

ADE MVP Development

OVERVIEW 20141217

BIG PICTURE

A DIGITAL EDGE

Is a web based SaaS product which will first be targeted at seriously competitive individual figure skaters.

MVP FOCUS

Serious Competitive Individual Figure Skaters in the United States who compete in Regional or higher competitions (Sectionals, Nationals, JR Worlds, Worlds, Olympics). These skaters typically spend 10's of thousands to 100's of thousands of dollars per year depending on their age and level of competition. They are most active from approximately age 7 to age 18 with some starting earlier and select few who continue to be competitive into their 20's.

MARKET SIZE AND POTENTIAL

There are approximately 3,000 - 4,000 of these athletes in the United States. We anticipate our MVP product to have enough functionality to prove useful for these skaters to pay a monthly fee to track and analyze the data related to their training in a secure self-contained web based software. Additionally we anticipate that with proper planning we can also create enough of an MVP that the coaches of these athletes will also be paying customers (both for access to their athlete data as well as specific Scheduling features we will include). This could increase the total paid user base by 1,000 - 1,750 (there are over 5,000 registered coaaches in the United States).

Longer term we anticipate this simple MVP has potential to grow into other aspects of figure skating in the US and would also apply to countries outside of the US with competitive and recreational figure skaters. The areas of growth include:

- Less Competitive Events Individual Skating (perhaps 1,000 or more)
- Individual Ice Dance (relatively small several hundred skaters and coaches)
- Pairs Skating (relatively small several hundred skaters and coaches)
- Pairs Ice Dance (relatively small several hundred skaters and coaches)
- Adult individual skaters (approximately another 2,000 3,000 skaters)
- Synchronized Skating (a larger market with slightly different strategy but the US market is 15,000 18,000 competitive participants on 100's of teams)
- Learn to Skate (mass market this could generate more than 80,000 skaters between the ages of 7 to 18. Product would be decidedly different and likely an advertising driven product instead of subscription)
- Globally there are other markets which will have groups similar or identical to the above with varying relative percentage of participants. We are still working on specific accurate numbers of these athletes in other countries but it could easily represent tens of thousands additional potential users.

BIG PICTURE

Software Functionality

The software serves to connect the athlete to their coach or multiple coaches (sometimes as many as 9-12 different coaches and consultants will provide services to one athlete in preparation for serious competition.) The core modules as we see them today are:

- LiveScore™: Ability for coaches to score their athletes in practice program runs
- Historical Data Entry: Ability for athlete to track historic competition scores and analyze the data
- Daily Log or W.O.W Factor™: Athletes track all aspects of their On-Ice and Off-Ice training, as well as, key Health and Mood tracking elements
- Coach Notes and Assignments: Coaches make notes on "corrections" needed for each aspect of skaters development as well as assign drills, exercises, or other work
- Shared Discussion Board and Scheduler: A private online tool that streamlines all the more mundane but time draining aspects of coordinating all inputs to a competitive skaters life.
- Detailed analytics and management of key data points to improve performance and make skating life more organized

Our Philosophy is: Excellence Through Awareness™

We know that these athletes spend 20+ hours per week training in both practice and lesson time both "On-Ice" (practical time on the playing field of figure skating) and "Off-Ice" (physical fitness, specialized drills and exercises, as well as, dance, music, and other arts. Figure skating is a combination of Sport (physically demanding) and Art (ability to integrate the technical into visually appealing and compelling "performances") and is therefore often called one of the SPARTS for SPORT-ART.

Our Motto is: Serious Data for Serious Skaters™

We strive to provide the tools for these athletes, their coaches, and their parents to accurately track Performance, Intensity, and Volume of training both on and off the ice to optimize their training routines. Providing such a tool will allow many benefits to the team:

- Cost savings for maximum effort with minimum time spent in costly instruction or lengthy practice time
- Mitigate the risk of injury by accurately tracking the efforts and identifying where injury is most likely to occur and/or see patterns that lead to injury
- Bring analytical focus to milestones and achievements that can be based more on emotion than logic at times
- Coordinate the highly hectic and archaic team communication of assignments, issues, opportunities, schedules, sickness, injury, costumes, music, travel, car pooling, school work, family holidays, and all other things currently tracked on paper, in various email boxes and text and voice messages, word documents, and spreadsheets.

Currently there are two separate web sites running as part of the A Digital Edge MVP

Marketing site: www.adigitaledge.com
 Beta User site: beta.adigitaledge.com

Additionally, Daily Log data is collected by three FormAssembly online web page forms that is processed into multiple reports using Zoho Reports

MARKETING SITE – www.adigitaledge.com

OBJECTIVE:

- Forward facing marketing tool for potential new users
- Give overview of the ADE benefits
- Drive traffic to sign-up for demo
- Take payments for sign-up

WHAT'S WORKING

- Basic branded overview provided for three target users (Coaches, Athletes, and Parents)
- Team overview
- Sign-up form
- Has generated over 700 unique users and 1,800 page views from 36 US states since April 15 (approximately 100 per month)

HOSTING

- GoDaddy hosted
- Built with Foundation 5
- Some PHP scripts to send email
- Google Analytics

- Current sign-up form is being spam attacked and needs a solution to stop this from occurring. Receive hundreds
 of bogus submissions per day.
- Need to create an "explainer" video (animated overview of the key selling points of product)
- Eventually could have more "product" focus instead of "benefits" focus
- Would like to offer PDF and VIDEO content as primers and pre-sales qualification information (provided only to those who leave emails)
- Would like to have automated request for Demo
 - Individual: Coach, Athlete, Parent
 - Family: An athlete and their parent(s)
 - Families: Multiple athletes and parents
 - Team: Coach, Athlete, and Parent
 - Groups: Single coach, multiple athletes, and parents
 - Larger: Multiple coaches, athletes, and parents
- Better site analytics
- Integration with InfusionSoft
- Payment gateway (Stripe) with user flow from browser to subscriber
- Statistics from the beta or private site displayed (ie: "Over 10,500 hours of On-Ice training tracked this year")



BETA SITE – beta.adigitaledge.com

OBJECTINVE:

- MVP Proof of Concept
- Attract paid users for Beta testing and data set collection, feature roll-out
- Attract investors to show that we can deliver and users will embrace product
- Prioritize rollout of features and functions using Lean Startup Methodology and tracking

WHAT'S WORKING

- Establish New User Account
- Link Coach and Athlete Account (done manually in backend)
- User profile pages: names, phones, coaches names/phones, skates, ID#s etc
- Baseline data (test history, jumps, spins, fitness)
- LiveScore 1.0 (Programs)
- Historic Competition Entry
- Goal Tracking (text boxes grouped by category)
- Coach Notes (text fields grouped by different parts of on-ice skating
- Dashboard: very basic to show future functionality only not final
- GO TO beta.adigitaledge.com
- To have a look at functionality

USER	LOGIN	PASSWORD
Coach	info@adigitaledge.com	coachdemo1
Athlete	team@adigitaledge.com	novicedemo1

HOSTING

- Believe it's on some Amazon servers
- Git Hub Repository (managed by Kent)
- LAMP + redis
- Foundation 5
- Proprietary PHP from Kent

- LiveScore must be updated to include new Rules in discussion with current coder to complete this
- Historical data entry must be updated to include new Rules in discussion with current coder to complete this
- Fitness baseline must be expanded to allow for tracking 4 (January, April, July, October) to 6 (January, March, May, July, September, November). Should be able to set targets, track changes, track if made target.
- Coach Note needs to be updated to match what is being done in Daily Logs. Add ability to include an ASSIGNMENT of a drill or an exercise
- Goals may need revision
- Profile and Dashboard: Either by pulling data from Historic or entering something in profile. Need to establish a "START OF SEASON" to include "day/week in season"
- Scheduler (Basic): Ability to enter an event or multi-day event (same function as BaseCamp with addition of ability to "classify" as Competition, School, Family, etc. More advanced would be coaches ability to share calendar entries by different groups: by level, by type of athlete, by a "team", by coaches only...
- Scheduler (Advanced): Coaches tool to manage appointment times, track attendance, notify of billing cycle due dates or past due billing. The coach would be able to define days of week and times of days they work, assign qualifiers to timeslots (A, B, C, D), assign labels to athletes (A, B, C, D) so for example only A kids on her roster get first choice of an available A slot, then it's offered to B, etc. Ideally, open timeslots would generate notifications to appropriate athletes, parents, or coaches. Should be easy to manage schedule 1x per week for 20 minutes and then update throughout the week on the fly.



DAILY LOGS - ENTRY using Form Assembly

OBJECTINVE:

- Beta development did not get to Daily Logs as other functions were prioritized
- Athletes track their daily volume of training in three separate forms:
 - On-Ice 2.0: http://www.tfaforms.com/270145
 - Off-Ice: 2.0: http://www.tfaforms.com/272493
 - Health and Mood 2.0: http://www.tfaforms.com/272516
- Temporary solution

WHAT'S WORKING

- Forms worked but with many difficulties
- Requires repetitive entry
- Slow performing, error prone, and ugly but functional

HOSTING

FormAssembly.com

- Move Daily Logs from FormAssembly to Beta site
- Consolidate On-Ice and Off-Ice forms to a Session by Session with conditionals if they choose On-Ice or Off-Ice training
 - A working model of the Session by Session Form was created using FormAssembly. This is far from perfect but was used to communicate how the Session by Session form would work http://www.tfaforms.com/323415
 - Additional pages that follow also attempt to illustrate each conditional section and the possible entries
 - Kent was also provided a CSV file for Daily Logs as planned not sure if this would be useful but it is available
- Reporting is a VERY laborious, time consuming, and unsustainable process. Needs to be streamlined
 - I have done sample reports by
 - Transfering CSV to an XLS file
 - Making a lot of manual adjustments to the XLS file to create a Master Table of Daily Log data for On-Ice and Off-Ice
 - Separating these into individual athlete master tables
 - Uploading the individual master tables to Zoho Reports
 - Generating Reports that can be individually shared with each athlete for On-Ice, Off-Ice, and Health and Mood
- All daily logs must be designed for MOBILE SCREENS first iPhone, iPad Touch, iPad Mini, and iPad will be most commonly used devices. This is web based app and not a iOS or Android app for this Proof of Concept version.

DAILY LOGS - REPORTING - Using ZOHO Reports

OBJECTINVE:

- Form Assembly exports to a CSV
- This is loaded and massaged into XLS
- In order to

WHAT'S WORKING

- We have done some working prototyping of Reports using Zoho Reports
- https://reports.zoho.com/ZDBDataSheetView.cc?DBID=1004200000000002119
 - Utilization Example
 - ON-ICE Example
 - OFF-ICE Example
- https://reports.zoho.com/ZDBDataSheetView.cc?DBID=1004200000000099001
 - Health and Mood Example

HOSTING

- Zoho Reports

- Work on process of getting to Zoho Reports
- Work on final designs for these 4 reports
- Streamline for each individual athlete
- Allow for overview of multiple athletes to be analyzed

DAILY LOGS

SAMPLE ROADMAP - NEXT 25 PAGES

OBJECTINVE:

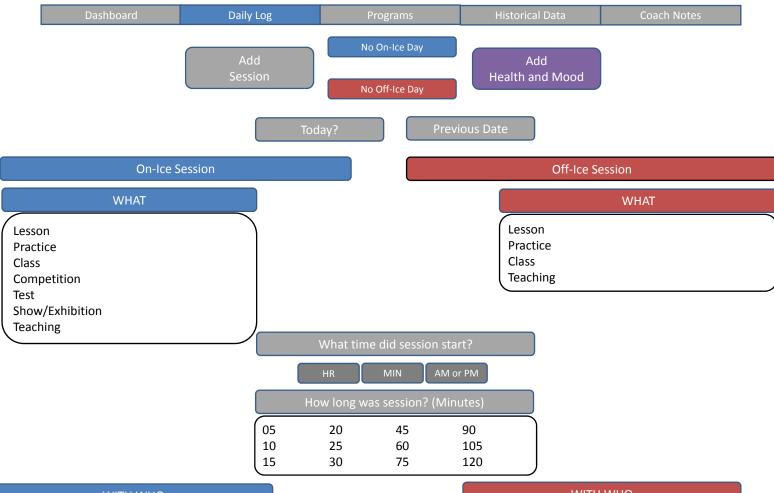
- This outline to Kent was sent to show sections of the FORMS needed to be built in Daily Logs
- A Spredsheet (CSV) of fields can also be provided
- Additionally we have a functional sample of some of the functionality of the form here: http://www.tfaforms.com/323415
- This was created using FormAssembly which does not allow us to make it really function correctly but was for discussion purposes.



Login to With Who

Login

This does not solve the Utilization Question



WITH WHO

Lesson or Class or Competition or Test or Show / Exhibition

Head Coach Assistant Coach MIF Coach Choreographer

Ice Dance Instructor

DartFish Coach

Pole Harness Coach

Other Coach/Specialist (TEXT BOX)

Solo

Practice or Show/Exhibition or Teaching With Friends

Need to figure out how to do 1 session with multiple coaches

Need to discuss "OTHER"

WITH WHO

Lesson or Class

Head Coach Assistant Coach

Dance Instructor

Weight Trainer

Fitness/CrossFit Coach

Pilates Instructor

Yoga Instructor

Physical Therapist

Sport Psychologist

Nutritionist

Other Coach/Specialist (TEXT BOX)

Practice or Teaching Solo

With Friends



Choose Coach Note From List

COACH NOTE - General

On-Ice Session ON WHAT Coach Note Warmups Jumps Spins Steps Programs Skating Skills MIF Ice Dance Coach Note General

	How long was activity? (Minutes)										
05	15	25	35	45		55					
10	20	30	40	50		60					
	RATE OF PERCEIVED EXERTION (RPE)										
	1	2	3	4	5						
		SPECIFIC DETAIL	.s / corrections you	J FOCUSED ON							
TEXT BOX	TEXT BOX										
SAVE AND A	ADD ANOTHER ACTIVITY	_				SAVE AND END					



WARMUPS

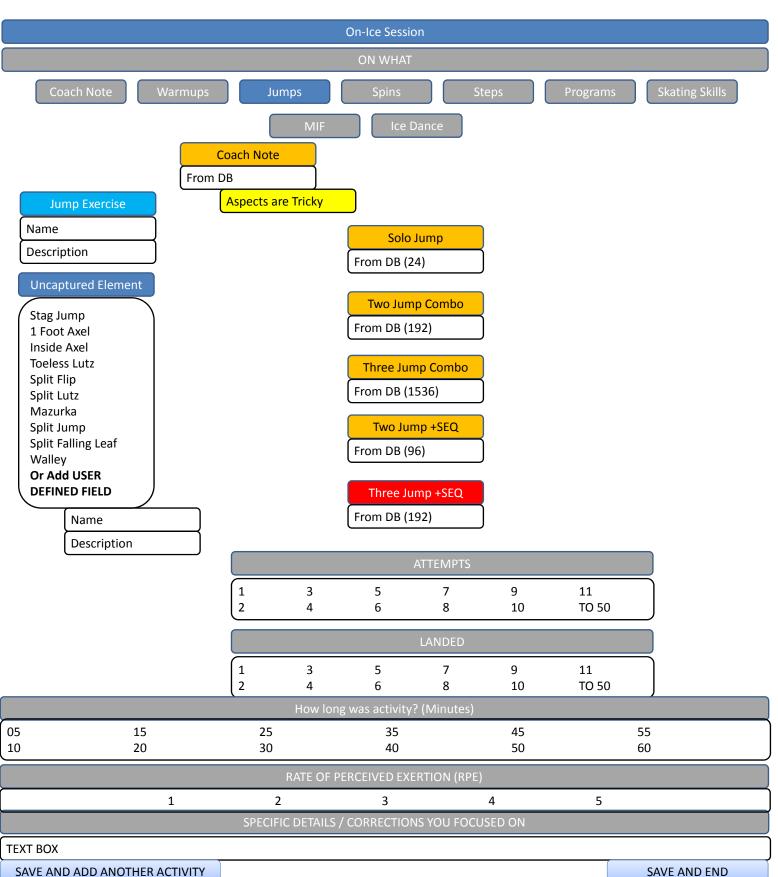
Stroking Warmup Choose UD or Add New Name Description Jump Warmup Choose UD or Add New Name Description Spin Warmup Choose UD or Add New Name Description Program Warmup Choose UD or Add New Name

Description

	How long was activity? (Minutes)										
05	15	25	35	45		55					
10	20	30	40	50		60					
RATE OF PERCEIVED EXERTION (RPE)											
	1	2	3	4	5						
		SPECIFIC DETAI	LS / CORRECTIONS YO	J FOCUSED ON							
TEXT BOX	TEXT BOX										
SAVE AND ADD ANOTHER ACTIVITY						SAVE AND END					



JUMPS





SPINS

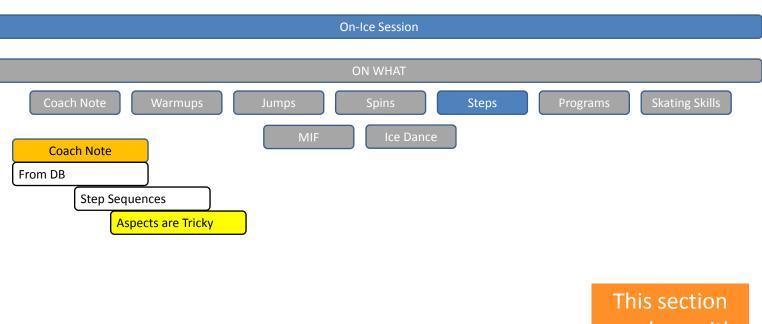
On-Ice Session Skating Skills Spins **Coach Note** From DB Spins MY SHORT PROGRAM SPIN LIST Aspects are Tricky My SP Spin in 1 Position My SP Combo Spin My SP Fly Spin **Spin Exercise ENTIRE SPIN** MY LONG PROGRAM SPIN LIST Name Description My LP Spin in 1 Position SECTION My LP Combo Spin SHOULD BE My LP Fly Spin **Uncaptured Element** My LP Optional Spin **THOROUGHLY** Deathdrop Butterfly **REVIEWED** Illusion Canonball **WITH** OTHER SPINS FROM SOV TABLE Non-basic Spin -- Forward Entry Need to fix so that it works like Session **KATHERINE** Non-basic Spin -- Backward Entry **USER DEFINED FIELD (TEXT FIELD)** by Session 1.0

	How long was activity? (Minutes)										
05	15	25	35	45		55					
10	20	30	40	50		60					
	RATE OF PERCEIVED EXERTION (RPE)										
	1	2	3	4	5						
		SPECIFIC DETAIL	S / CORRECTIONS YO	U FOCUSED ON							
TEXT BOX	TEXT BOX										
SAVE AND A	SAVE AND ADD ANOTHER ACTIVITY					SAVE AND END					

12/18/2014



STEP SEQUENCES



Short Program Steps

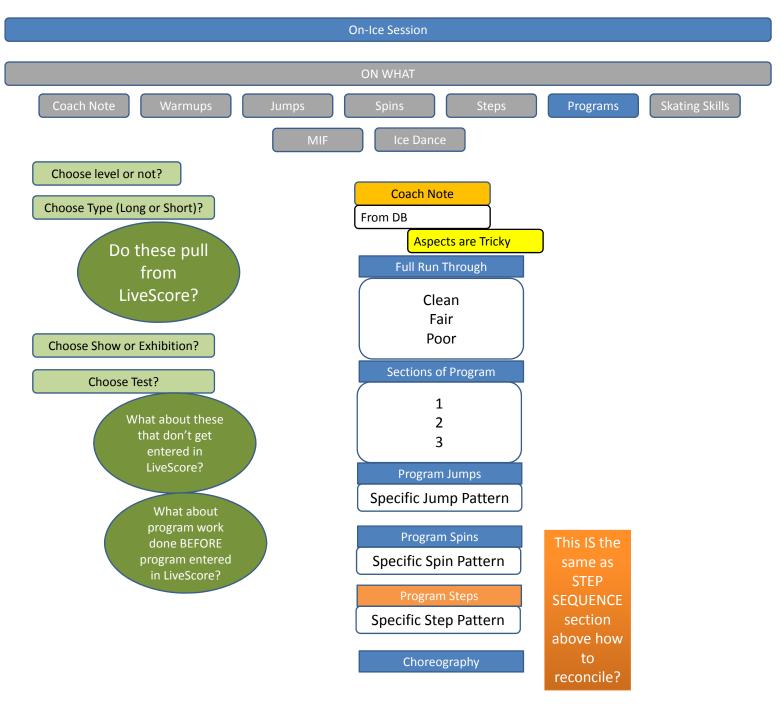
StSq
ChSq
ChSq
ChSq

overlaps with what is being done in PROGRAMS
Need to resolve this situation with conversation
Can discuss with Pat

		How Ic	ong was activity? (Mir	utes)					
05 10	15 20	25 30	35 40	45 50		55 60			
RATE OF PERCEIVED EXERTION (RPE)									
	1	2	3	4	5				
		SPECIFIC DETAIL	S / CORRECTIONS YOU	J FOCUSED ON					
TEXT BOX	TEXT BOX								
SAVE AND AD	D ANOTHER ACTIVITY					SAVE AND END			



PROGRAMS



		How lo	ong was session? (Minu	tes)		
05 10	15 20	25 30	35 40	45 50	55 60	
		SPECIFIC DETAIL	S / CORRECTIONS YOU	FOCUSED ON		

SAVE AND ADD ANOTHER ACTIVITY



SKATING SKILLS

On-Ice Session Skating Skills **Coach Note Leveled Steps** From DB Does not **Progressives** align with Drills Chasses Coach Cross Rolls Aspects are Tricky **Edge Pulls** Note: Must Toe Steps talk to Mohawks Adam Choctaws **Exercises** Stroking **Leveled Turns Puck Exercises USER DEFINED (NAME; DESCRIPTION)** OTHER - USER DEFINED (NAME; 3 Turns Name **DESCRIPTION) Brackets** Description Counters Name Rockers **Stroking Extension** Description Loops Stroking Alignment (Head, Hips, Heels) **Twizzles** Stroking Load Drills **Stroking Power Uncaptured Maneuvers Stroking Quickness** Ladders Stroking Change of Edge (Power Pull) OTHER - USER DEFINED (NAME; RESULT Outside Spread Eagle Right and LABEL) Outside Spread Eagle Left Bauer Left Name Bauer Right Crossovers **RFO Spiral** Result LFO Spiral **RFI Spiral RoL Forward** Label (Units for Drill) LFI Spiral LoR Forward **RBO Spiral RoL Backward** LBO Spiral LoR Backward **RBI Spiral** LBI Spiral **OTHER - User Defined Field** Name Description 05 15 25 35 45 55 10 20 30 40 50 60 SPECIFIC DETAILS / CORRECTIONS YOU FOCUSED ON

SAVE AND ADD ANOTHER ACTIVITY



On-Ice Session

MIF

Skating Skills

Coach Note

From DB

Level From DB

Aspects are Tricky

Needs to match Coach Note

Level

Pre-Preliminary

Preliminary Pre-Juvenile

Juvenile

Intermediate

Novice

Junior

Senior

Pre-Preliminary

Forward Perimeter Stroking

FO Basic Consecutive Edges

FI Basic Consecutive Edges

BO Consecutive Edges

Forward Perimeter Stroking

BI Consecutive Edges

Forward R & L Spirals

Waltz Eight

Preliminary

Forward Crossovers

Backward Crossovers

Consecutive Outside and Inside Spirals

Forward Power 3-Turns

Alternating Forward 3-Turns

12/18/2014

Forward Circle Eight

Alternating Backward Crossovers to Backward Outside Edges

Pre-Juvenile

Forward and Backward Perimeter Stroking

Forward Outside / Backward Inside 3-Turns Forward Inside / Backward Outside 3-Turns

Forward and Backward Power Edge Pulls

Backward Circle Eight

Five Step Mohawk Sequence

Juvenile

Forward Power Circle

Backward Power Circle

Eight-Step Mohawk Sequence Forward and Backward Cross Strokes

Backward 3-Turns

Forward Double 3-Turns

Intermediate

Backward Double 3-Turns

Spiral Sequence

Brackets Sequence

Forward Twizzles Inside Slide Chasse Pattern

Novice

Inside 3-Turns / Rocker Choctaws

Forward and Backward Outside Counters

Forward and Backward Inside Counters Forward Loops

Backward Rocker Choctaw Sequence

Backward Twizzles

Junior

Forward and Backward Outside Rockers

Forward and Backward Inside Rockers

Power Pulls

Choctaw Sequence

Backward Loop Pattern

Straight Line Step Sequence - R>L

Straight Line Step Sequence - L>R

Senior

Sustained Edge Step

Spiral Sequence

Backward Outside Double Three / Quick Rockers Backward Inside Double Three / Quick Rockers

Serpentine Step Sequence - R>L

Serpentine Step Sequence - L>R

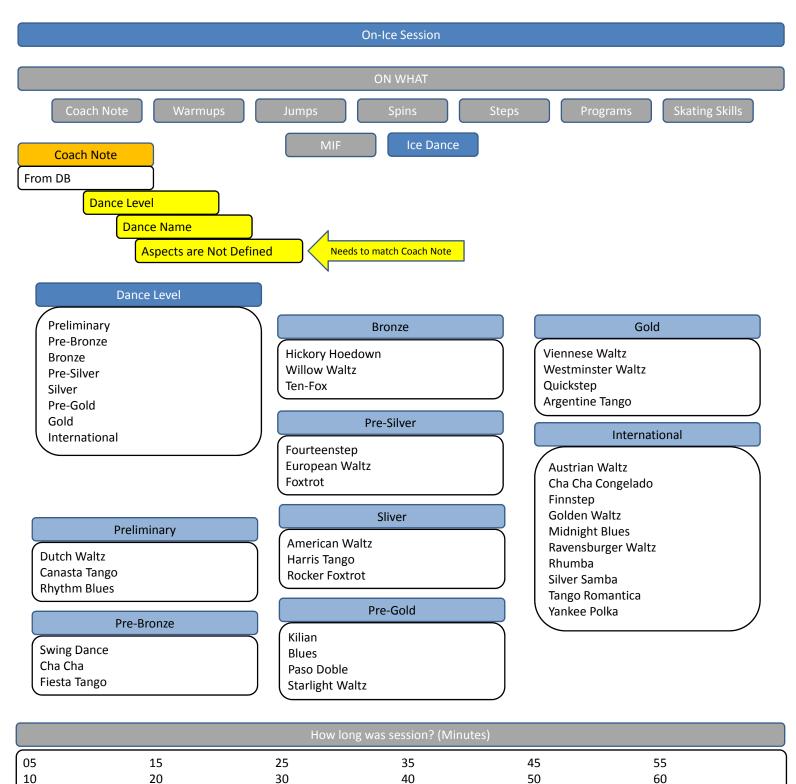
SUB-ASPECTS PER LEVEL – MUST MATCH COACH NOTE

$\overline{}$					
05	15	25	35	45	55
10	20	30	40	50	60

SAVE AND ADD ANOTHER ACTIVITY



Ice Dance



CALIE	V VID		ANOTHER	A CTI\ /IT\/
SAVE	AINII	$\Delta I I I I$	ANULHER	AL HIVITY



WARM UP

Off-Ice Session ON WHAT Warmups Stretching Off-Ice Jump Work Off-Ice Program Work Fitness Dance Pilates Yoga Physical Therapy Visualization / Sport Psych Skating Theory (Discussion) Musical Instrument Other

OFF-ICE Warmup

User Defined or Add New

Name

Description

How long was activity? (Minutes)										
05 10	15 20	25 30	35 40	45 50		55 60				
	RATE OF PERCEIVED EXERTION (RPE)									
	1	2	3	4	5					
		SPECIFIC DETAIL	S / CORRECTIONS YOU	J FOCUSED ON						
TEXT BOX										
SAVE AND A	ADD ANOTHER ACTIVITY					SAVE AND END				



STRETCHING (Cool Down)

Off-Ice Session										
ON WHAT										
Warmups Off-Ice Jump Work Off-Ice Program Work	Fitness									
Dance Pilates Yoga Physical Therapy										
Visualization / Sport Psych Skating Theory (Discussion) Musical Instrument	Other									

OFF-ICE Stretching
User Defined or Add New
Name
Description

	How long was activity? (Minutes)										
05 10	15 20	25 30	35 40	45 50		55 60					
	RATE OF PERCEIVED EXERTION (RPE)										
	1	2	3	4	5						
		SPECIFIC DETAIL	S / CORRECTIONS YOU	J FOCUSED ON							
TEXT BOX											
SAVE AND A	ADD ANOTHER ACTIVITY					SAVE AND END					



OFF-ICE JUMP WORK

ON WHAT

Warmups Stretching Off-Ice Jump Work Off-Ice Program Work Fitness

Dance Pilates Yoga Physical Therapy

Visualization / Sport Psych Skating Theory (Discussion) Musical Instrument Other

LAND HARNESS

Specific Jump

AIR ROTATIONS

Specific Number???

SPINNER

???

JUMP WALK THROUGH

Specific Jump

Can discuss with Pat before beginning

	How long was activity? (Minutes)									
05	15	25	35	45	55					
10	20	30	40	50	60					
	RATE OF PERCEIVED EXERTION (RPE)									
	1	2	3	4	5					
		SPECIFIC DETAIL	S / CORRECTIONS YOU	J FOCUSED ON						
TEXT BOX	TEXT BOX									
SAVE AND ADD ANOTHER ACTIVITY				SAVE	AND END					



OFF-ICE PROGRAM WORK

Off-Ice Session	
ON WHAT	
Warmups Off-Ice Jump Work Off-Ice Program Work	Fitness
Dance Pilates Yoga Physical Therapy	
Visualization / Sport Psych Skating Theory (Discussion) Musical Instrument	Other

Short Program Walk Through

Long Program Walk Through

		Howle	ong was activity? (Min	utes)		
05 10	15 20	25 30	35 40	45 50		55 60
RATE OF PERCEIVED EXERTION (RPE)						
	1	2	3	4	5	
SPECIFIC DETAILS / CORRECTIONS YOU FOCUSED ON						
TEXT BOX						
SAVE AND A	ADD ANOTHER ACTIVITY					SAVE AND END



FITNESS

Off-Ice Session Fitness **Plyometrics** Cardio **USER Defined Field** Run Warmup **Run Sprints** Name Run Long Distance Description Bike Elliptical Swim User Defined Field Name Balance / Coordination Description **USER Defined Field** Distance Name Description **Strength Training** User Defined Field Name

How long was activity? (Minutes)						
05 10	15 20	25 30	35 40	45 50		55 60
RATE OF PERCEIVED EXERTION (RPE)						
	1	2	3	4	5	
SPECIFIC DETAILS / CORRECTIONS YOU FOCUSED ON						
TEXT BOX						
SAVE AND A	ADD ANOTHER ACTIVITY					SAVE AND END

Description



DANCE

ON WHAT Warmups Stretching Off-Ice Jump Work Off-Ice Program Work Fitness Dance Pilates Yoga Physical Therapy Visualization / Sport Psych Skating Theory (Discussion) Musical Instrument Other

Ballet
Ballroom
Modern
Hip Hop
Jazz
Tap
Cultural
User Defined Dance

How long was activity? (Minutes)						
05 10	15 20	25 30	35 40	45 50		55 60
RATE OF PERCEIVED EXERTION (RPE)						
	1	2	3	4	5	
SPECIFIC DETAILS / CORRECTIONS YOU FOCUSED ON						
TEXT BOX						
SAVE AND A	ADD ANOTHER ACTIVITY					SAVE AND END



PILATES

ON WHAT

Warmups Stretching Off-Ice Jump Work Off-Ice Program Work Fitness

Dance Pilates Yoga Physical Therapy

Visualization / Sport Psych Skating Theory (Discussion) Musical Instrument Other

Pilates

How long was activity? (Minutes)						
05	15	25	35	45		55
10	20	30	40	50		60
RATE OF PERCEIVED EXERTION (RPE)						
	1	2	3	4	5	
SPECIFIC DETAILS / CORRECTIONS YOU FOCUSED ON						
TEXT BOX						
SAVE AND A	DD ANOTHER ACTIVITY					SAVE AND END







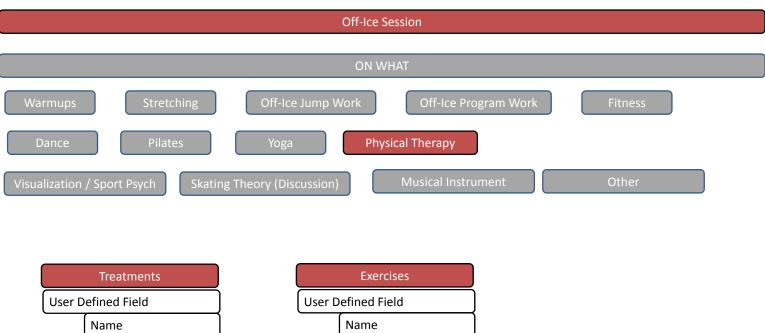
Yoga

How long was activity? (Minutes)						
05 10	15 20	25 30	35 40	45 50		55 60
RATE OF PERCEIVED EXERTION (RPE)						
	1	2	3	4	5	
SPECIFIC DETAILS / CORRECTIONS YOU FOCUSED ON						
TEXT BOX						
SAVE AND A	ADD ANOTHER ACTIVITY					SAVE AND END



Description

PHYSICAL THERAPY



Description

How long was activity? (Minutes)						
05 10	15 20	25 30	35 40	45 50		55 60
RATE OF PERCEIVED EXERTION (RPE)						
	1	2	3	4	5	
SPECIFIC DETAILS / CORRECTIONS YOU FOCUSED ON						
TEXT BOX						
SAVE AND A	ADD ANOTHER ACTIVITY					SAVE AND END



SPORT PSYCHOLOGY (VISUALIZATION)

Off-Ice Session
ON WHAT
Warmups Stretching Off-Ice Jump Work Off-Ice Program Work Fitness
Dance Pilates Yoga Physical Therapy
Visualization / Sport Psych Skating Theory (Discussion) Musical Instrument Other

Sport Psychology (Visualization)

How long was activity? (Minutes)						
05 10	15 20	25 30	35 40	45 50		55 60
RATE OF PERCEIVED EXERTION (RPE)						
	1	2	3	4	5	
SPECIFIC DETAILS / CORRECTIONS YOU FOCUSED ON						
TEXT BOX						
SAVE AND	ADD ANOTHER ACTIVITY					SAVE AND END



SKATING THEORY (DISCUSSION)

ON WHAT
Warmups Off-Ice Jump Work Off-Ice Program Work Fitness
Dance Pilates Yoga Physical Therapy
Visualization / Sport Psych Skating Theory (Discussion) Musical Instrument Other

Skating Theory

How long was activity? (Minutes)						
05 10	15 20	25 30	35 40	45 50		55 60
RATE OF PERCEIVED EXERTION (RPE)						
	1	2	3	4	5	
SPECIFIC DETAILS / CORRECTIONS YOU FOCUSED ON						
TEXT BOX						
SAVE AND A	ADD ANOTHER ACTIVITY					SAVE AND END



MUSICAL INSTRUMENT

Off-Ice Session	
ON WHAT	
ON WHAI	
Warmups Off-Ice Jump Work Off-Ice Program Work	Fitness
Dance Pilates Yoga Physical Therapy	
Visualization / Sport Psych Skating Theory (Discussion) Musical Instrument	Other

Musical Instrument

User Defined or Add

Name

How long was activity? (Minutes)									
05	15	25	35	45 50		55			
10	20	30	40	50		60			
RATE OF PERCEIVED EXERTION (RPE)									
	1	2	3	4	5				
SPECIFIC DETAILS / CORRECTIONS YOU FOCUSED ON									
TEXT BOX									
SAVE AND A	ADD ANOTHER ACTIVITY					SAVE AND END			



OTHER

Off-Ice Session ON WHAT Warmups Stretching Off-Ice Jump Work Off-Ice Program Work Fitness Dance Pilates Yoga Physical Therapy Visualization / Sport Psych Skating Theory (Discussion) Musical Instrument Other

Other Off-Ice Activity

User Defined List or Add

Name

How long was activity? (Minutes)										
05	15	25	35	45		55				
10	20	30	40	50		60				
RATE OF PERCEIVED EXERTION (RPE)										
	1	2	3	4	5					
SPECIFIC DETAILS / CORRECTIONS YOU FOCUSED ON										
TEXT BOX										
SAVE AND A	ADD ANOTHER ACTIVITY					SAVE AND END				



HEALTH AND MOOD

Off-Ice Session

How is your health today?

- 1: Shouldn't Be Here
- 2: TLC Needed
- 3: Not Great
- 4: Functional
- 5: Feeling Fine

NOTE: Text Box

Hydration

Sport Drink (OZ): Text box or graphic

Water (OZ): Text box or graphic

How is your health today?

- 1: Can't Move
- 2: Tight
- 3: Normal Read to Work
- 4: Loose
- 5: Jello

Where: Text Box

Are you injured?

- 1: Can't Skate
- 2: Single Element Only
- 3: Cautious
- 4: Normal wear and tear
- 5: No injury

Details: Text Box

SAVE AND ADD ANOTHER ACTIVITY