ Add Profile” in upper right corner ► Add a profile photo and fill out all introductory information . ► Select “Save” and start calculating your client’s fitness metrics in seconds.

Page:

Profile List > Create Profile

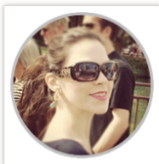


TrainerMetrics John Smith

Profiles

Profiles List
Create Profile

Profile Photo



[Remove](#) [Upload New Photo](#)

Profile Information

Status: Active

First Name: Alexandra

Last Name: Smith

Gender: ☐ Male ☒ Female

Birthday: 05/13/1986

Height: 5 ft 4 in

Email: alexsmith@gmail.com

[Cancel](#) [Save](#)

[Terms of Service](#) | [Privacy Policy](#) | [Support & News](#)

Notes:

- Create a new profile at any page using the links in the Left-Side Navigation Column.
- Use your mobile phone or tablet to take a quick profile picture.
- Edit profile information by navigating to “Profile Info”.

PART 3: Your Health and Fitness Summary

Profile Fitness Overview

Review your health and fitness resulting data first on the “Overview” page. This is a snap shot of your overall fitness and specifically features:

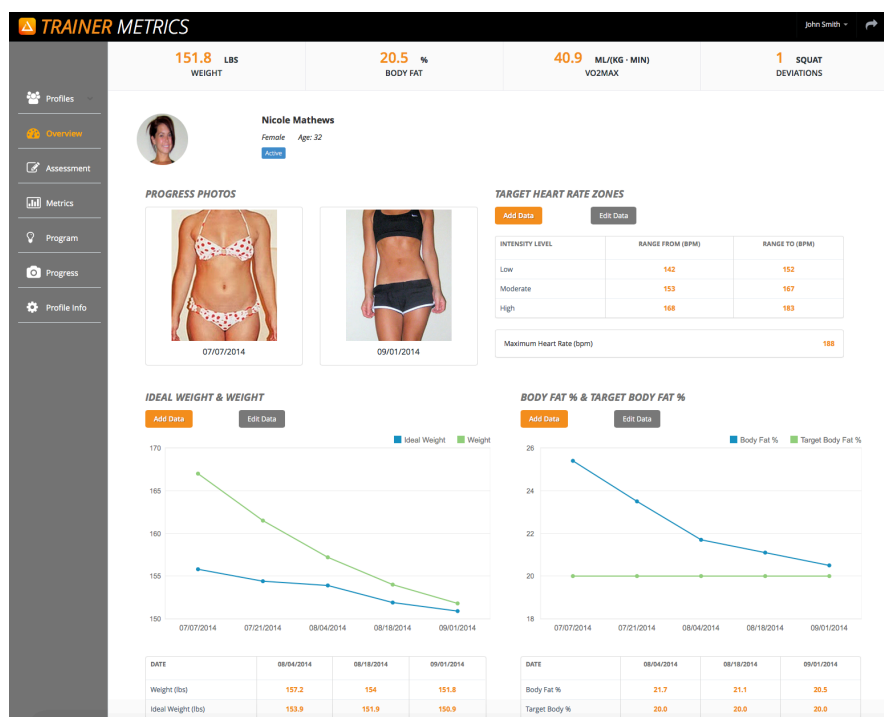
- Scoreboard – Selecting a measurement navigates user to specific test
- Progress Photos – View most recent progress photo comparison
- Target Heart Rate Zones – Set specific conditioning parameters
- Visual Data and Target Goals – Key performance indicators and feedback.

Navigation:

► Select any profile in profile ► Click “Overview” link on Left-Side Navigation Column

Page:

Profile List > Overview



Notes:

- Use your mobile phone or tablet to take and update progress pictures.
- Add and Edit Data for multiple assessments on one page.

PART 4: Intelligent Recommendations and Resources

Programming Standards

The easiest way to hold your client accountable is to provide frameworks. Set a standard using metabolic, intensity, and corrective exercise calculation results for everyday maintenance. Allowing you to focus on increasing overall performance.

Recommendations include:

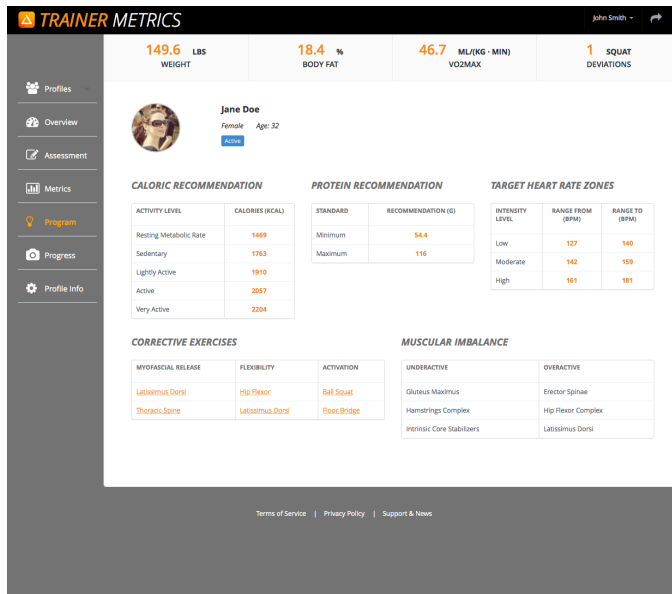
- Caloric Consumption – Energy need based on activity levels.
- Protein Consumption – Dietary minimum and hypertrophy maximums
- Target Heart Rate Zones - Set specific conditioning parameters
- Corrective Exercise – Myo-fascial release, flexibility, and activation exercises
- Muscular Imbalances – Overactive and underactive muscle groups

Navigation:

► Select any profile in profile ► Click “Program” link on Left-Side Navigation Column

Page:

Profile List > Program



TRAINER METRICS John Smith

149.6 LBS WEIGHT **18.4** % BODY FAT **46.7** ML/(KG · MIN) VO2MAX **1** SQUAT DEVIATIONS

Jane Doe
Female Age: 32

CALORIC RECOMMENDATION

ACTIVITY LEVEL	CALORIES (KCAL)
Resting Metabolic Rate	1469
Sedentary	1763
Lightly Active	1910
Active	2057
Very Active	2204

PROTEIN RECOMMENDATION

STANDARD	RECOMMENDATION (G)
Minimum	54.4
Maximum	116

TARGET HEART RATE ZONES

INTENSITY LEVEL	RANGE FROM (BPM)	RANGE TO (BPM)
Low	127	140
Moderate	142	159
High	161	181

CORRECTIVE EXERCISES

MYOFASCIAL RELEASE	FLEXIBILITY	ACTIVATION
Latissimus Dorsi	Hip Flexor	Ball Squat
Thoracic Spine	Latissimus Dorsi	Floor Bridge

MUSCULAR IMBALANCE

UNDERACTIVE	OVERACTIVE
Gluteus Maximus	Erector Spinae
Hamstrings Complex	Hip Flexor Complex
Intrinsic Core Stabilizers	Latissimus Dorsi

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Notes:

- Click on Corrective Exercises to view photos, guidelines, instructions, and equipment.
- Cue for release specific overactive and underactive muscle.
- Make sure your clients are consuming adequate amounts of protein in their diets for optimal recovery.

PART 5 - Progress Gallery

Before & After

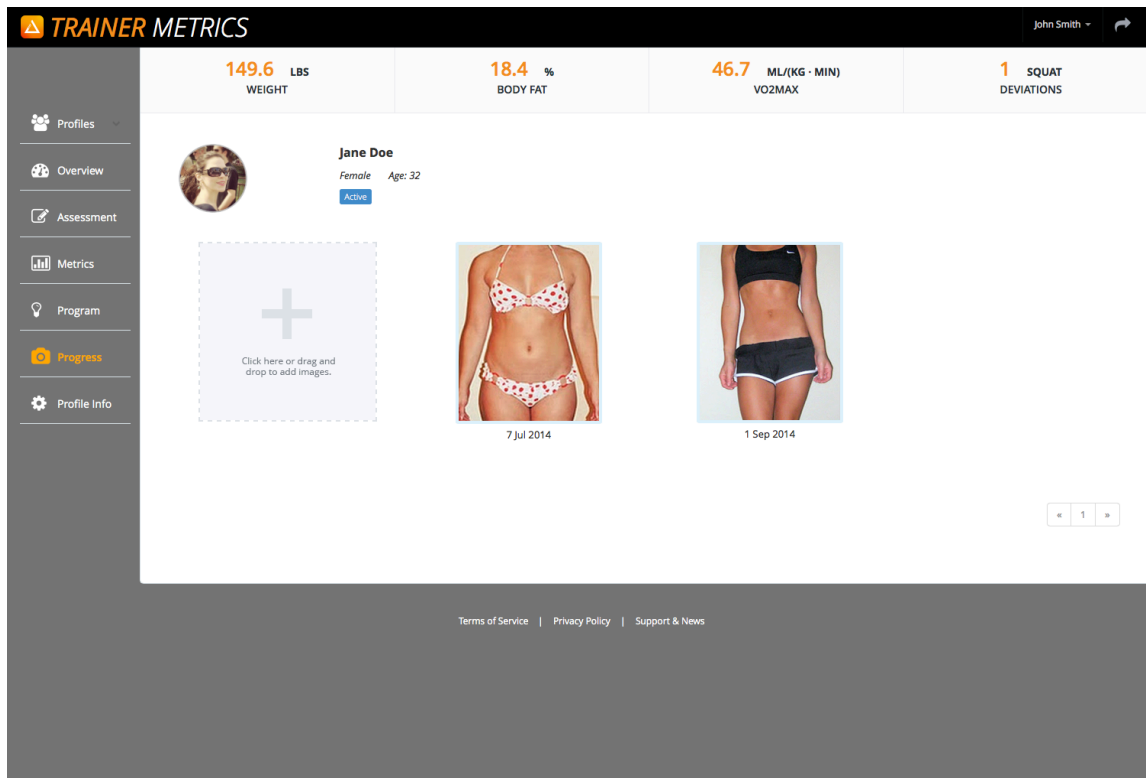
Are your clients still not sure if the graphs are showing their results? Take a picture every two weeks and show them what everyone else is seeing.

Navigation:

- Select any profile in profile ► Click “Program” link on Left-Side Navigation Column

Page:

Profile List > Progress



The screenshot shows the TrainerMetrics interface for a user named Jane Doe. The top navigation bar includes the TrainerMetrics logo, the user's name (John Smith), and a share icon. Below the navigation bar, there are four metric cards: WEIGHT (149.6 LBS), BODY FAT (18.4 %), VO2MAX (46.7 ML/(KG · MIN)), and SQUAT DEVIATIONS (1). The main content area displays Jane Doe's profile information (Female, Age: 32, Active) and a progress gallery. The gallery shows two before-and-after photos of Jane Doe, dated 7 Jul 2014 and 1 Sep 2014. A dashed box with a plus sign indicates where to click to add more images. The bottom of the page features links for Terms of Service, Privacy Policy, and Support & News.

Notes:

- Use your mobile phone or tablet to take and update progress pictures.
- View most two of the most recent photos using the “Overview” page.

PART 5 – Updating Client Profile Info

Editing Client Profile Info

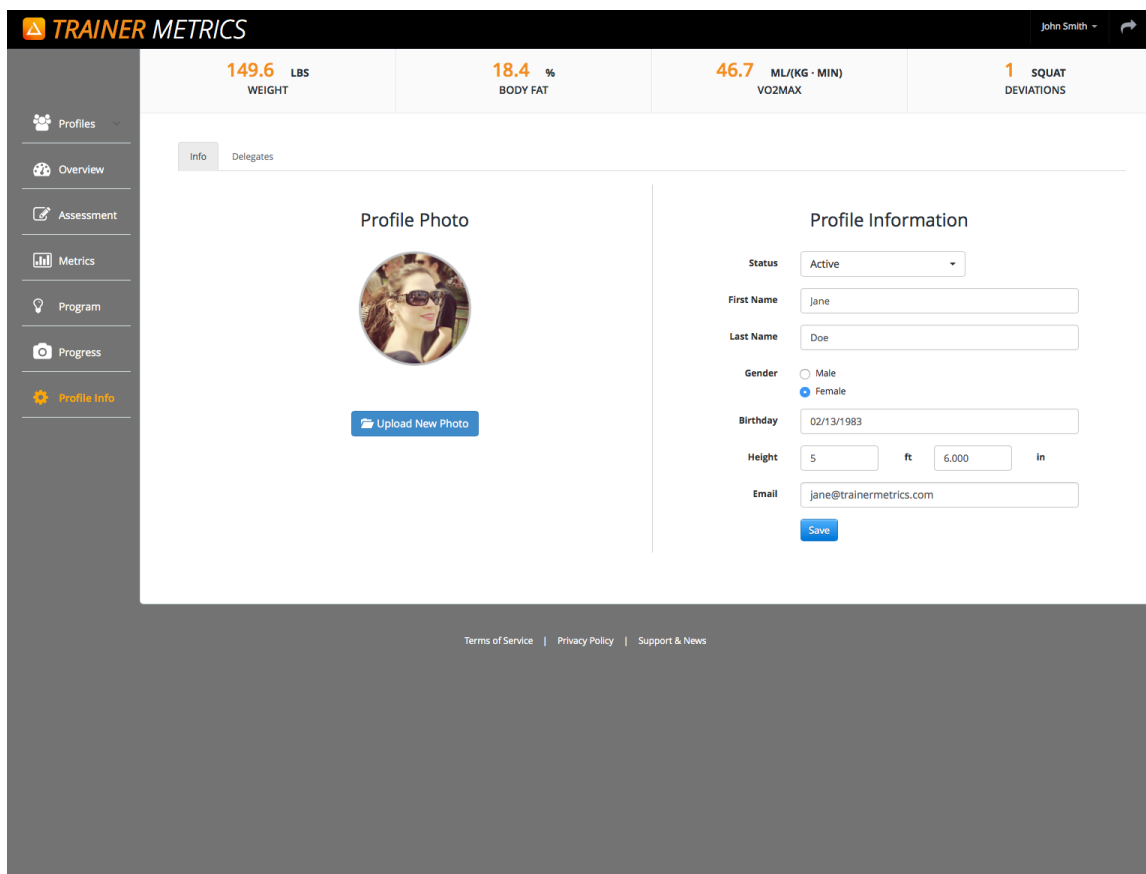
Need to update client photo or change login information? Easily reset all information by selecting save.

Navigation:

► Select any profile in profile ► Click the “Profile Info” link on Left-Side Navigation Column ►

Page:

Profile List > Profile Info > Info



Notes:

- Create a new password or change email address
- Revise standard metrics such as age and height.