**Client Side Importance - Aoibheann**

Graphical user interface

Description automatically generated with medium confidence

**Description**

This displays the name and date of the clients next workout

**Ranking**: 10 / 10

**Comments**: Keeps you on track and in line with trainers guidance

Icon

Description automatically generated

**Description**

This displays the clients daily steps for the day against the goal set by the Trainer feeding in from their fitbit

**Ranking**: 7 / 10

**Comments**: Doesn’t feel steps are too important, but recognises importance to people



**Description**

This displays the clients sleep ranking from the night before feeding in from their fitbit

**Ranking**: 9 / 10

**Comments**: Feels sleep can be detrimental to confidence for the day, if bad

Icon

Description automatically generated

**Description**

This displays the clients live heart rate feeding in from their fitbit

**Ranking**: 4 / 10

**Comments**: Cant see during workout so what’s the point

Graphical user interface, text, application

Description automatically generated

**Description**

This displays the clients current intake for the day, along with the macros of each meal

**Ranking**: 10 / 10

**Comments**: Explained use of rings. Finds it hard to work out themselves

Text

Description automatically generated with low confidence

**Description**

This displays the clients total calories for the day against the goal set for them by the trainer

**Ranking**: 8 / 10

**Comments**: Could lie, if this is not tracked properly