DkIT Sport Meeting

What is the current system?

Paper based system. Previous gym used excel (plans were made on the spot). Potential app should be used more so for online than in person

What do you feel could be done to improve it?

Overall dashboard would be a good idea, no need for messaging feature as people will continue to use whatsapp

Is the current system paper based or electronic?

paper

How many clients would each trainer have at one time?

Depends on level, in dkit sport 10 would be realistic for online clients, about 5 in person in the gym for each trainer

How often does a clients plan change?

Varies upon the client, cannot say.

Would you use a feature that allows for the creation of plans and assigning multiple users to that same plan?

True coach is good for programming crossfit, perhaps include finishers as suggestions or 20 minute workouts. Categories with templates saved to profile, youll learn what exercises you like to program/ coach and so can create templates with them

Would you record videos displaying correct form for clients?

Depends on level of pt. will vary on their experience, ideally stick use YouTube, have an explanation/ bio

Would like for clients to record videos of their form and send to the trainer so that they can correct them

True coach

Graphs, clients weights, can be sent to clients, show graphs, next/last workout and personal bests. Dashboard can be fully customised by the trainer

Blog posts

For group training, e.g. 8 week blocks. Accountability, but people may want privacy

Classes pre built in accordance with specific gym or coach, can do the same work at home if they cant make class and Fitbit shows coach that they have completed whatever the specified time of the class is

Fitbit keeps them accountable

Nutrition

Calorie goal, macros goal/ system tick box for client with comment box, can attach screenshots

Kyle (DkIT Sport) Main Points – Sprint 4

- Customisable dashboard (graphs, next/last workout, personal bests etc.)
- Remove need for messaging within app
- In gym each trainer has around 5 clients, but online pt could have upwards of 10
- Have prebuilt finishers and 20-minute workouts
- Can create templates and save to own profile, then can assign to any clients
- Clients can upload videos of their workout for correction
- Pre-built classes for gyms or coaches. Clients can view class and can participate in class from home if necessary. Fitbit data will show the coach they have completed workout
- Nutrition. Can set calorie and protein goal, client gets tick box option when they have completed, no need to include specific foods within app. Can send ss of my fitness pal over WhatsApp

<u>Calum Moore</u>

What are your main troubles when trying to ensure a client is keeping on track?

The main troubles faced are as I am not seeing the clients face to face every day it is **hard to know what they are doing on a daily basis,** and I have to trust that they are following the plan I have given them and are truthful to me. I must also be able to differentiate between my different clients ensuring that I know exactly what plan I have them on and not forget to check in with any of them. Another issue is that I may **only see them face to face once a week so have to pack a lot into that session.**

Do you find clients can be dishonest when reporting back to you?

Yes. **Clients may feel that they have let me or themselves down and find it hard to always be truthful. They** may have a bad week and don't want to say that they have ate too much or not exercised enough. However, it would be much better if they told truth as I am here to help them, and it is in their best interest to tell the truth.

Would you use an application that allows you to track client's workout progress at the click of a button?

Yes, I would definitely use this app as it would save a lot of time for both me and the client as I will be able to instantly track their progress and make any adjustments to their plan as necessary. The client will also get instant feedback.

Would you use an application that allows you to view your client's calorie and macro intake at the click of a button?

Yes, seeing client's calorie and macro information at the click of a button would be very handy as it would allow me to instantly see a specific clients information and allow them to take more calories/carbs/protein if they are losing weight to fast/feeling weak or less calories if they are not losing weight. Having this information stored for each client will save time for me as I do not have to keep physical records of this and can access them easily, giving me more time with the client.

Would you use an app that allows for messaging between you and your client online?

A messaging app between clients would be great as it would allow me to separate personal messages on social media and messages from my clients making sure I don't get clients and friend

mixed up. Some clients may also not have certain social media outlets so an app with an easy interface for all levels of computer literacy would be a great work around for this.

Would you use an app that allows you to make use of all of these features in one?

Having these 3 components combined in one app would be perfect for me and any Pt. It would save a lot of precious time and hassle. It would also make the experience of having a pt for the client much less daunting.

If so, which additional features would you like to have included, that you feel could help in your profession?

Some additional features which I would find helpful would be a frequently asked questions section where clients may be able to find the answer to a query in real time in case I cannot respond to them immediately. I would also like the possibility of having a section where I put videos of certain exercises being performed by me so the client can view if they need help.

Rory Foster (TrueCoach Personal Trainer)

True Coach Positives:

- Video comes up when typing in exercise

True Coach Negatives:

- Poor video library (uses YouTube instead)
- Cannot save circuits (has to create multiple times for different clients)
- Does not sync program changes across clients

Recommendations:

- Can create and save workouts and assign to groups of users
- Use YouTube videos linked to app that display good correct form
- Have updates to plans that can sync across users. Works with assigned users to a workout and workout only needs changed, cuts down on workload for PT