

# Health Synchronization Engine Overview

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This Power BI dashboard presents a comprehensive overview of Pedro Neto's (case example) health and performance workload, drawing on integrated data sources to provide a holistic view of player monitoring. Designed to support coaching and performance staff, the dashboard encompasses several key areas: GPS metrics, physical capabilities, recovery monitoring, and priority focus areas. Each section is tailored to reflect the demands placed on the athlete across training and match scenarios, giving insights into both performance output and readiness.

The dashboard includes data such as high-speed running, acceleration loads, heart rate zone durations, and musculoskeletal recovery markers, alongside force expression metrics from physical testing (isometric and dynamic). A standout feature of the dashboard is its custom tooltips, which enhance interactivity by delivering context-rich insights directly within the visuals. Additionally, a dedicated data export page allows users to extract datasets in CSV format for deeper exploration or integration into their own workflows.

While the dashboard is currently filtered to focus on Pedro Neto, the structure is scalable and adaptable to other athletes. Due to licensing restrictions, the dashboard cannot be hosted online through Power BI Service, but it remains fully functional in desktop environments. Built with self-service usability in mind, this tool bridges data and decision-making for those overseeing player health, performance, and workload management.