*TRAINER*METRICS

QUICK START GUIDE

TRAINERMETRICS

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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.
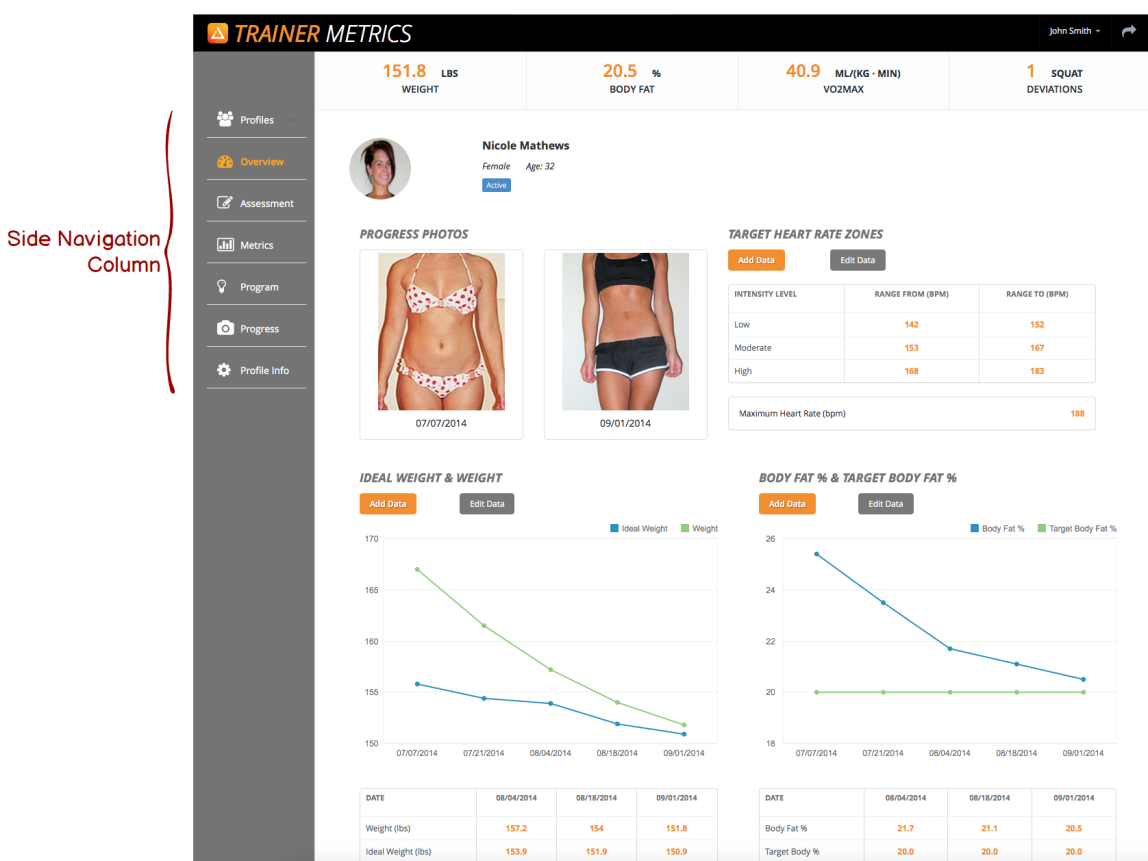
Take a few minutes between sessions to go over this guide so you can get the most use out of your client data. If you need any additional help please do not hesitate to:
Call: (424) 272-0810,
Email: contact@trainermetrics.com, or visit our Support Center: trainermetrics.zendesk.com

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 <u>user</u> is responsible for adding their own primary profile as well as <u>profiles</u> for Clients, Athletes, or Students.
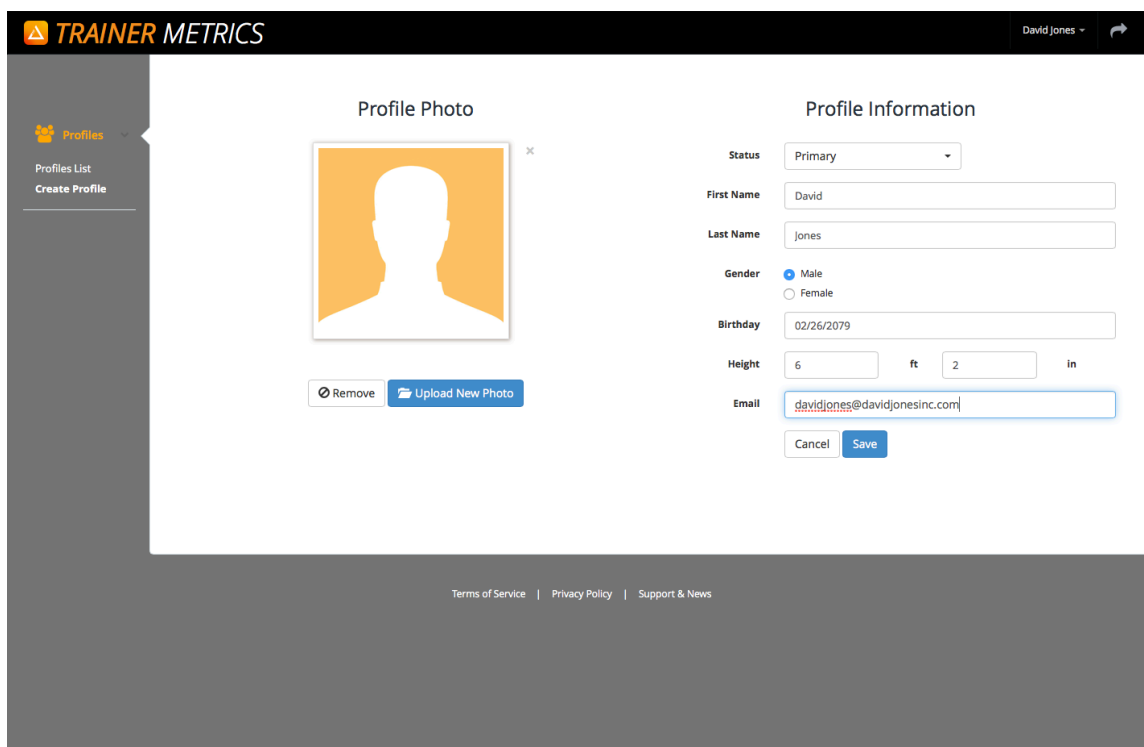
Create Your Personal Profile:

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

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".
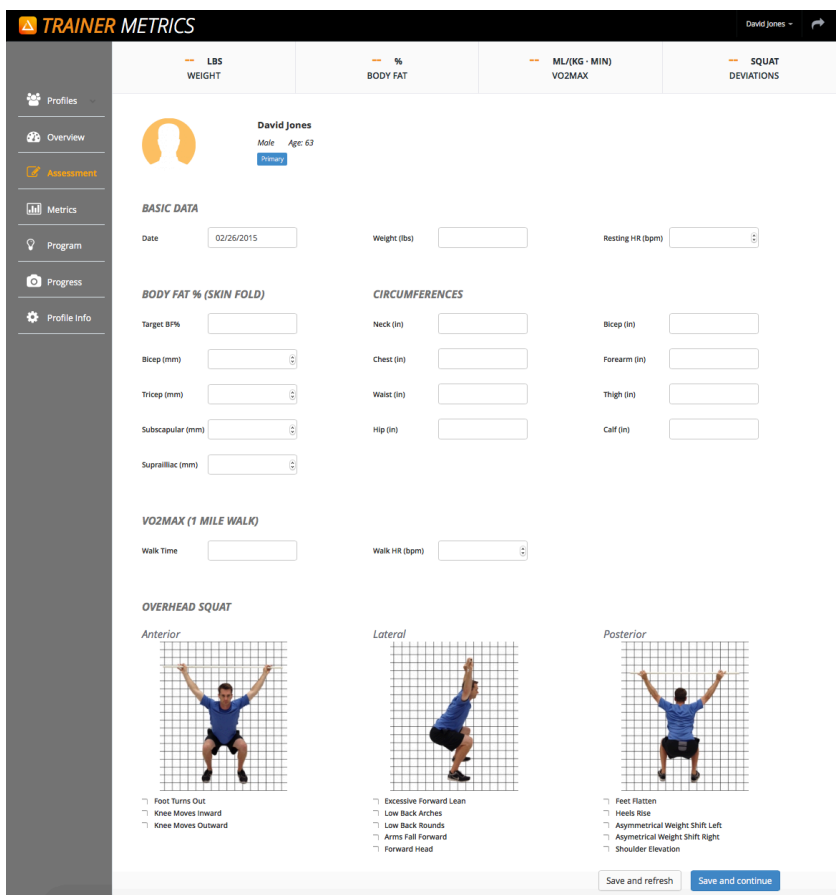
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First Assessment:

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

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?
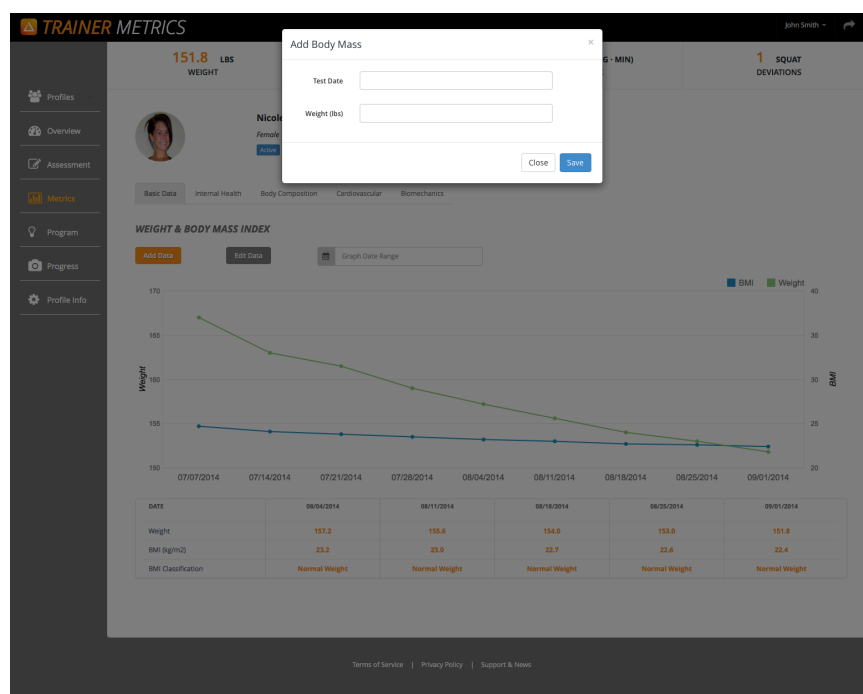
Adding Data

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.
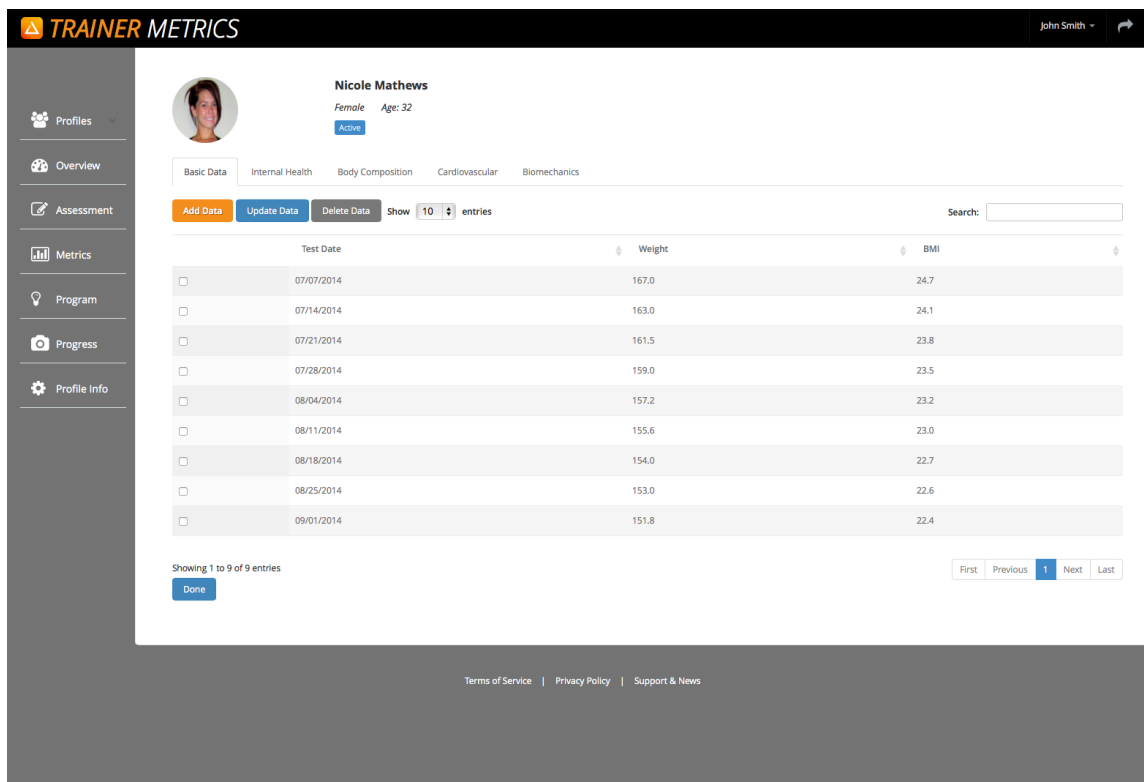
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Editing Fitness Data

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

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.
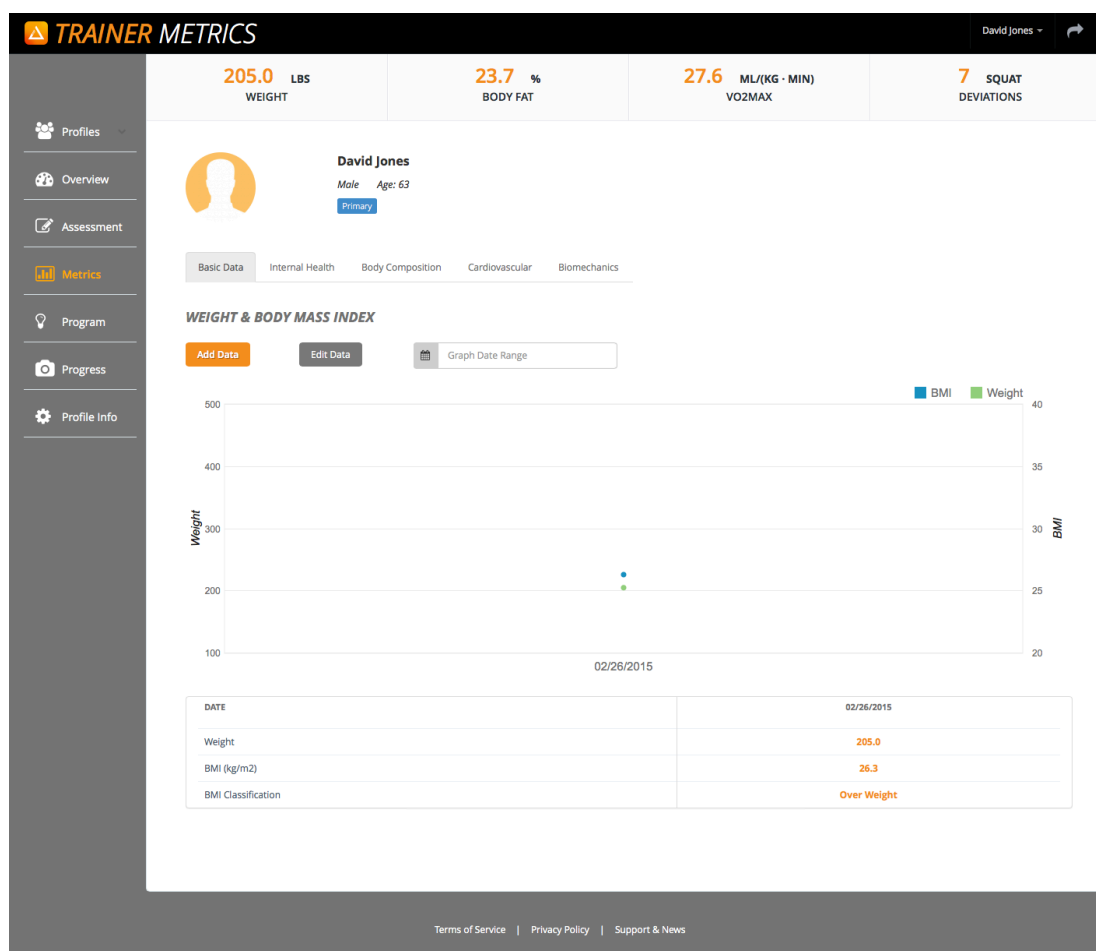
Assessment Categories

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.
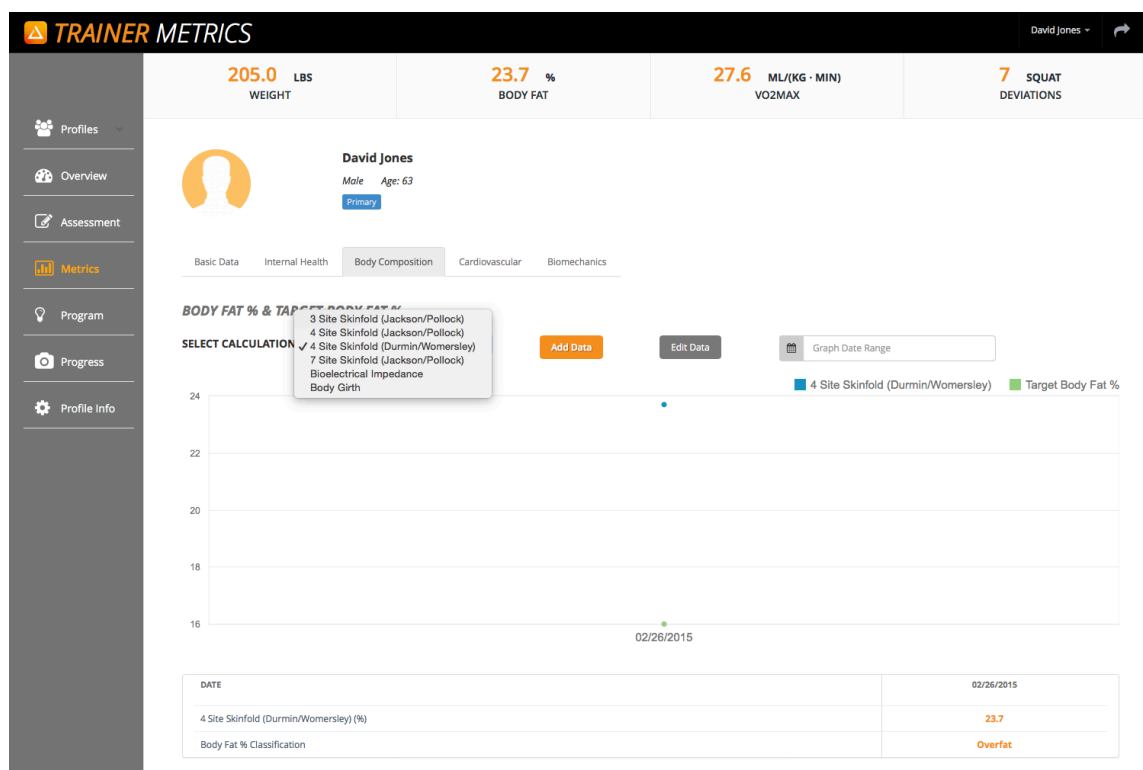
Multi Calculation Assessments

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.
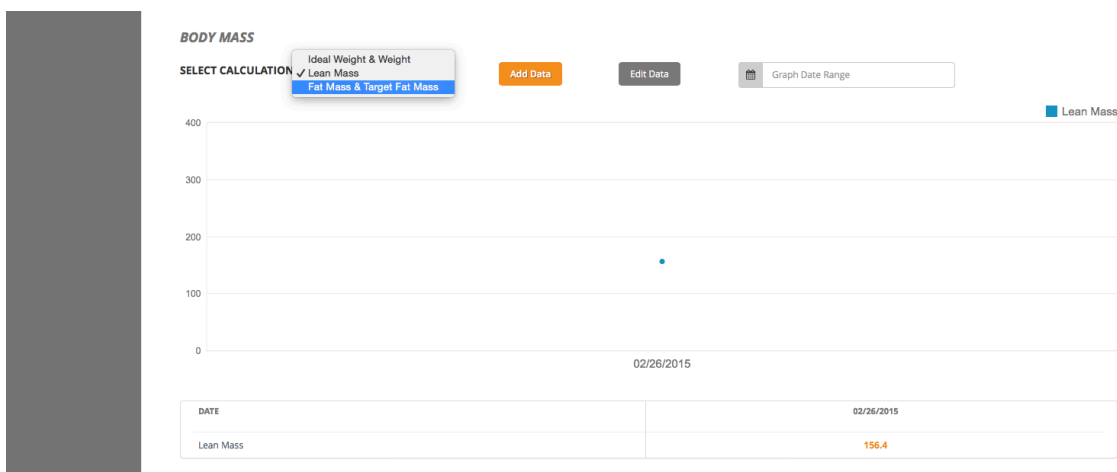
Compound Calculations

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.

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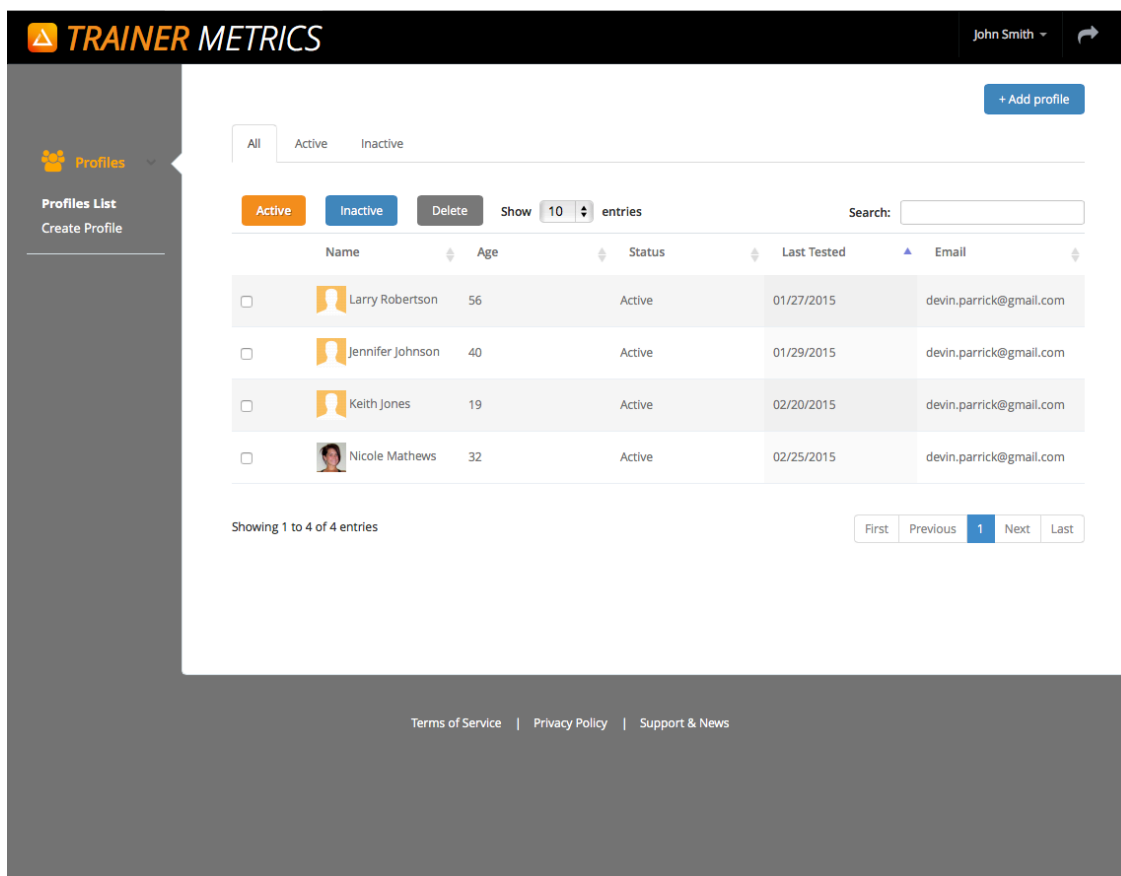## *PART 2 - Client Management Made Easy.*

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

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.
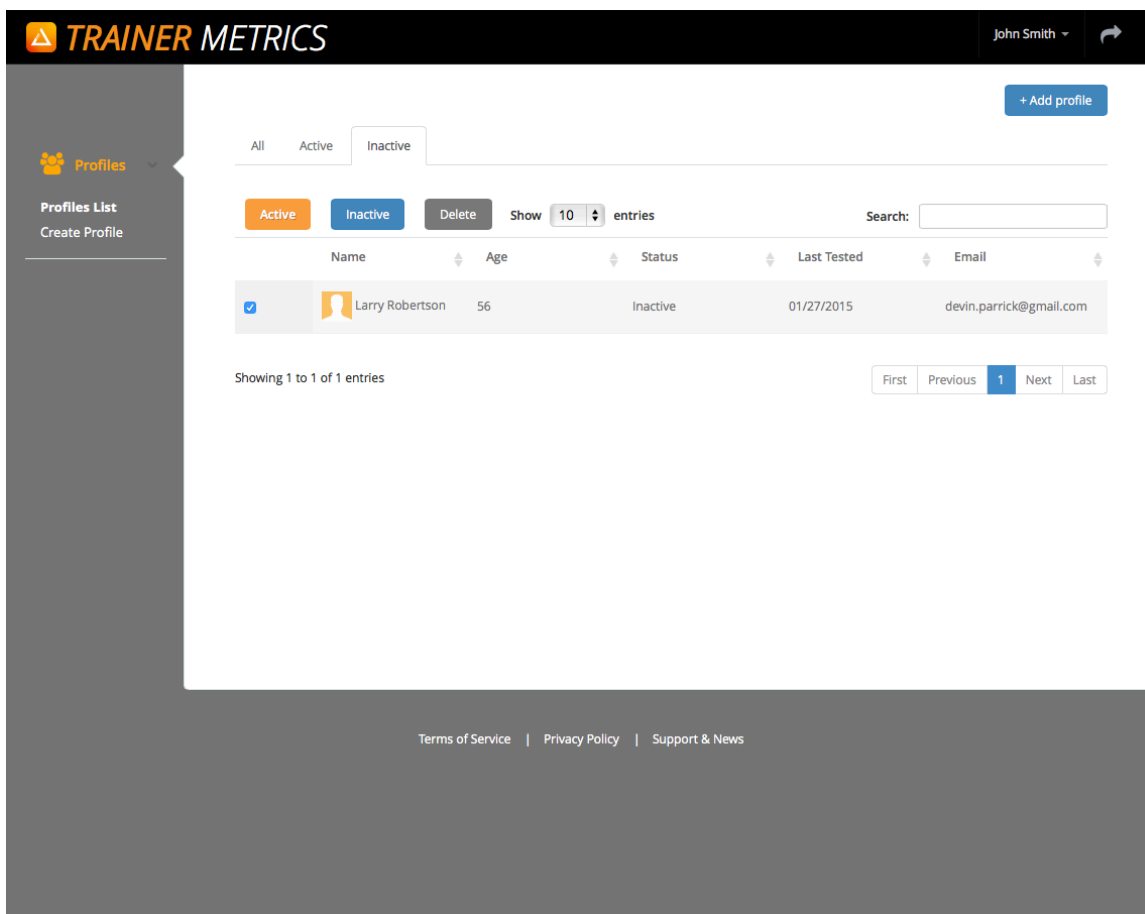
Organizing Profiles

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 the 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

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.
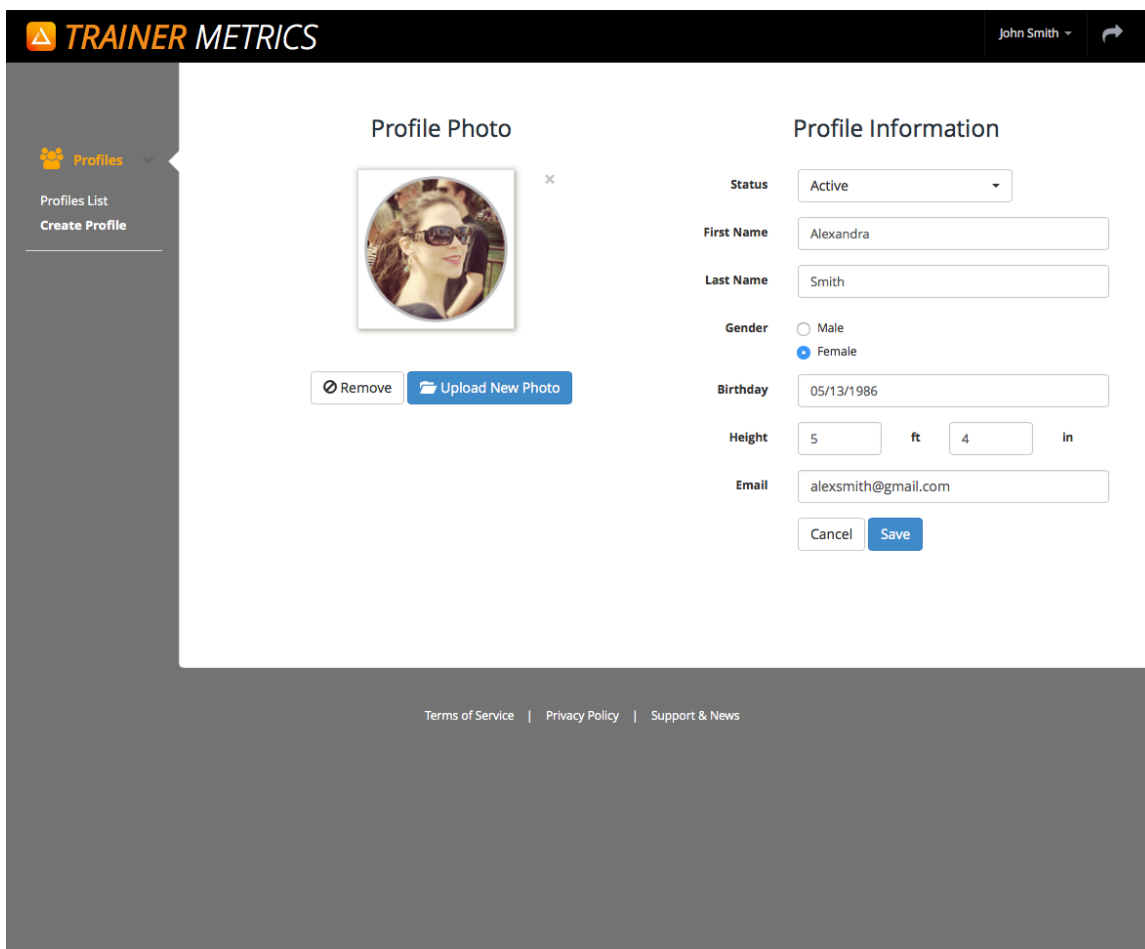
Creating A New Client Profile

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.
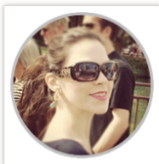
Page:

Profile List > Create Profile

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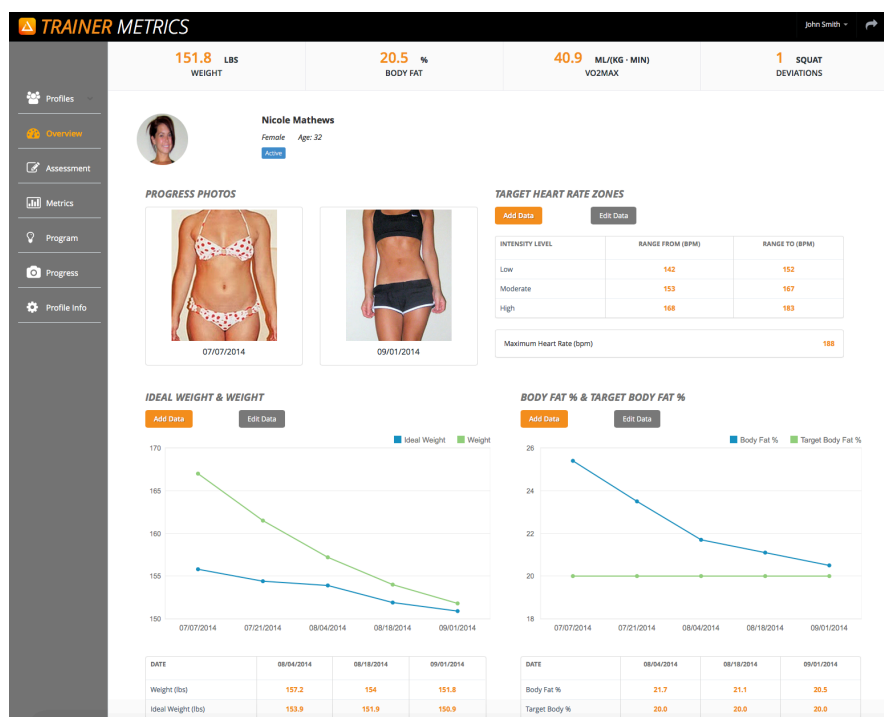
• Scoreboard – Selecting a measurement navigates user to specific test
• Progress Photos – View most recent progress photo comparison
• Target Heart Rate Zones – Set specific conditioning parameters
• Visual Data and Target Goals – Key performance indicators and feedback.

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.
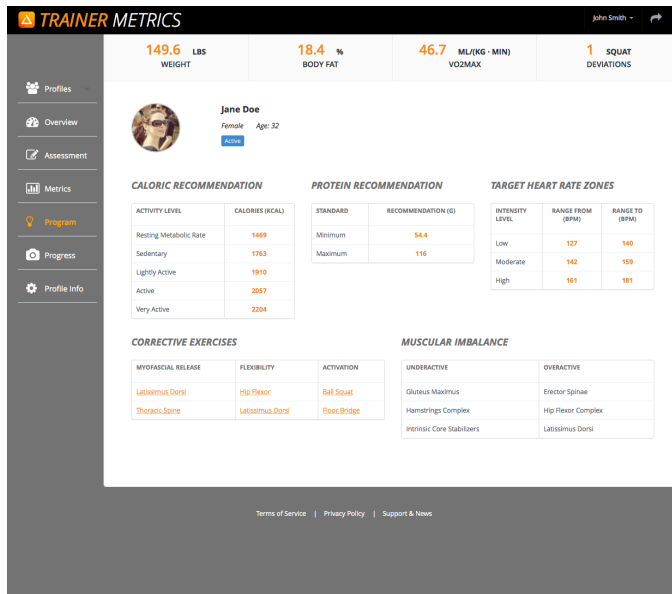
Recommendations include:

- 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

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.

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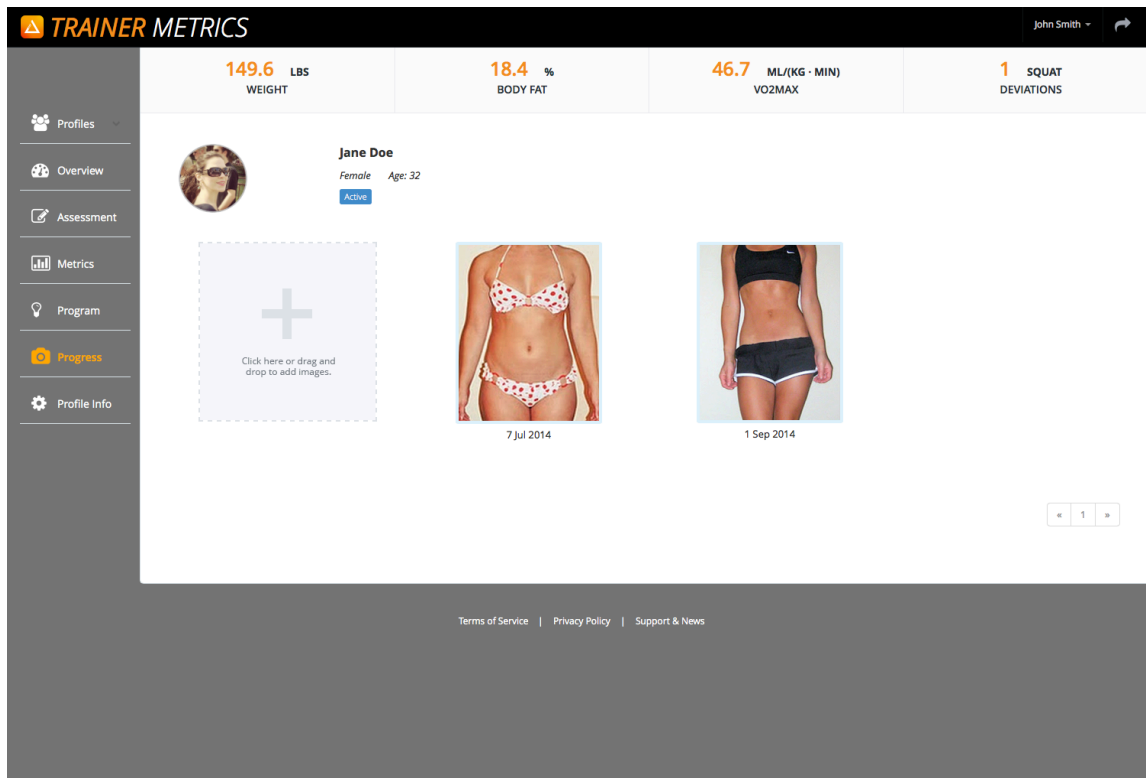
PART 5 - Progress Gallery

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

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.

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PART 5 – Updating Client Profile Info
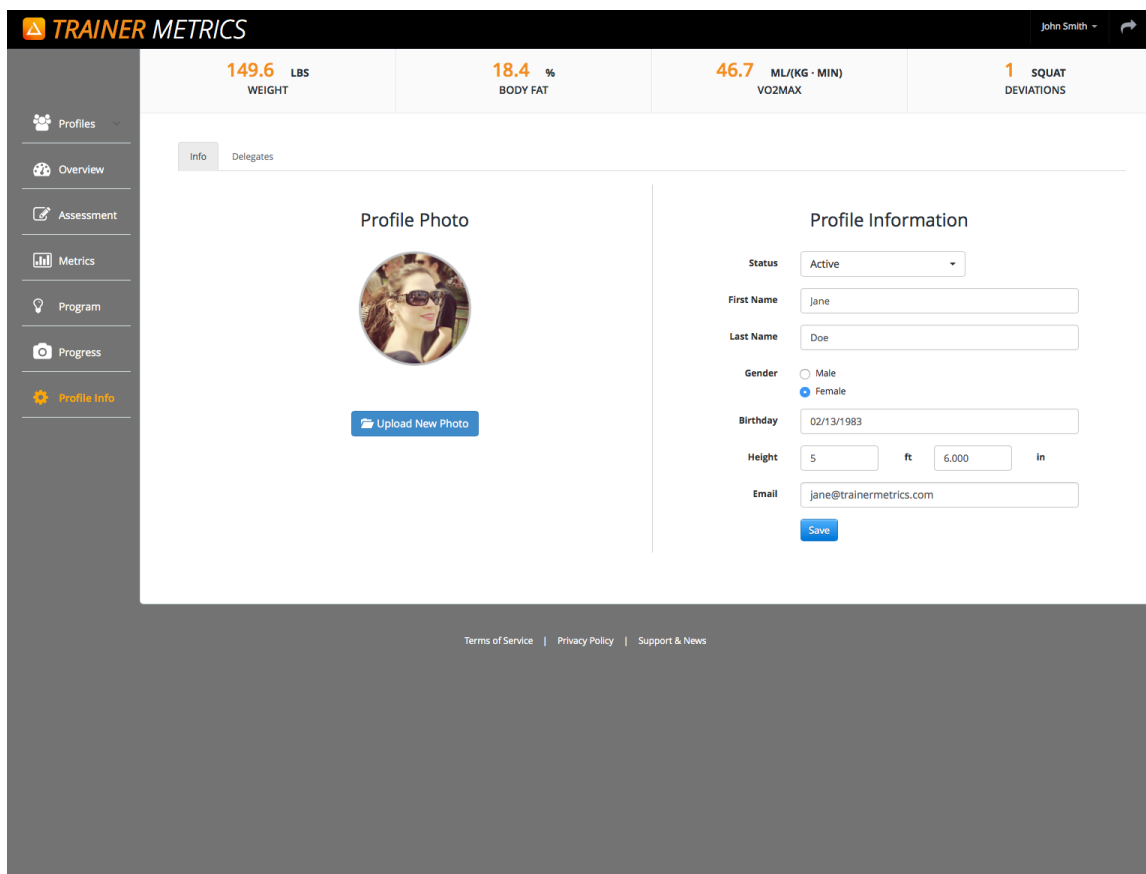
Editing Client Profile Info

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.