

TENDON LOADER PROJECT

Web Portal Wireframe Design Cont. + Summary Data

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DOCUMENT GOAL

- This document aims to provide an extension of the initial design overview for the *Tendon Loader* web portal to help guide developers
- Further information has been provided relating to 'summary data' features on the web portal
- Please reference previous presentation
'TendonLoader_WebPortalMockUp_Mar18.ppt' for more information



EXTENDED WIREFRAME DESIGNS FOR WEB PORTAL



USER PAGE EXTENDED

View summary data for this user

Search User ID

P001
P002
P003
P004
P005

P001

Summary Data

2-24-2021_ExerciseMode_P001_File1.xlsx			
2-24-2021_ExerciseMode_P001_File2.xlsx			
2-27-2021_ExerciseMode_P001_File1.xlsx			
3-18-2021_ExerciseMode_P001_File1.xlsx			
3-18-2021_MVCMode_P001_File1.xlsx			

NOTE: Would be nice if user hovers over the button, a text bubble would tell them what the button does.

Text bubble: **'Display Graph'**
Display graph (load [kg] vs. time [s]) of data in that specific file

Text bubble: **'View Data'**
Display raw data file within the web portal interface

Text bubble: **'Download File'**
Download specific file to local device



USER PAGE – DISPLAY GRAPH

Inbox - kohlemerry@gmail.com x Nancy Duarte: The secret structu x +

mail.google.com/mail/u/0/#inbox

Search User ID


P001

P002

P003
















P004

P005

 P001

Summary Data

Display Graph

2-24-2021_ExerciseMode_P001_File1.xlsx			
2-24-2021_ExerciseMode_P001_File2.xlsx			
2-27-2021_ExerciseMode_P001_File1.xlsx			
3-18-2021_ExerciseMode_P001_File1.xlsx			
3-18-2021_MVCMODE_P001_File1.xlsx			



USER PAGE – DISPLAY GRAPH



NOTE: We will have to do some thinking about how best to display these plots. Because each exercise session could be ~17 minutes long (See file 'TendonLoader_SampleProgram_ExerciseMode.xlsx' for reference), this would not be feasible to display in a single plot without zooming in/out on some features.

MyFitnessPal mobile application has similar functionality where you can change the x-axis (e.g. display first ~1min, ~5min, ~10min, all). Could be useful to incorporate something similar if we can.

USER PAGE – VIEW DATA

Inbox - kohlemerry@gmail.com x Nancy Duarte: The secret structu x +

mail.google.com/mail/u/0/#inbox

Search User ID


P001

P002

P003
















P004


P005

 P001

Summary Data

View Data

2-24-2021_ExerciseMode_P001_File1.xlsx	  
2-24-2021_ExerciseMode_P001_File2.xlsx	  
2-27-2021_ExerciseMode_P001_File1.xlsx	  
3-18-2021_ExerciseMode_P001_File1.xlsx	  
3-18-2021_MVCMODE_P001_File1.xlsx	  



USER PAGE – VIEW DATA

Search User ID

P001

P002

P003

P004

P005

←

🏃

P001

2-24-2021_ExerciseMode_P001_File1.xlsx

Summary Data

	A	B	C	D	E	F	G	H	I	J	K	L	M	N
1	DATE:	2/24/2021												
2	TIME:	18:58												
3	USER ID:	Account ID # OR login credential												
4														
5	TINDEQ PROGRESSOR #:	Tindeq Unit ID												
6														
7	EXERCISE INFO													
8	LAST MVC TEST RECORDED [kg]	XX.X												
9	TARGET LOAD [kg]	XX.X												
10	HOLD TIME [s]	X												
11	REST TIME [s]	X												
12	SETS [#]	X												
13	REPS [#]	X												
14														
15	TIME [s]	LOAD [kg]												
16		0 XX.X												
17		0.1 XX.X												
18		0.2 XX.X												
19		0.3 XX.X												
20		0.4 XX.X												
21		0.5 XX.X												



USER PAGE – DOWNLOAD FILE

Inbox - kohlemerry@gmail.com x Nancy Duarte: The secret structu... x +

mail.google.com/mail/u/0/#inbox

Search User ID


P001

P002

P003

P004

P005

 P001

Summary Data

2-24-2021_ExerciseMode_P001_File1.xlsx




2-24-2021_ExerciseMode_P001_File2.xlsx




2-27-2021_ExerciseMode_P001_File1.xlsx




3-18-2021_ExerciseMode_P001_File1.xlsx




3-18-2021_MVCMODE_P001_File1.xlsx




Download File

UBC

USER PAGE – DOWNLOAD FILE

The screenshot shows a web application interface for downloading files. The browser's address bar shows the URL `mail.google.com/mail/u/0/#inbox`. The application has a search bar labeled "Search User ID". Below the search bar is a list of user IDs: P001, P002, P003, P004, and P005. P001 is selected, and a running person icon is next to it. To the right of the user ID is a "Summary Data" button. Below this is a table of files:

2-24-2021_ExerciseMode_P001_File1.xlsx			
2-24-2021_ExerciseMode_P001_File2.xlsx			
2-27-2021_ExerciseMode_P001_File1.xlsx			
3-18-2021_ExerciseMode_P001_File1.xlsx			
3-18-2021_MVCMODE_P001_File1.xlsx			

At the bottom of the browser window, a file download notification is visible: "Sample_Excel_Sear...xlsx". A red arrow points from the text "File downloads to local machine" to this notification.



File downloads to local machine

USER PAGE – SUMMARY DATA

Inbox - kohlemerry@gmail.com x Nancy Duarte: The secret structu... x +

mail.google.com/mail/u/0/#inbox

Search User ID


P001

P002
















P003

P004

P005

 P001

Summary Data

2-24-2021_ExerciseMode_P001_File1.xlsx	  
2-24-2021_ExerciseMode_P001_File2.xlsx	  
2-27-2021_ExerciseMode_P001_File1.xlsx	  
3-18-2021_ExerciseMode_P001_File1.xlsx	  
3-18-2021_MVCMODE_P001_File1.xlsx	  



USER PAGE – SUMMARY DATA

Search User ID

P001
P002
P003
P004
P005

P001 – Summary Data

Data Calendar

Maximal Voluntary Contraction (MVC) Summary

Successful Rep Summary

Exercise Session Duration Summary

Exercise Prescription Summary

UBC

NOTE: Not all summary features have obvious raw data associated with them, so we may not make the raw data viewable/downloadable. Therefore, not all summary options have all buttons next to them.

Text bubble: **'Display Graph'**
Display graph associated with specific summary (see next slides)

Text bubble: **'View Data'**
Display raw data associated with specific summary feature

Text bubble: **'Download File'**
Download specific summary file to local device

USER PAGE – DATA CALENDAR

Search User ID

P001
P002
P003
P004
P005

P001 – Summary Data

Data Calendar Display Calendar

Maximal Voluntary Contraction (MVC) Summary

Successful Rep Summary

Exercise Session Duration Summary

Exercise Prescription Summary



USER PAGE – DATA CALENDAR

- Function: Display all days for which there is data uploaded for. System should check (based on title of uploaded data? Or metadata?) if data present for a specific day, then display dates that there is data for
- Purpose: Quick reference for the clinician to see which days have data associated with them. Helpful for quickly checking if a patient is completing their program + remembering to upload data



USER PAGE – DATA CALENDAR

Dropdown button for clinician to select month of interest; should have all 12 months present

Inbox - kohlemerry@gmail.com

Nancy Duarte: The secret structu...

+

mail.google.com/mail/u/0/#inbox

Search User ID


P001

P002

P003


P004

P005








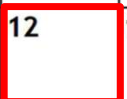



P001 – Data Calendar


April 2021




2021 APRIL

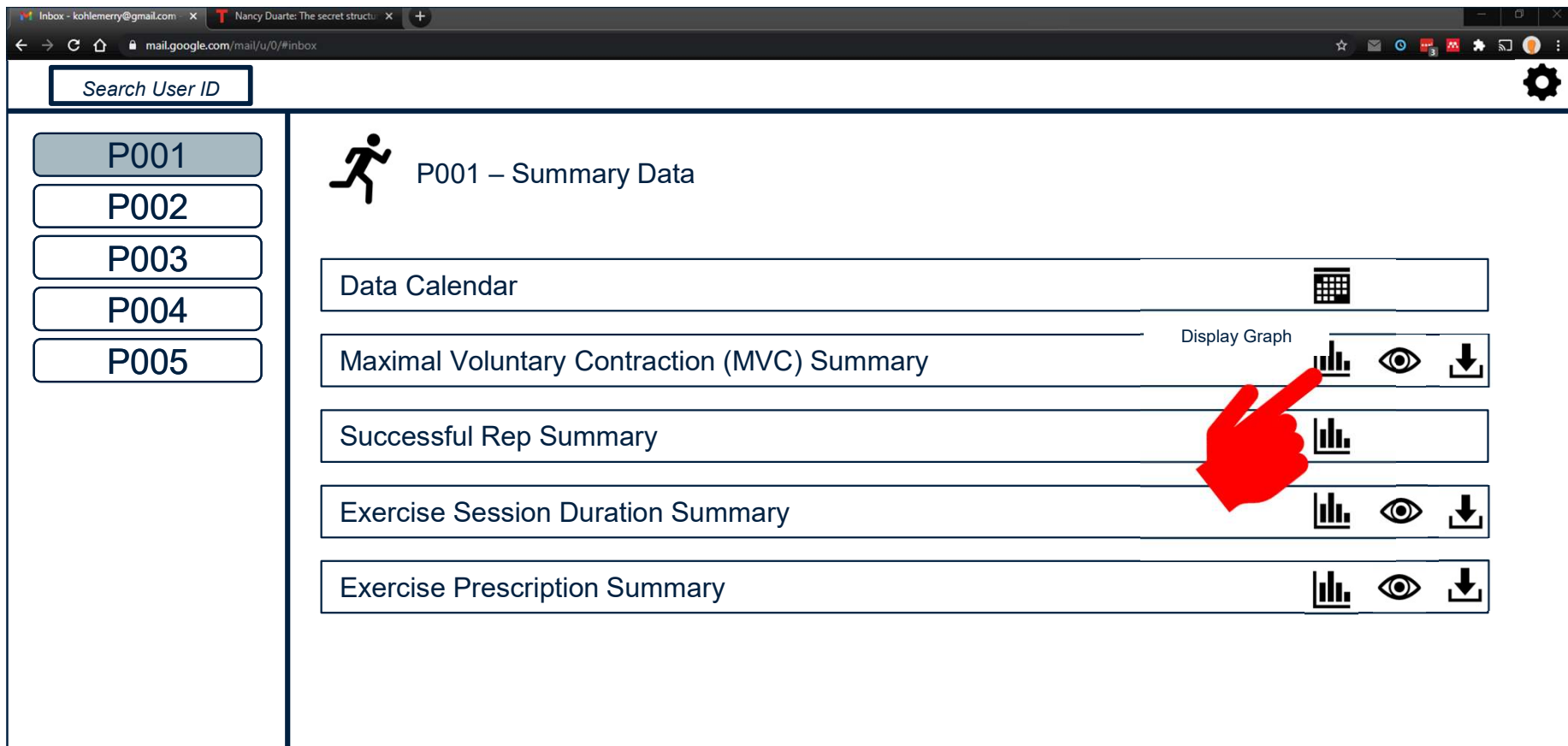
SUN	MON	TUE	WED	THU	FRI	SAT
				1 	2	3 
4	5  	6	7 	8 	9	10 
11	12 	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

 Exercise Mode Data Present

 MVC Mode Data Present

 Today

USER PAGE – MVC SUMMARY



The screenshot displays a web application interface for user P001. On the left, a sidebar contains a search bar labeled "Search User ID" and a list of user IDs: P001 (selected), P002, P003, P004, and P005. The main content area is titled "P001 – Summary Data" and features a running person icon. Below the title, there are five summary cards: "Data Calendar", "Maximal Voluntary Contraction (MVC) Summary", "Successful Rep Summary", "Exercise Session Duration Summary", and "Exercise Prescription Summary". Each card has a bar chart icon and a "Display Graph" label. A red hand icon points to the bar chart icon of the "Successful Rep Summary" card. The interface also includes a browser window at the top and a UBC logo on the right.

Search User ID

P001

P002

P003

P004

P005

P001 – Summary Data

Data Calendar

Maximal Voluntary Contraction (MVC) Summary

Successful Rep Summary

Exercise Session Duration Summary

Exercise Prescription Summary

Display Graph

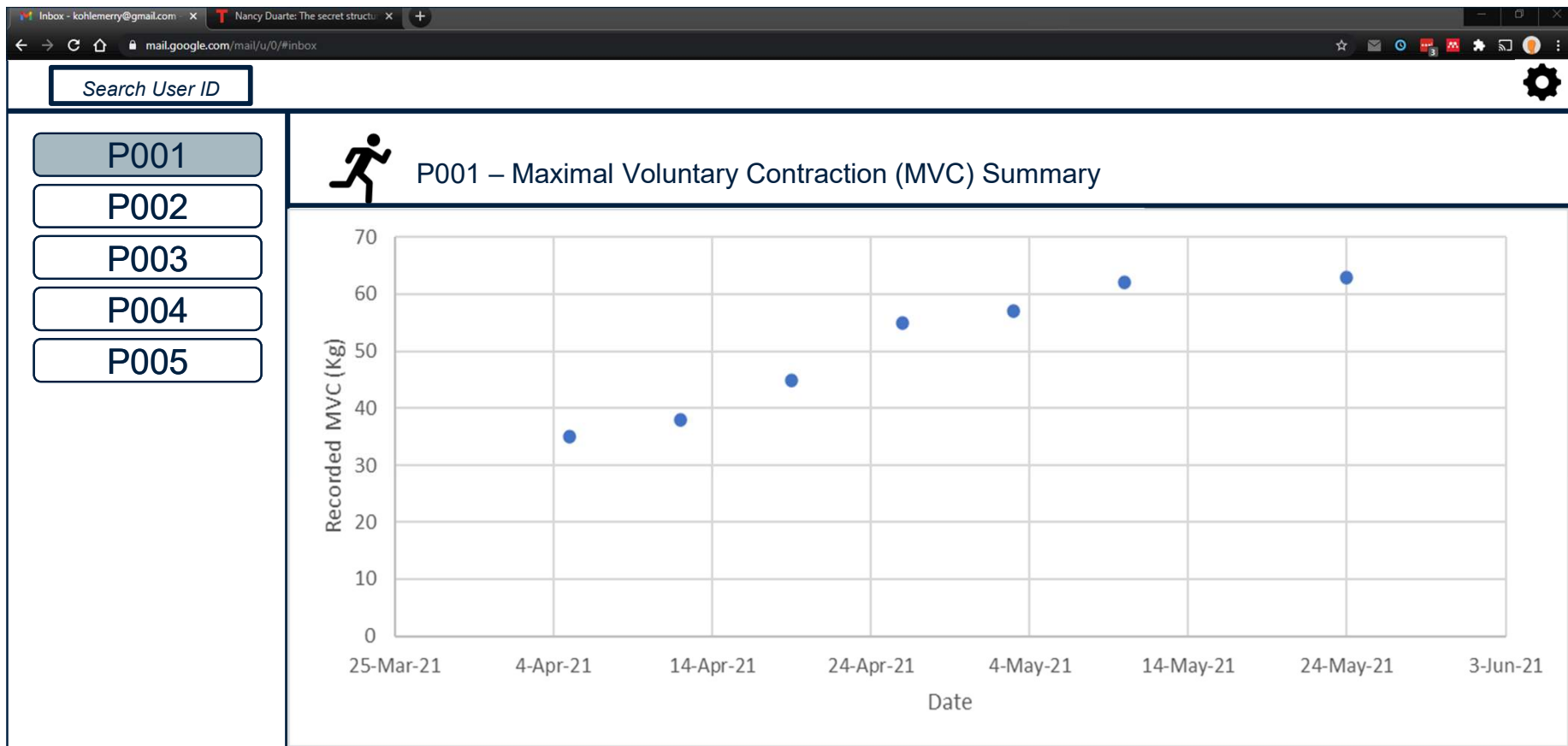
UBC

USER PAGE – MVC SUMMARY

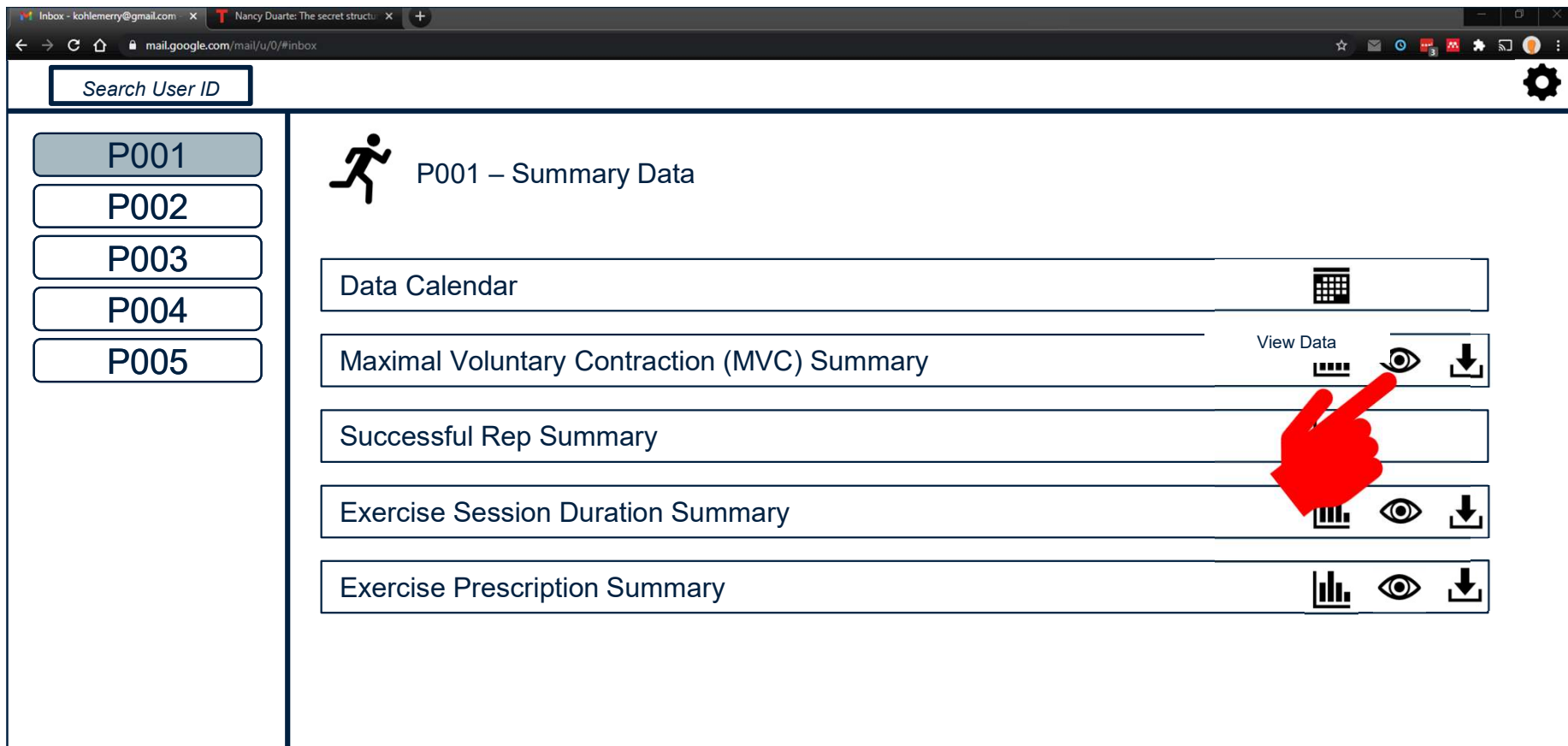
- Function: Display all MVC test statistics (Kg) vs. date
- Purpose: Quick reference for the clinician to see if the patient is getting stronger (we would expect the MVC tests to be going up with respect to time—as they do more of the program, strength increases, MVC should be increasing).
- Raw Data: To plot the data noted above, we will need 1 column with date, and another with recorded MVC taken from each uploaded MVC test file (e.g., take max load recorded from '3-18-2021_MVCMode_P001_File1.xlsx' and that will be the MVC value for 3-18-2021). Clinician could then download this 'MVC Summary' file in addition to viewing it ideally.



USER PAGE – MVC SUMMARY




USER PAGE – MVC SUMMARY



The screenshot shows a web browser window with a Gmail-style interface. The address bar shows 'mail.google.com/mail/u/0/#inbox'. The page has a search bar labeled 'Search User ID' and a list of user IDs: P001, P002, P003, P004, and P005. The main content area is titled 'P001 – Summary Data' and features a running person icon. Below the title are five summary cards: 'Data Calendar', 'Maximal Voluntary Contraction (MVC) Summary', 'Successful Rep Summary', 'Exercise Session Duration Summary', and 'Exercise Prescription Summary'. Each card has a bar chart icon, an eye icon, and a download icon. A red hand cursor is pointing at the eye icon of the 'Maximal Voluntary Contraction (MVC) Summary' card. The text 'View Data' is visible above the eye icon of the MVC Summary card. The UBC logo is in the top right corner.

Search User ID

P001
P002
P003
P004
P005

 P001 – Summary Data

Data Calendar

Maximal Voluntary Contraction (MVC) Summary

Successful Rep Summary

Exercise Session Duration Summary

Exercise Prescription Summary

View Data

UBC

USER PAGE – MVC SUMMARY

The screenshot shows a web application interface. At the top, there is a search bar labeled "Search User ID". Below it, a list of user IDs is displayed: P001, P002, P003, P004, and P005. The user P001 is selected, and the main content area displays a table titled "P001 – Maximal Voluntary Contraction (MVC) Summary". The table has two columns: "Date" and "MVC (Kg)". The data in the table is as follows:

Date	MVC (Kg)
1-Apr-21	
2-Apr-21	
3-Apr-21	
4-Apr-21	
5-Apr-21	35
6-Apr-21	
7-Apr-21	
8-Apr-21	
9-Apr-21	
10-Apr-21	
11-Apr-21	
12-Apr-21	38
13-Apr-21	
14-Apr-21	
15-Apr-21	
16-Apr-21	
17-Apr-21	
18-Apr-21	
19-Apr-21	45
20-Apr-21	



USER PAGE – SUCCESSFUL REP SUMMARY

The screenshot shows a web browser window with the address bar displaying 'mail.google.com/mail/u/0/#inbox'. The application interface includes a search bar labeled 'Search User ID' and a sidebar with buttons for users P001, P002, P003, P004, and P005. The main content area is titled 'P001 – Summary Data' and features a running person icon. It contains five summary cards: 'Data Calendar', 'Maximal Voluntary Contraction (MVC) Summary', 'Successful Rep Summary', 'Exercise Session Duration Summary', and 'Exercise Prescription Summary'. Each card has a title bar and a set of icons on the right. The 'Successful Rep Summary' card is highlighted with a red hand icon pointing to its 'Display Graph' button. The 'Data Calendar' card has a calendar icon. The other three cards have a bar chart icon, an eye icon, and a download icon.

Search User ID

P001
P002
P003
P004
P005

P001 – Summary Data

Data Calendar

Maximal Voluntary Contraction (MVC) Summary

Successful Rep Summary

Exercise Session Duration Summary

Exercise Prescription Summary

Display Graph



NOTE: **This feature may be omitted for now as this summary statistic has the highest level of complexity. Can possibly build this into future versions.

USER PAGE – SUCCESSFUL REP SUMMARY

- Function: Determine and display all reps that are considered 'valid' for a given exercise session (e.g., a valid rep meaning reaching at least 90% of their target load at some point over the rep; if target load was set as 50 Kg by the clinician, any rep ≥ 45 Kg would be considered 'valid'). Note that in this example, if the hold time was 5s, if the user achieved ≥ 45 Kg at any time over that 5s rep, we would consider it to be valid (see next few slides).
- Purpose: Way for the clinician to assess if the individual is not only completing the exercise protocol, but completing it to the specification of the clinician



USER PAGE – SUCCESSFUL REP SUMMARY

- Note: This may be a bit complicated for the web portal to calculate, in which case we may have to modify/remove this functionality at this time.
- Data Manipulation: For a given exercise mode file, the web portal would have to compare the data for each rep to the target load, and determine if a rep is valid, then add 1 to the 'total valid reps' counter. If a rep does not hit that target load, no value would be added to the 'total valid reps' counter.



USER PAGE – SUCCESSFUL REP SUMMARY

Example – first exercise mode data set for P001: 2-24-2021_ExerciseMode_P001_File1.xlsx



DATE:	3/7/2021
TIME:	13:42
USER ID:	A1
TINDEQ PROGRESSOR #:	3752
EXERCISE INFO	
LAST MVC TEST RECORDED [kg]	50
TARGET LOAD [kg]	50
HOLD TIME [s]	3
REST TIME [s]	10
SETS [#]	5
REPS [#]	10

50 kg Target load specified which we will compare every rep to; if the load achieved meets or exceeds 45 kg during the rep, it's 'valid' and we add 1 to counter. If the load achieved does not exceed 45 kg, no value added to counter

(5 sets) x (10 reps/set) = 50 reps expected from this exercise session

USER PAGE – SUCCESSFUL REP SUMMARY

Example – first exercise mode data set for P001: 2-24-2021_ExerciseMode_P001_File1.xlsx

15	TIME [s]	LOAD [kg]
16	0	47
17	0.1	47.2
18	0.2	48
19	0.3	50
20	0.4	48
21	0.5	51
22	0.6	52
23	0.7	52
24	0.8	47
25	0.9	47.2
26	1	48
27	1.1	50
28	1.2	48
29	1.3	51
30	1.4	52
31	1.5	52
32	1.6	47
33	1.7	47.2
34	1.8	48
35	1.9	50
36	2	47
37	2.1	47.2
38	2.2	47
39	2.3	47.2
40	2.4	48
41	2.5	50
42	2.6	48
43	2.7	51
44	2.8	52
45	2.9	52
46	3	52

Rep 1 (0-3s)

At least 1 data point in rep 1 (rows 16-46 constitute rep 1) exceeds 90% of the target load (50kg target load → 90% of target load = 45kg). This rep is **valid**

Because at least 1 data point exceeds 45kg, we increment the 'valid rep counter' (an internal index value) by 1.

Valid Rep Counter for this Session: 1



USER PAGE – SUCCESSFUL REP SUMMARY

Example – first exercise mode data set for P001: 2-24-2021_ExerciseMode_P001_File1.xlsx

145	12.9	0
146	13	43
147	13.1	43.2
148	13.2	44
149	13.3	44.2
150	13.4	43
151	13.5	44
152	13.6	43
153	13.7	43.2
154	13.8	44
155	13.9	44.2
156	14	43
157	14.1	44
158	14.2	43
159	14.3	43.2
160	14.4	44
161	14.5	44.2
162	14.6	43
163	14.7	43.2
164	14.8	44
165	14.9	44.2
166	15	43
167	15.1	43
168	15.2	43.2
169	15.3	43
170	15.4	43.2
171	15.5	44
172	15.6	44.2
173	15.7	43
174	15.8	44
175	15.9	42
176	16	0

Rep 2 (13-16s)

No data point in rep 2 (rows 146-176 constitute rep 2) exceeds 90% of the target load (50kg target load → 90% of target load = 45kg). This rep is **not valid**

Because no data point exceeds 45kg, we do not increment the 'valid rep counter' (an internal index value) by 1.

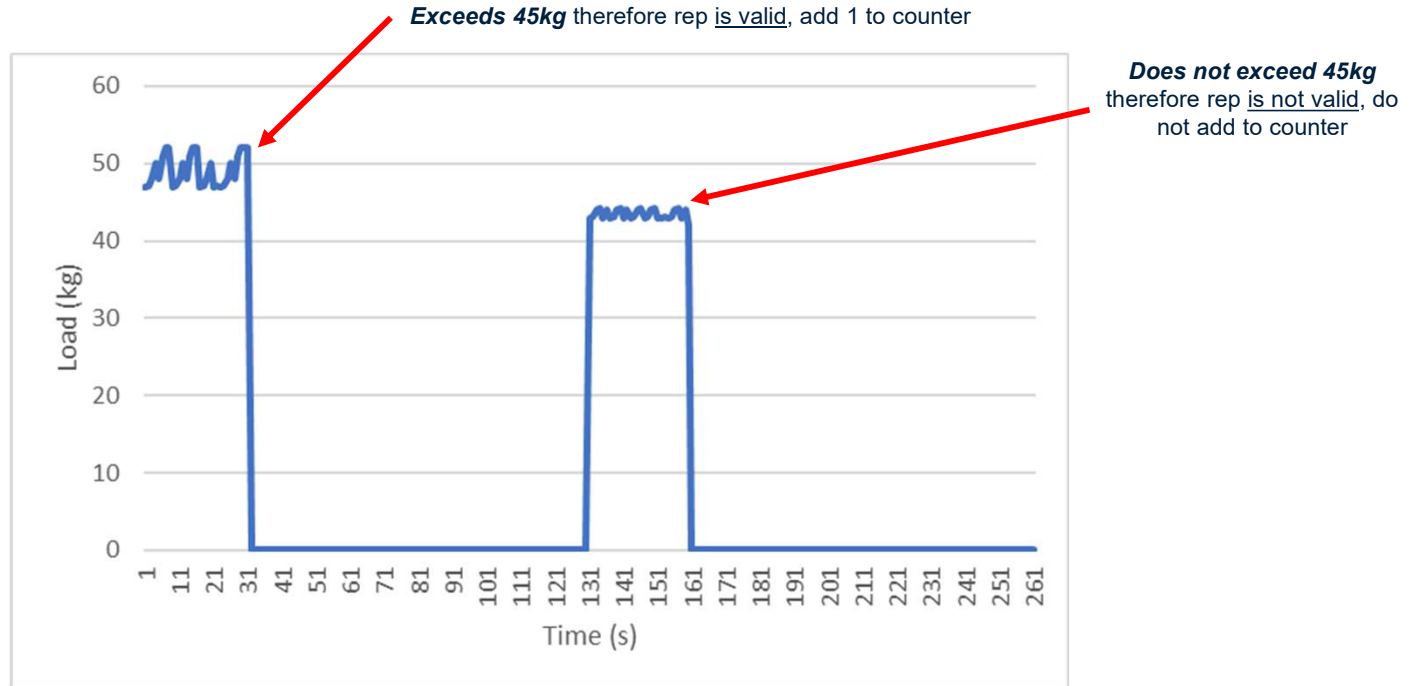
From rep 1, no value added for rep 2

Valid Rep Counter for this Session: 1



USER PAGE – SUCCESSFUL REP SUMMARY

Example – first exercise mode data set for P001: 2-24-2021_ExerciseMode_P001_File1.xlsx



Valid Rep Counter for this Session (so far): 1

NOTE: System would have to check all 50 expected reps, not just the 2 showcased here



USER PAGE – SUCCESSFUL REP SUMMARY

Example – first exercise mode data set for P001: 2-24-2021_ExerciseMode_P001_File1.xlsx

For each data set, compare 'valid rep counter' index to number of expected reps to determine *%Achievement* for that data set.



$$\%Achievement \text{ for a data set} = \left[\frac{\text{Valid rep counter for session}}{(\#sets) \times (\#reps)} \right] \times 100$$

e.g., if the rep counter for the session was 43 (calculated by the system after checking every expected rep against the 45 Kg threshold), then...

$$\%Achievement \text{ for this data set} = \left[\frac{43}{(5) \times (10)} \right] \times 100 = 86\% \text{ Achievement for}$$

exercise mode session done on 2-24-2021

USER PAGE – SUCCESSFUL REP SUMMARY

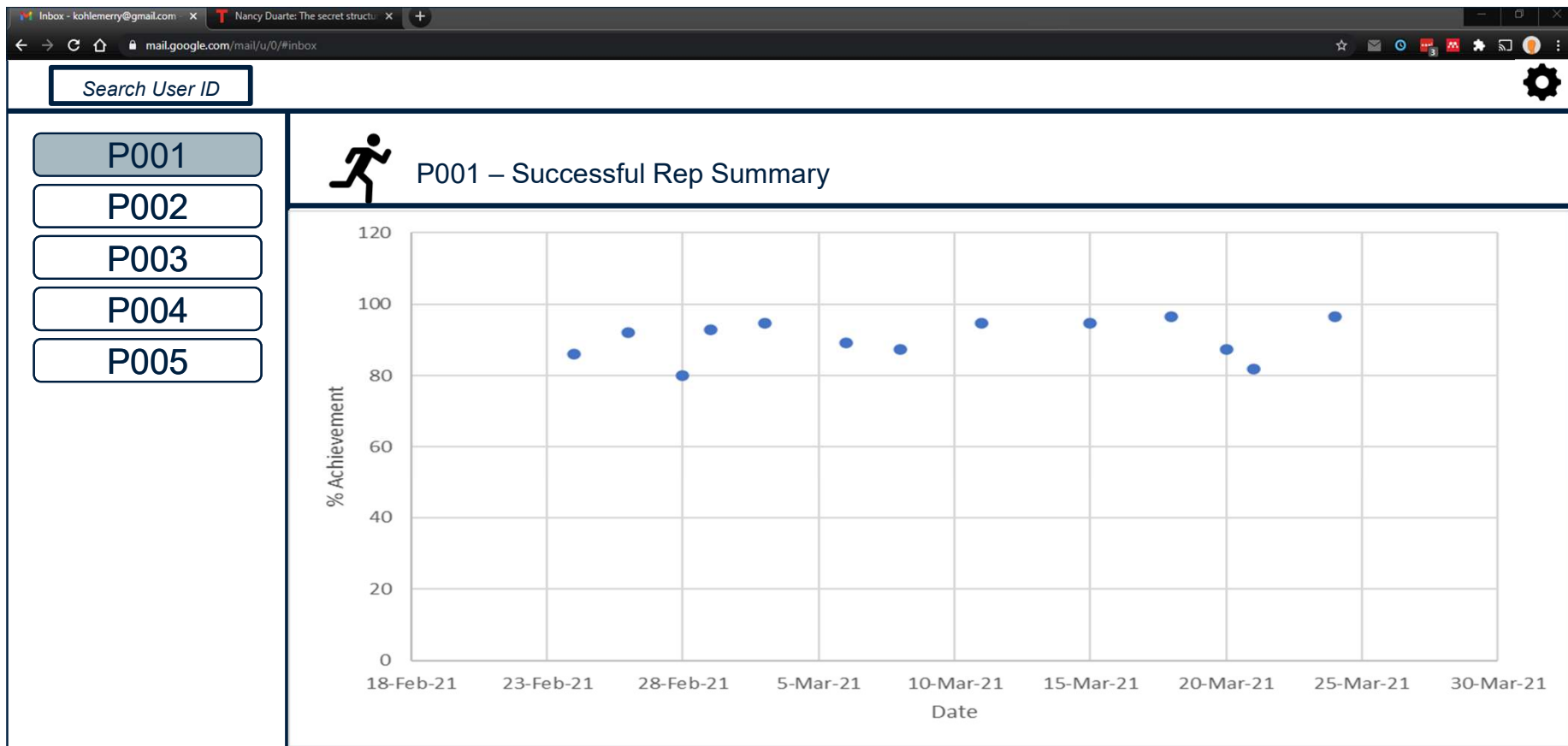
Example – first exercise mode data set for P001: 2-24-2021_ExerciseMode_P001_File1.xlsx

Then, do same %Achievement calculation for all exercise mode data sets...final summary data set would look like:

	A	B	C	D	E	F
1	Date	Reps Expected	Reps Completed	% Achievement		
2	24-Feb-21	50	43	86		
3	25-Feb-21					
4	26-Feb-21	50	46	92		
5	27-Feb-21					
6	28-Feb-21	50	40	80		
7	1-Mar-21	55	51	92.72727273		
8	2-Mar-21					
9	3-Mar-21	55	52	94.54545455		
10	4-Mar-21					
11	5-Mar-21					
12	6-Mar-21	55	49	89.09090909		
13	7-Mar-21					
14	8-Mar-21	55	48	87.27272727		
15	9-Mar-21					
16	10-Mar-21					
17	11-Mar-21	55	52	94.54545455		
18	12-Mar-21					
19	13-Mar-21					
20	14-Mar-21					
21	15-Mar-21	55	52	94.54545455		
22	16-Mar-21					
23	17-Mar-21					
24	18-Mar-21	55	53	96.36363636		
25	19-Mar-21					
26	20-Mar-21	55	48	87.27272727		
27	21-Mar-21	55	45	81.81818182		
28	22-Mar-21					
29	23-Mar-21					
30	24-Mar-21	55	53	96.36363636		
31	25-Mar-21					
32	26-Mar-21					
33						



USER PAGE – SUCCESSFUL REP SUMMARY



USER PAGE – EXERCISE SESSION DURATION SUMMARY

The screenshot shows a web browser window with the address bar displaying 'mail.google.com/mail/u/0/#inbox'. The page has a search bar labeled 'Search User ID' and a sidebar with five buttons: P001, P002, P003, P004, and P005. The main panel is titled 'P001 – Summary Data' and contains a list of summary options, each with a corresponding icon and a 'Display Graph' button. A red hand icon points to the 'Exercise Session Duration Summary' option.

User ID	Summary Data	Display Graph
P001	Data Calendar	Calendar icon
P002	Maximal Voluntary Contraction (MVC) Summary	Bar chart icon, Eye icon, Download icon
P003	Successful Rep Summary	Bar chart icon
P004	Exercise Session Duration Summary	Bar chart icon, Eye icon, Download icon
P005	Exercise Prescription Summary	Bar chart icon, Eye icon, Download icon

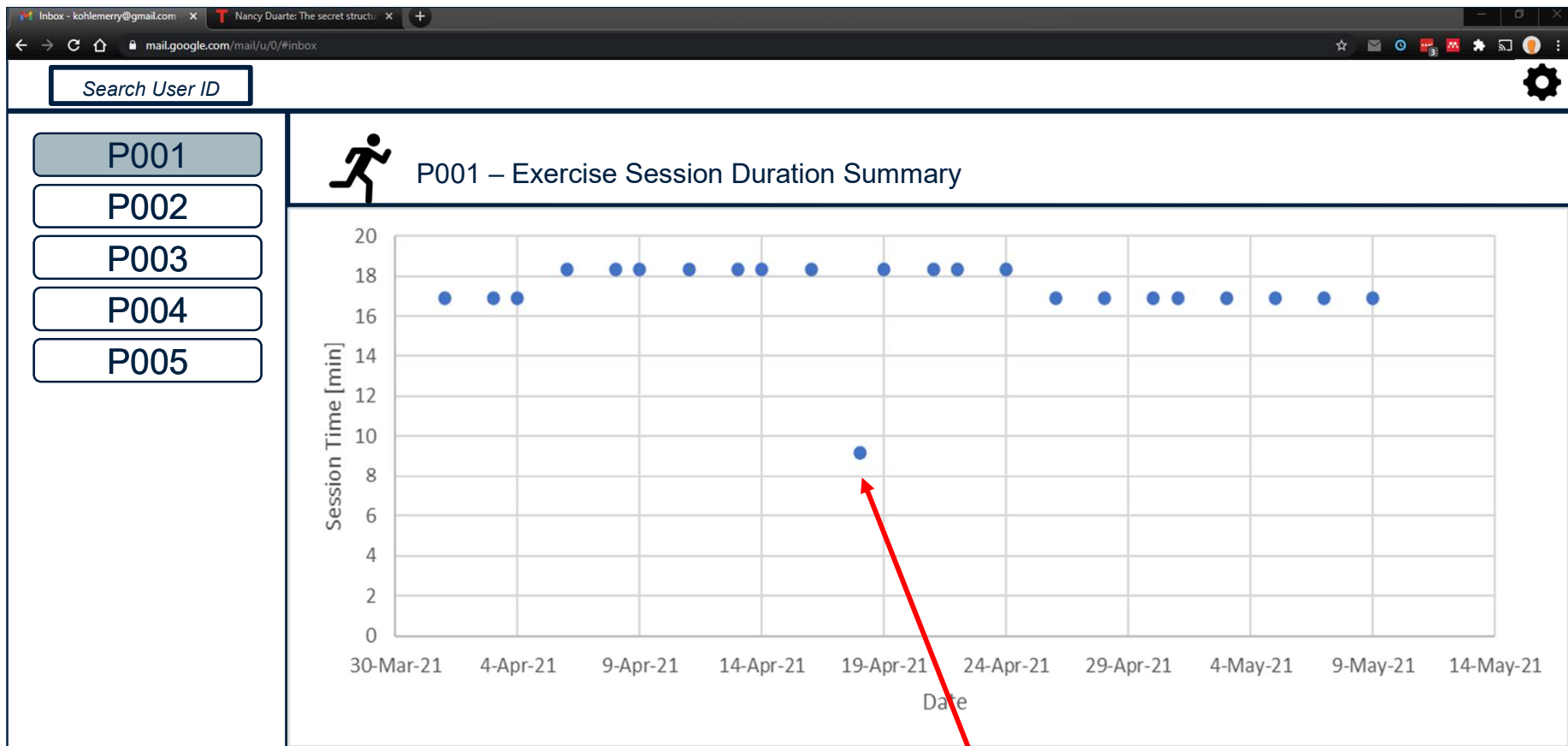


USER PAGE – EXERCISE SESSION DURATION SUMMARY

- Function: Display the total time [minutes] for all exercise mode sessions
- Purpose: Quick reference for clinicians to see if uploaded exercise mode data is appropriately long (most sessions would be expected to be ~15min, so if a session is ~5min, or multiple sessions are short like this, the user may not be completing the protocol, or we could be losing data).
- Raw Data: 1 row for each exercise mode session. First column would be date completed; 2nd column would be max time [s] taken from each individual file; 3rd column would be [s] to [min] conversion for display purposes as we prefer to display minutes over seconds



USER PAGE – EXERCISE SESSION DURATION SUMMARY



Outlier with shortened session time; could indicate lost data, or session not completed completely



USER PAGE – EXERCISE SESSION DURATION SUMMARY

The screenshot shows a web browser window with the address bar displaying 'mail.google.com/mail/u/0/#inbox'. The application interface includes a search bar labeled 'Search User ID' and a sidebar with buttons for users P001, P002, P003, P004, and P005. The main panel, titled 'P001 – Summary Data' with a running person icon, lists five summary options: 'Data Calendar', 'Maximal Voluntary Contraction (MVC) Summary', 'Successful Rep Summary', 'Exercise Session Duration Summary', and 'Exercise Prescription Summary'. Each option has associated icons for viewing data (eye icon) and downloading (download icon). A red hand icon points to the 'Exercise Session Duration Summary' option.

Search User ID

P001

P002

P003

P004

P005

P001 – Summary Data

Data Calendar

Maximal Voluntary Contraction (MVC) Summary

Successful Rep Summary

Exercise Session Duration Summary

Exercise Prescription Summary

View Data



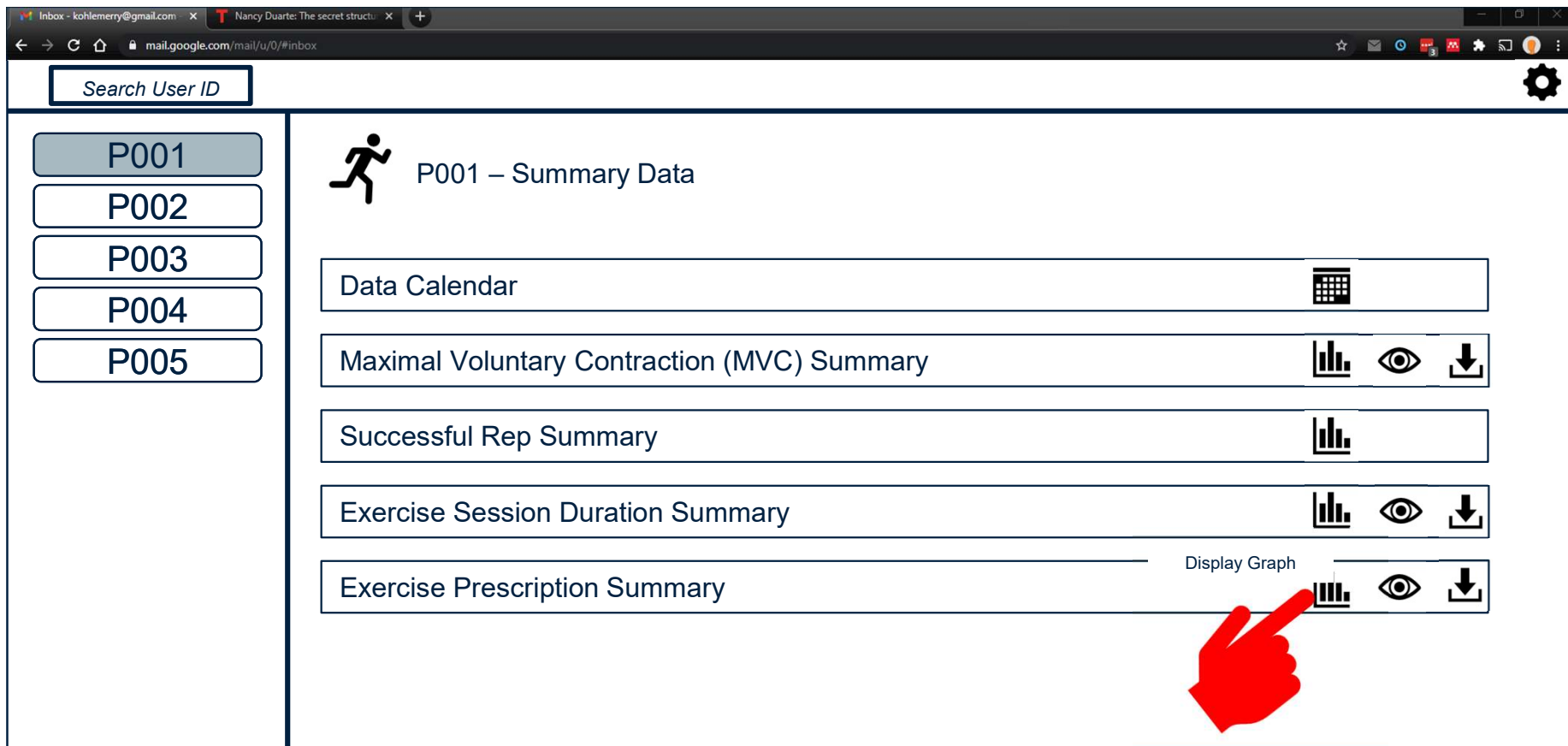
USER PAGE – EXERCISE SESSION DURATION SUMMARY

P001 - Exercise Session Duration Summary

Date	Session Duration [s]	Session Duration [min]
1-Apr-21	1014	16.9
2-Apr-21		
3-Apr-21	1014	16.9
4-Apr-21	1014	16.9
5-Apr-21		
6-Apr-21	1100	18.33333333
7-Apr-21		
8-Apr-21	1100	18.33333333
9-Apr-21	1100	18.33333333
10-Apr-21		
11-Apr-21	1100	18.33333333
12-Apr-21		
13-Apr-21	1100	18.33333333
14-Apr-21	1100	18.33333333
15-Apr-21		
16-Apr-21	1100	18.33333333
17-Apr-21		
18-Apr-21	550	9.166666667
19-Apr-21	1100	18.33333333
20-Apr-21		
21-Apr-21	1100	18.33333333
22-Apr-21	1100	18.33333333
23-Apr-21		
24-Apr-21	1100	18.33333333
25-Apr-21		
26-Apr-21	1014	16.9
27-Apr-21		
28-Apr-21	1014	16.9
29-Apr-21		
30-Apr-21	1014	16.9
1-May-21	1014	16.9
2-May-21		
3-May-21	1014	16.9




USER PAGE – EXERCISE PRESCRIPTION SUMMARY







The screenshot shows a web browser window with the address bar displaying 'mail.google.com/mail/u/0/#inbox'. The page has a dark header with a search bar labeled 'Search User ID' and a settings gear icon. On the left, there is a sidebar with five buttons labeled P001, P002, P003, P004, and P005. The main content area is titled 'P001 – Summary Data' with a running person icon. It contains five summary cards: 'Data Calendar' with a calendar icon; 'Maximal Voluntary Contraction (MVC) Summary' with a bar chart, eye, and download icon; 'Successful Rep Summary' with a bar chart icon; 'Exercise Session Duration Summary' with a bar chart, eye, and download icon; and 'Exercise Prescription Summary' with a bar chart, eye, and download icon. A red hand icon points to the bar chart icon of the 'Exercise Prescription Summary' card. The text 'Display Graph' is positioned above the bar chart icon of the 'Exercise Prescription Summary' card. The UBC logo is visible on the right side of the page.


Search User ID




P001
P002
P003
P004
P005




 P001 – Summary Data

Data Calendar 

Maximal Voluntary Contraction (MVC) Summary   

Successful Rep Summary 

Exercise Session Duration Summary   

Exercise Prescription Summary    Display Graph



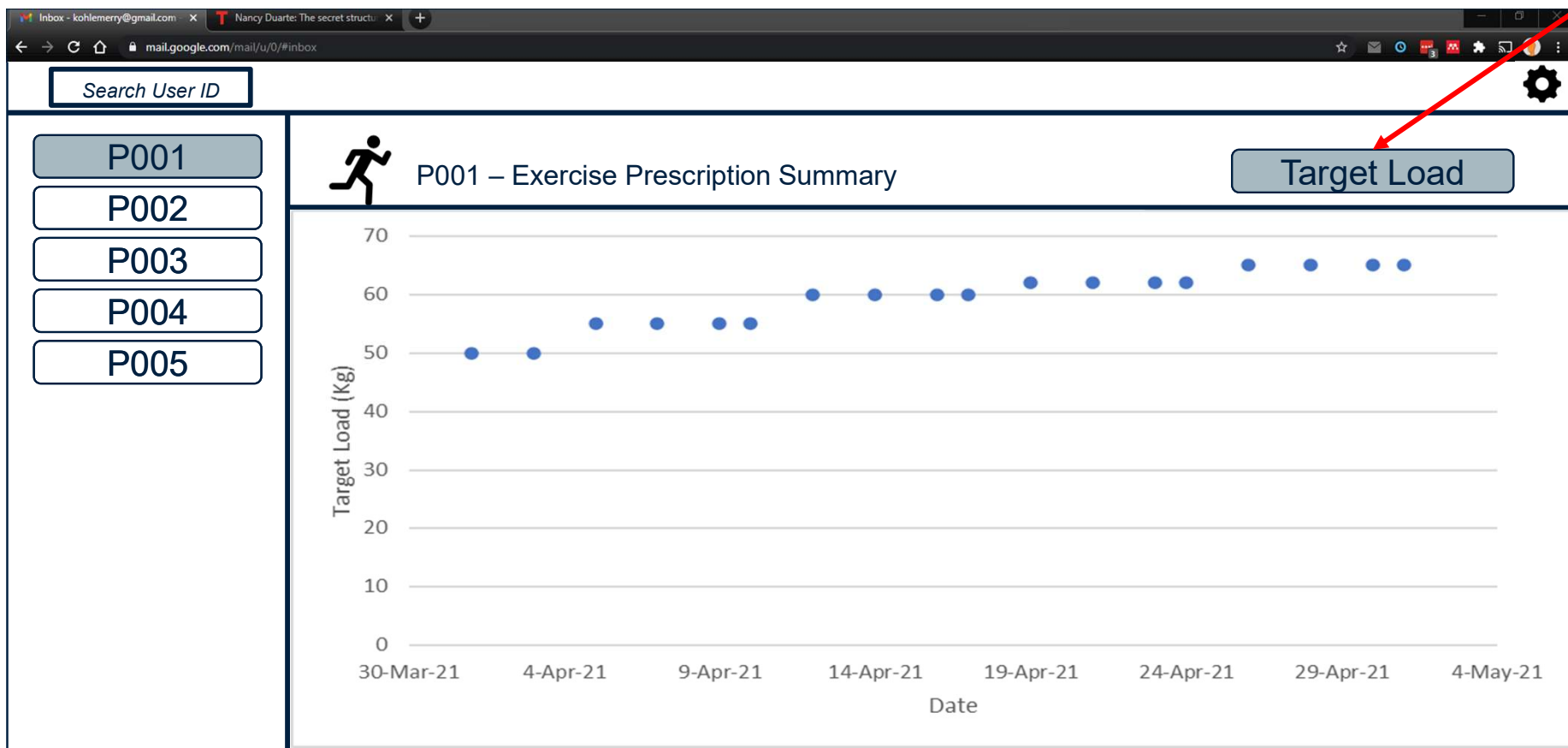
USER PAGE – EXERCISE PRESCRIPTION SUMMARY

- Function: Visualize specific aspects of exercise prescription which can be pulled from each exercise session data set (they precede the actual data)
- Purpose: Quick way for the clinician to visualize the exercise prescription for a specific client, and how that prescription has changed over time. Specifically in relation to target load, hold time, rest time, sets, and reps.
- Raw Data: Each exercise mode session will have one set of these 5 features, so raw data will be 1 row/exercise session, with 6 columns (date, target load, hold time, rest time, sets, and reps)

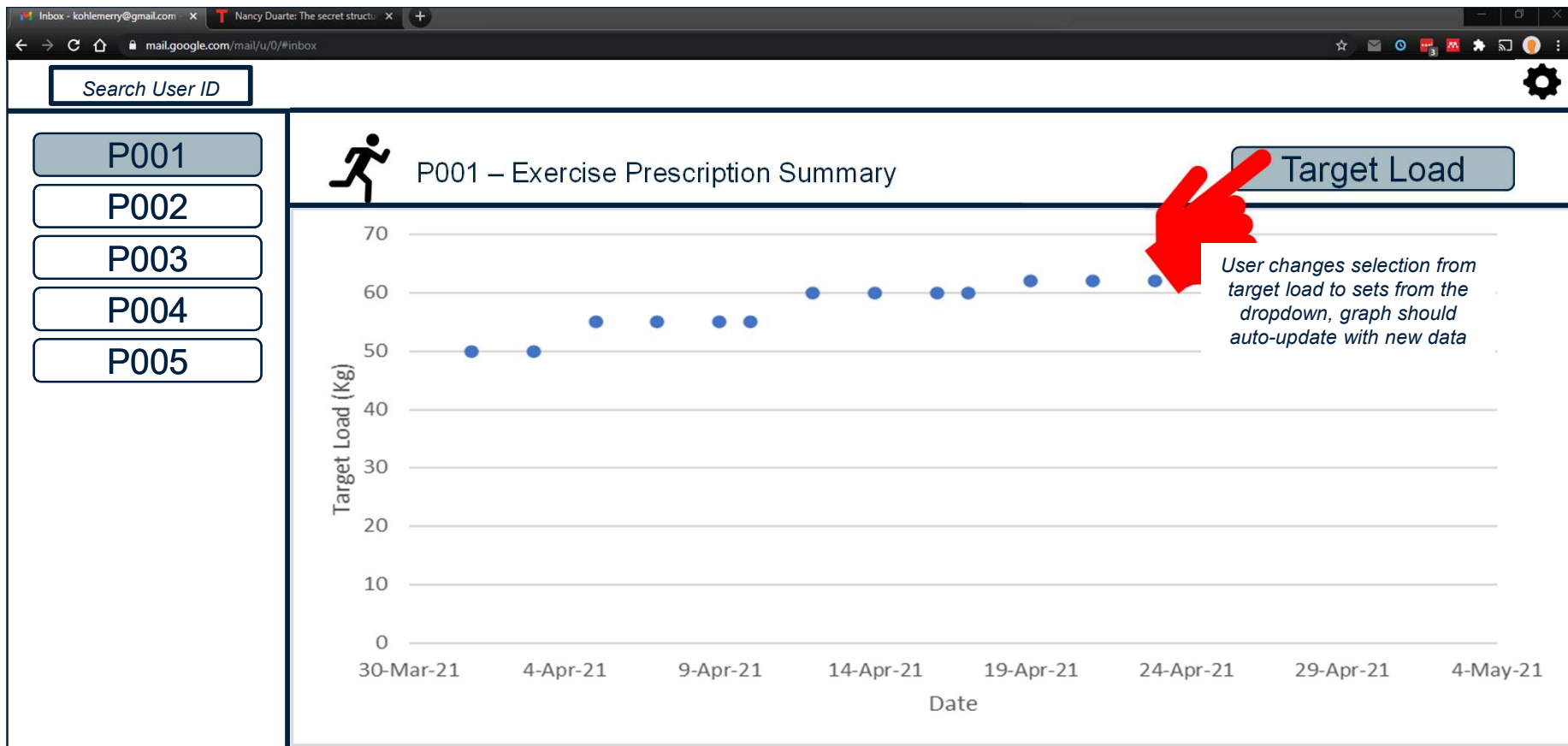


USER PAGE – EXERCISE PRESCRIPTION SUMMARY

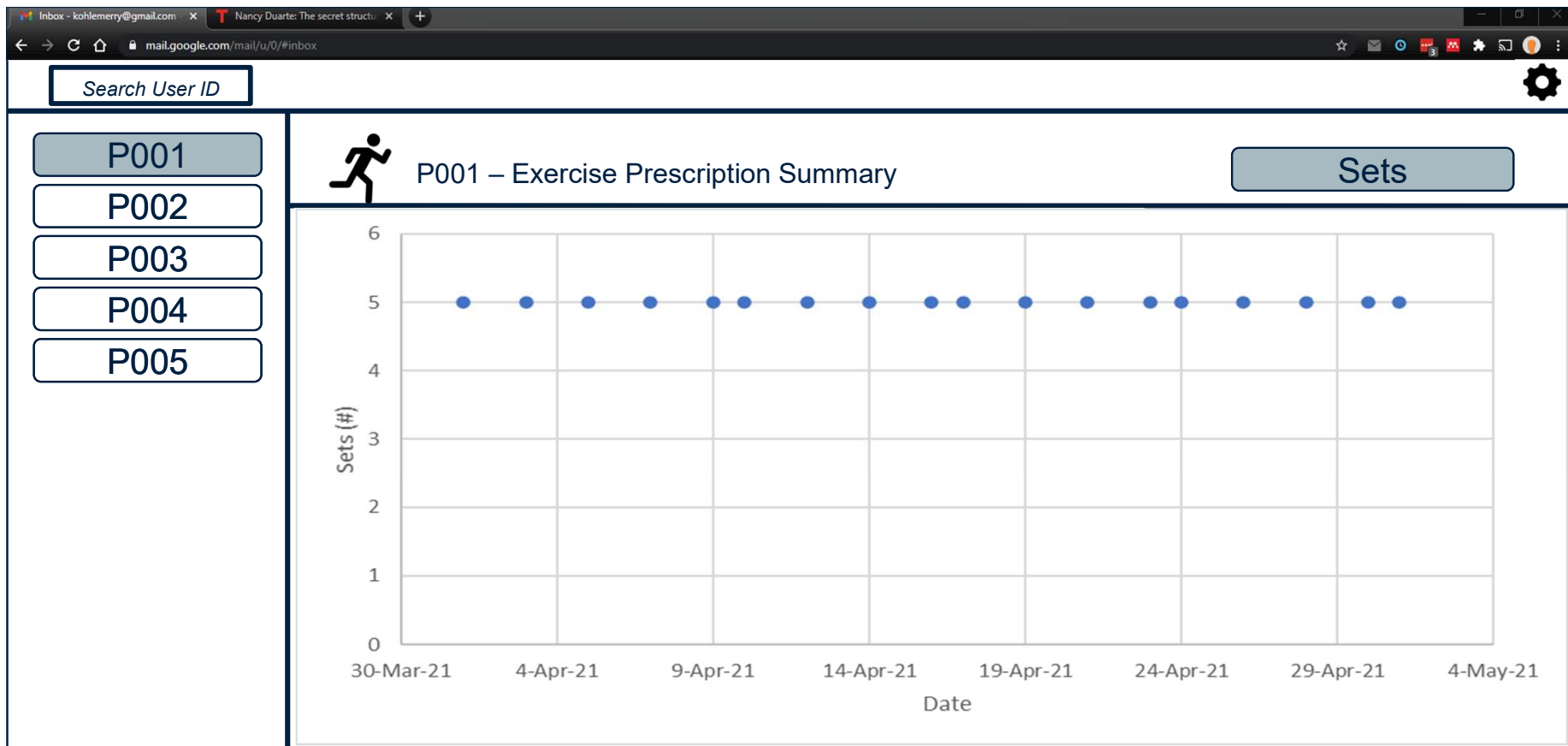
Dropdown button for clinician to select feature of interest: Target Load, Hold Time, Rest Time, Sets, Reps



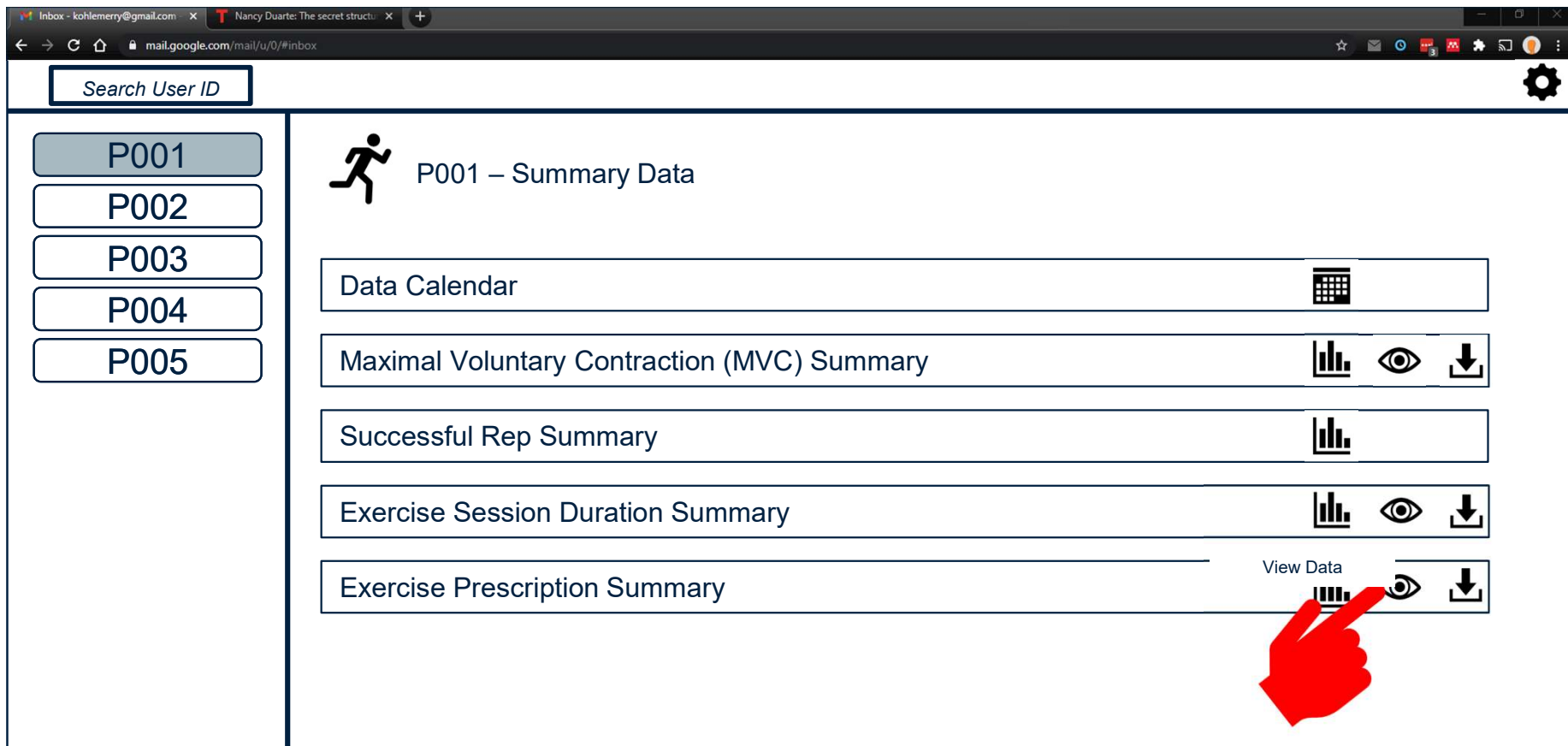
USER PAGE – EXERCISE PRESCRIPTION SUMMARY



USER PAGE – EXERCISE PRESCRIPTION SUMMARY



USER PAGE – EXERCISE PRESCRIPTION SUMMARY



The screenshot shows a web browser window with a single tab titled 'Inbox - kohlemerry@gmail.com'. The address bar displays 'mail.google.com/mail/u/0/#inbox'. The application interface features a search bar labeled 'Search User ID' at the top. On the left, a vertical sidebar contains five buttons labeled 'P001', 'P002', 'P003', 'P004', and 'P005', with 'P001' currently selected. The main content area is titled 'P001 – Summary Data' and includes a running person icon. It lists five summary items, each with a title, a bar chart icon, and a 'View Data' link (represented by an eye icon and a download icon). The items are: 'Data Calendar', 'Maximal Voluntary Contraction (MVC) Summary', 'Successful Rep Summary', 'Exercise Session Duration Summary', and 'Exercise Prescription Summary'. A large red hand cursor is pointing at the 'View Data' link for the 'Exercise Prescription Summary' item. The UBC logo is visible in the top right corner of the slide.

Search User ID

P001

P002

P003

P004

P005

P001 – Summary Data

Data Calendar

Maximal Voluntary Contraction (MVC) Summary

Successful Rep Summary

Exercise Session Duration Summary

Exercise Prescription Summary

View Data


USER PAGE – EXERCISE PRESCRIPTION SUMMARY

Inbox - kohlemerry@gmail.com x Nancy Duarte: The secret structu... +

mail.google.com/mail/u/0/#inbox

Search User ID

P001
P002
P003
P004
P005

 P001 – Exercise Prescription Summary

Date	Target Load (kg)	Hold Time (s)	Rest time (s)	Sets (#)	Reps (#)
1-Apr-21	50	3	10	5	10
2-Apr-21					
3-Apr-21	50	3	10	5	10
4-Apr-21					
5-Apr-21	55	3	10	5	10
6-Apr-21					
7-Apr-21	55	3	10	5	10
8-Apr-21					
9-Apr-21	55	3	10	5	10
10-Apr-21	55	3	10	5	10
11-Apr-21					
12-Apr-21	60	3	10	5	12
13-Apr-21					
14-Apr-21	60	3	10	5	12
15-Apr-21					
16-Apr-21	60	3	10	5	12

