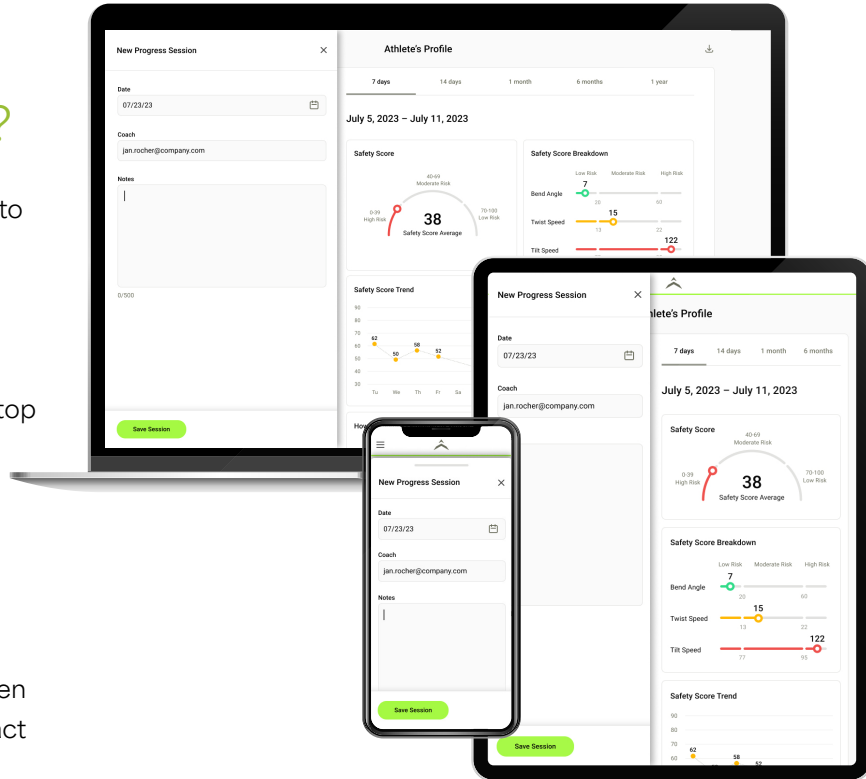


What are Progress Sessions?

Progress Sessions serves as a valuable tool designed to assist managers in capturing digital notes during coaching sessions with athletes, focusing on their Safety Score and lifting movements.

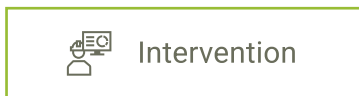
Accessible through the Athlete Profile on either desktop or mobile devices, this tool fosters a two-way accountability system, enhancing communication between managers and athletes while reinforcing established workflows such as safety observations.

By utilizing the data collected, management gains valuable insights into the level of engagement between managers and athletes, as well as the long-term impact of these interactions. This information can empower management to make informed decisions and optimize coaching strategies over time.



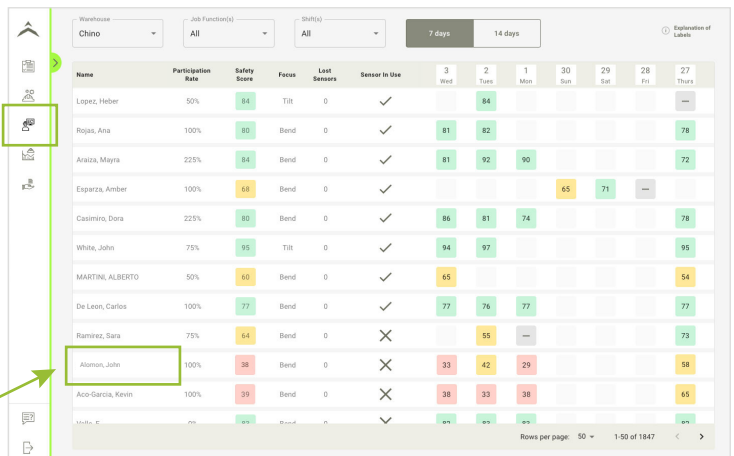
Getting to Progress Sessions

- 1 From the sidebar navigation, click on "Intervention"

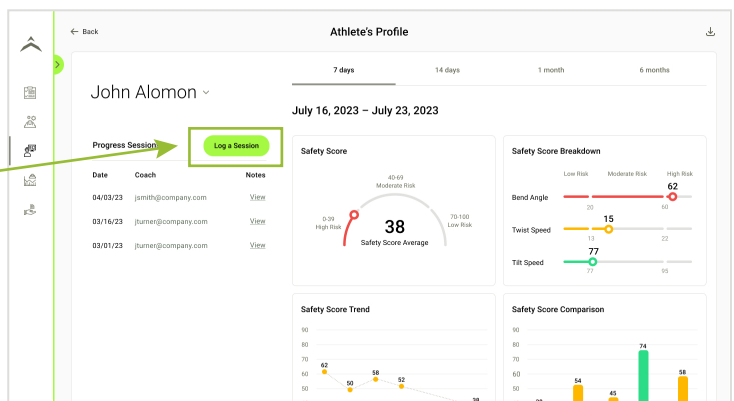


- 2 Click on the Athlete's Name

- 3 From the Athlete's Profile, click on "Log a Session"



Name	Participation Rate	Safety Score	Focus	Last Session	Sensor in Use	3	2	1	30	20	28	27
Lopez, Heber	50%	84	Tilt	0	✓		84					
Rojas, Ana	100%	80	Bend	0	✓	81	82					78
Anzola, Mayra	225%	84	Bend	0	✓	81	92	90				72
Esparraco, Amber	100%	68	Bend	0	✓			65	71			
Casimiro, Dora	225%	80	Bend	0	✓	86	81	74				78
White, John	75%	95	Tilt	0	✓	94	97					95
MARTINE, ALBERTO	50%	60	Bend	0	✓	65						54
De Leon, Carlos	100%	77	Bend	0	✓	77	76	77				77
Ramirez, Sara	75%	64	Bend	0	✗			55				73
Alomon, John	100%	38	Bend	0	✗	33	42	29				58
Aco-Garcia, Kevin	100%	39	Bend	0	✗	38	33	38				65



How to Log a Progress Session

- 1 Choose the session date
- 2 Enter the coach
- 3 Add any notes (optional)
- 4 Click on "Save Session"

New Progress Session

Date: 07/23/23

Coach: jan.rocher@company.com

Notes: [Empty text area]

0/500

Save Session

Athlete's Profile

7 days | 14 days | 1 month

July 5, 2023 – July 11, 2023

Safety Score

40-69 Moderate Risk

0-39 High Risk | 70-100 Low Risk

38 Safety Score Average

Safety Score Trend

Day	Safety Score
Tu	62
We	50
Th	58
Fr	52
Sa	
Su	
Mo	38

Reviewing Prior Sessions

Choose a session from the list and click on "View"

Athlete's Profile

7 days | 14 days

July 16, 2023 – July 23, 2023

Safety Score

40-69 Moderate Risk

0-39 High Risk | 70-100 Low Risk

38 Safety Score Average

Safety Score Trend

Day	Safety Score
Tu	62
We	50
Th	58
Fr	52
Sa	
Su	
Mo	38

Progress Sessions

Date	Coach	Notes
07/23/23	jan.rocher@company.com	View
04/03/23	jsmith@company.com	View
03/16/23	jtturner@company.com	View
03/01/23	jtturner@company.com	View

Edit, Delete, or Download a PDF a Session

Once a saved progress session is open you can edit, delete, or download a pdf of the session

Progress Session

John Alomon
Filler, Picker

Date: 07/23/2023

Coach: janet.rocher@company.com

Notes: Talked to John about bending with knees more to reduce vibrational alerts from the sensor. Kate had a refreshing training session with John and it went well. Safety Score was averaging at 38. Bend needed the most improvement.

Edit **Delete** **Download**

Athlete's Profile

7 days | 14 days

July 16, 2023 – July 23, 2023

Safety Score

40-69 Moderate Risk

0-39 High Risk | 70-100 Low Risk

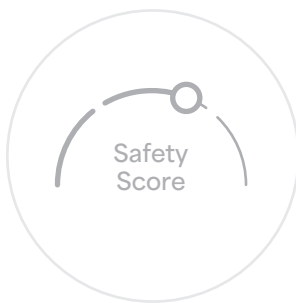
38 Safety Score Average

Safety Score Trend

Day	Safety Score
Tu	62
We	50
Th	58
Fr	52
Sa	
Su	
Mo	38

Best Practices

Successful managers will work with the dashboard and individuals in a phased approach.



Phase 1

Ensure Athletes are educated and informed on the various risk factors associated with the Safety Score and are up to date with their training knowledge on strong movements.



Phase 2

Through your preferred method of identifying Athletes to have a Progress Session with, focus on short and positive engagements that help reinforce strong movement and highlight focus areas by watching the improvement tips and videos together.



Phase 3

Follow up with these Athletes and have an observation session and note improvements, reminders, and additional coaching as needed.