- **Exercise Rx** (changed from "Training" on the Menu) **–** Tapping the green "Exercise Rx" text-link on the **Menu** opens the "Exercise Rx" screen.
  - The "Exercise Rx" screen is a template with specific values inserted into the Participant's Rx that are based on the Participant's Total CrossComp Score AND each of their 4 Test Results.
  - The "Exercise Rx" screen includes:
    - **OptiHealth Sports Medicine Clinic**
    - *Because exercise is medicine, and fitness is the cure.*
    - [Name of Service Coordinator], Sports Medicine Technician
    - [Date of CrossComp]
    - Exercise Rx for [First & Last Name of Participant]
    - Complete 1 to 3 rounds of the following exercises 6 days each week for [#] weeks.
    - 1 Round of Exercise (about 10 minutes total):
      - Shuttle Run/Walk: [A] meters
      - Squats: [B] reps
      - Leg-Raises: [C] reps
      - Push-Ups: [D] reps
    - Rest 1 day each week.
    - Exercise Goal: Work up to a total of 15 Rounds per week.
    - Participate in "**Free Fitness Training**" as often as possible.
    - Invite your family and friends to exercise with you.
    - Every day:
      - Drink plenty of water.
      - Get plenty of fresh air and sunshine.
      - Eat less meat, dairy, sugar, and refined foods.
      - Eat more fruits, vegetables, and whole grains.
      - Get at least 7 hours of sleep each night.
    - Repeat the CrossComp Fitness Test in [#] weeks. On or before [DATE]
    - A blue "**Free Fitness Training**" button. (Refer to "Free Fitness Training" below.)
    - A green "**More Health & Fitness Resources**" button (refer to the 10-More document.)

  - Notes regarding the "Exercise Rx" template:
    - # = the Follow-Up Timeframe in Weeks based on the Participant's Total CrossComp Score. (Refer to Total CrossComp Score Table below.)
    - The values for A-D are the lowest value of the next higher level Test Result range. (Refer to the Test Result Table and the Exercise Rx Examples below.)
    - If a Test Result for any A-D exercise is at Level 7, then the # for Level 7 is used for the Rx for that exercise (no next higher level). (Refer to the Test Result Table below
    - Examples:
      - If the Participant got a Shuttle Test Result of 340 (Level 3), his Exercise Rx for the Shuttle Run/Walk exercise would be 400 (value of A) meters.
      - If the Participant got a Squat Test Result of 72 (Level 4), his Exercise Rx for the Squat exercise would be 80 (value of B) reps.
      - If the Participant got a Squat Test Result of 126 (Level 7), his Exercise Rx for the Squat exercise would be 120 (value of B) reps.

- o If the Participant got a Leg-Raise Test Result of 41 (Level 5), his Exercise Rx for the Leg-Raise exercise would be 50 (value of C) reps.
- o If the Participant got a Push-Up Test Result of 8 (Level 2), his Exercise Rx for the Push-Up exercise would be 10 (value of D) reps.
- ▪ Date formula: Date of CrossComp + # of weeks in Follow-Up Timeframe = Follow-Up Date

Total CrossComp Score	Fitness Level	Follow-Up (# of Weeks)
0.0 - 19.9	Level 1	4
20.0 - 39.9	Level 2	8
40.0 - 59.9	Level 3	312
60.0 - 79.9	Level 4	16
80.0 - 99.9	Level 5	20
100.0+	Level 6	24

Test Result Level	Cardiovascular	Legs	Core	Arms
	A) Shuttle	B) Squats	C) Leg-Raises	D) Push-Ups
Level 1	0-99	0-19	0-9	0-4
Level 2	100-249	20-39	10-19	5-9
Level 3	250-399	40-59	20-29	10-14
Level 4	400-549	60-79	30-39	15-19
Level 5	550-699	80-99	40-49	20-24
Level 6	700-799	100-119	50-59	25-29
Level 7	800+	120+	60+	30+

- **Free Fitness Training** – Tapping the "Free Fitness Training" button at the bottom of the "Exercise Rx" screen opens the "Free Fitness Training" screen.
  - o This button opens a feature that is very similar to the feature that opens when the "Schedule Your Next CrossComp" button in the "Scores" section is tapped, except CrossComp TRAINING services are free and the CrossComp TESTING services require a purchase. (Refer to "06-Service Coordinator.")
  - o The "Free Fitness Training" screen lists all the LOCAL Free Fitness Training Events in the Participant's area (by Postal Codes).
    - ▪ The following is explained in the 06-Service Coordinator documrnt:
    - ▪ When a Professional Affiliate (as a Service Coordinator) posts an "Event" type of CrossComp service for Testing, the Affiliate can indicate that "Free Training" services will be available at the Event (along with the CrossComp Testing services).
    - ▪ If the Affiliate posts such an **Event** (one that provides BOTH types of services - testing AND training), the Event is listed under BOTH the list for making a "Reservation" (for testing) AND on the list here to make a "Reservation" for "Free Training" services.
    - ▪ The list of LOCAL Free Training Events is determined by matching the Participant's Postal Code to the Postal Codes being served by the Event, as specified by the Affiliate (Service Coordinator) that posts the Event.
    - ▪ The Free Training Events are listed chronologically by Date/Time.
      - o Example listing: "05/30/2021, Sunday, 1:00-4:00 pm at Mentone Park"
    - ▪ Tapping on a listing opens a "**Free Training Event**" screen with the details about that Free Fitness Training Event (which are the same as the details for the CrossComp Testing services at the same Event).
    - ▪ Note: An Assistant Trainer can not remove the Name of a CrossComp Trainer that is in green-text, because the Assistant Trainer is currently signed-up to serve at a Free Training Event for that CrossComp Trainer.

- The "Free Training Event" screen (for Participants) includes:
  - The **Name** of the Event
  - The Street **Address** of the Event
  - The City, State & Postal Code
    - Tapping on the Address opens the user's Map/Navigation App, (or maybe we should have a "**Map**" icon, or both).
  - The **Date, Day, and Hours** of the Event.
  - Name of the **CrossComp Trainer**.
  - At the bottom of the screen is a green "**Reserve-a-Spot**" button.
    - When the Participant taps the "Reserve-a-Spot" button, a "Confirm" button appears.
    - Tapping the "Confirm" button adds the Participant's Name to the CrossComp Trainer's "List of Trainees" for that Event.
  - At the very bottom of the screen is a blue "Return to List of Training Events" button.
- After the User has confirmed a Spot for a Free Training, tapping the "Free Fitness Training" button at the bottom of the "Exercise Rx" screen would now open the "Free Training Event" screen for which the Participant has Reserved-a-Spot.
  - BUT, instead of the green "Reserve-a-Spot" button, a red "**Cancel**" button is at the bottom of the screen, followed by a "Confirm" button.
    - Tapping the "Cancel" and "Confirm" buttons cancel the Participant's reservation (removes his name from the CrossComp Trainer's "List of Trainees" for that Event).
  - If the Participant is signed-up for more than one future Training Event, a green right-arrow appears at the bottom of the screen. Tapping the arrow opens the screen of the next "Free Training Event" in chronological order into the future.
  - A blue "**List of Free Trainings**" link at the bottom of the "Free Training Event" screen (for which the Participant has Reserved-a-Spot) opens the current list of Free Trainings in the Participant's local area.
  - After the Participant's last scheduled Free Training has occurred, the "Free Fitness Training" button would revert to opening the "Free Fitness Training" screen that lists the Names of all the Free Training Events that are local to the Participant.

  - **FREE TRAINING RESERVE-A-SPOT NOTIFICATIONS by Text Message**
    - To the User that made/canceled the training reservation:
      - Upon making/canceling a Training Reservation.
        - Example: You made/cancelled a Reservation for Free Fitness Training. Open your App for more information.
      - On the day before the Training Reservation.
        - Example: You have a Reservation for a free Fitness Training for tomorrow. Open your App for more information.
    - To the CrossComp Trainer:
      - Upon a Training Reservation being made/cancelled for the CrossComp Trainer's Event:
        - Example: A CrossComp Trainee has made/cancelled a Free Training Reservation with you. Open your App for more information.

- **Assistant Trainer** – Tapping the green "Assistant Trainer" text-link on the **Volunteer Dashboard** screen opens the "List of CrossComp Trainers" screen.

- The "List of CrossComp Trainers" screen lists in BLACK, BLUE, or GREEN text the Names of all the CrossComp Trainers for which the Assistant Trainer is currently signed-up.
    - **BLACK:** The Names of CrossComp Trainers that do NOT have an up-coming Free Training Event at which Assistant Trainers are needed are listed in BLACK text.
    - **BLUE:** The Names of CrossComp Trainers that HAVE an up-coming Free Training Event at which Assistant Trainers are needed are listed in BLUE text.
    - **GREEN:** The Names of CrossComp Trainers for which the Assistant Trainer IS signed-up to train at an up-coming Free Training Event are listed in GREEN text.
- To the left of the Name of each CrossComp Trainer is a "Text" icon.
    - Tapping the "Text" icon opens the User's Text Messaging App for sending a text message to that CrossComp Trainer.
- To the right of the Name of each CrossComp Trainer in black- or blue- text is a Red "X."
    - Tapping the red "X" opens a "Confirm" button.
        - Tapping the "Confirm" button removes the CrossComp Trainer from the list, AND removes the Name of the Assistant Trainer from that CrossComp Trainer's list of Assistant Trainers. (Refer to the next section.)
    - Reminder: An Assistant Trainer can not remove the Name of a CrossComp Trainer that is in green-text, because the Assistant Trainer is currently signed-up to serve at a Free Training Event for that CrossComp Trainer.
- At the bottom of the "List of CrossComp Trainers" screen (which lists his CrossComp Trainers) is a "Add a CrossComp Trainer" button that opens the following series of 2 screens:
    - **Screen 1:** "Enter the 10-digit Phone # of the CrossComp Trainer for whom you want to serve as an Assistant Trainer:"
        - This screen has a space for entering a Phone # and tapping an "Identify" button.
        - Tapping the "Identify" button opens screen 2.
    - **Screen 2:** "Do you want to add [Name of CrossComp Trainer] to your list?"
        - This screen has a green YES button and a red NO button.
            - Tapping the green YES button adds the CrossComp Trainer's Name to the Assistant Trainer's "List of CrossComp Trainers" screen, AND adds the Assistant Trainer's Name to the CrossComp Trainer's "List of Assistant Trainers" screen. (Refer to the next section.)
            - Tapping the red NO button returns to Screen 1.

- Black: Tapping on the Name of a CrossComp Trainer that is in black-text doesn't do anything, because it is not a text-link.

- BLUE: Tapping on the Name of a CrossComp Trainer that is in blue-text opens a "List of Free Training Events" screen that lists the Names of all the Free Training Events at which that CrossComp Trainer needs Assistant Trainers.
    - Tapping on the Name of a Free Training Event in the list opens the "Free Training Event" screen for that Event.
    - Note: A modified version of the "Free Training Event" screen opens depending on whether the User is a Participant, an Assistant Trainer, or a CrossComp Trainer.
    - The "Free Training Event" screen (for Assistant Trainers) includes:
        - The **Name** of the Event
        - The Street **Address** of the Event
        - The City, State & Postal Code
            - Tapping on the Address opens the user's Map/Navigation App, (or maybe we should have a "**Map**" icon, or both).

- The **Date, Day, and Hours** of the Event.
- A number of open **SPACES** that match the # of Assistant Trainers needed for this Event as specified by the Crosscomp Trainer when he created/edited the Event (as a Service Coordinator). (Refer to the 06-Service Coordinator document.)
- Name of the **CrossComp Trainer** (with a green "Text" icon to the left of it).
    - The Assistant Trainer can enter his Name into any of the open spaces on the screen that are below the Date/Hours.
        - Entering his Name "auto-fills" by matching the Names of all the Assistant Trainers that are signed-up with that CrossComp Trainer.
        - Upon matching his Name, a "Confirm" button appears.
        - Tapping the "Confirm" button:
            - Adds the Assistant Trainer's Name to the list of Assistant Trainers on the CrossComp Trainer's "Free Training Event" screen for this Event. (Refer to the next section.)
        - Changes the text color of the CrossComp Trainer's Name on the Assistant Trainer's "List of CrossComp Trainers" screen from blue- to green- text, because now he is signed-up to assist with a Free Training Event for the CrossComp Trainer.

- GREEN: Tapping on the Name of a CrossComp Trainer that is in green-text opens a "List of Free Training Events" screen that lists the Names of all the Free Training Events of that CrossComp Trainer for which the Assistant Trainer has signed-up.
    - Tapping on the Name of a Free Training Event in the list opens the "Free Training Event" screen for that Event.
    - The "Free Training Event" screen (for **signed-up** Assistant Trainers) includes:
        - The **Name** of the Event
        - The Street **Address** of the Event
        - The City, State & Postal Code
            - Tapping on the Address opens the user's Map/Navigation App, (or maybe we should have a "**Map**" icon, or both).
        - The **Date, Day, and Hours** of the Event.
        - The Names of all the **Assistant Trainers** that have signed-up for this Event.
        - The Name of the **CrossComp Trainer** (with a green "**Text**" icon to the left of it.
        - A green "**List of Trainees**" button.

    - Tapping the "List of Trainees" button opens the "List of Trainees" screen.
        - The "List of Trainees" screen lists the Names of all the Participants who have "Reserved-a-Spot" for this Free Training Event (the Trainees) in black text.
        - The Names are listed in alphabetical order by First Name.
        - When a Trainee is "checked-in" at the Event by the CrossComp Trainer (Refer to "Check-In Trainees" in the next section.), that Participant's Name on the "List of Trainees" screen changes from black- to green- text.
    - When an Assistant Trainer taps on a Name in the list that is a green text-link, a "Confirm" button appears.
        - Tapping the "Confirm" button:
            - Opens a "Trainee Notes" screen for that Participant.
            - Removes the Name of the Trainee from the "List of Trainees" screen.
        - The "Trainee Notes" screen looks a lot like the "Trainee Check-In" screen (Refer to the next section), except none of the information can be edited, and below the information

is an area for the Assistant Trainer to enter notes about that Trainee's training session, as well as a couple of buttons:
- o Trainee's First Name
- o Trainee's Last Name
- o League
- o Gender
- o Date of Birth
- o -Age (auto-calculated from Date of Birth)
- o Date of most recent CrossComp
- o Total Score of most recent CrossComp
- o The 4 Test Results (A / B / C / D) of the most recent CrossComp
- o Height
- o Weight
- o -BMI (auto-calculated from Height/Weight)
- o Special Conditions
- o *Notes: **(editable space with a 2,000-character capacity limit)**
- o A blue "**Save**" button.
- o A red "**Submit**" button, followed by a "**Confirm**" button.
- Tapping the "Save" button" saves the notes/edits, but keeps the screen open for entering more notes.
- Tapping the "Submit" button saves and closes the screen, and returns to the "List of Trainees" screen for selecting another Trainee that has been checked-in by the CrossComp Trainer.

- **CrossComp Trainer –** Tapping the green "CrossComp Trainer" text-link on the **Professional** Dashboard screen opens the "CrossComp Trainer" screen.
  - o The "CrossComp Trainer" screen lists the Names of all the "Free Training Events" that the User created (as a Service Coordinator when posting a CrossComp TESTING Event). (Refer to the "06-Service Coordinator" document.)
  - o Tapping on the Name of a listed "Free Training Event" opens the "Free Training Event" screen with all the details about that Event.
  - o The "Free Training Event" screen (for CrossComp Trainers) includes:
    - ▪ The **Name** of the Event
    - ▪ The Street **Address** of the Event
    - ▪ The City, State & Postal Code
      - Tapping on the Address opens the user's Map/Navigation App, (or maybe we should have a "**Map**" icon, or both).
    - ▪ The **Date, Day, and Hours** of the Event.
    - ▪ The Names of all the **Assistant Trainers** that have signed-up for this Event.
      - A green "**Text**" icon to the left of each Assistant Trainer's Name.
    - ▪ A blue "**Recruit Assistant Trainers**" button
    - ▪ The Names of all the **Participants** (Trainees) who have "Reserved-a-Spot" at this Event.
      - A green "**Text**" icon to the left of each Participant's Name.
    - ▪ A blue "**Announce Event**" button.
    - ▪ A green "**Process Trainees**" button.

  - o Tapping the "**Recruit Assistant Trainers**" button opens a screen for entering and sending a text message to ALL the Assistant Trainers that have signed up with the CrossComp Trainer, but have NOT scheduled themselves for this Event.

- The CrossComp Trainer enters a text message that notifies the Assistant Trainers that their services are needed.
- The text message would automatically include a link to the Assistant Trainer's version of the "Free Training Event" screen for this Event where they can schedule themselves. (Schedules are filled by "first come, first served.")
- If an Assistant Trainer schedules himself for an Event, his Name appears on the Assistant Trainer's and CrossComp Trainer's versions of the "Free Training Event" screens for that Event.

o Tapping the "**Announce Event**" button opens a screen for entering and sending a text message to ALL the CrossComp Participants in the Postal Codes for which the Event was specified to serve when it was created by the CrossComp Trainer (as a Service Coordinator).
- The CrossComp Trainer enters a text message that notifies the Participants that a Free Training Event is available in their area.
- The text message would automatically include a link to the Participants' version of the "Free Training Event" screen for this Event where they can "Reserve-a-Spot.".
- If a Participant "Reserves-a-Spot," that Participant's Name appears on:
  o The Assistant Trainer's "List of Trainees" screen.
  o The list of Trainees on the CrossComp Trainer's "Free Training Event" screen.
  o The list of Trainees on the CrossComp Trainer's "Check-In Participants" screen.

o Tapping the "**Process Trainees**" button opens the "List of Trainees" screen for CrossComp Trainers (which is a version of the "List of Trainees" screen for Assistant Trainers).
- The "List of Trainees" screen lists the Names of all the Participants who have "Reserved-a-Spot" for this Free Training Event (the Trainees).
  - The Participants' Names are a BLUE text-link (instead of black text, non-link as on the Assistant Trainers' version of their "List of Trainees" screen).
  - The Names are in alphabetical order by First Name.
  - Tapping on a Name in the list opens the "**Trainee Check-In**" screen. (See below.)
  - After the CrossComp Trainer checks-in a Trainee by tapping on the "Submit" at the button of the "Check-In" screen and returning to the "List of Trainees" screen, the Name of the Trainee in the list has changed from a blue text-link to black text (and it's not a link).
  - Alternatively, the Trainee's Name on the Assistant Trainer's version of the "List of Trainees" screen changes from black-text to a green text-link, which when tapped opens the "Trainee Notes" screen for the Assistant Trainer to fill-in and "Submit."
  - After an Assistant Trainer submits his "Trainee Notes" regarding a Trainee, that Trainee's Name is now a GREEN text-link on the CrossComp Trainer's "List of Trainees" screen.
  - Tapping on the Trainee's Name, that is now a green text-link on the CrossComp Trainer's "List of Trainees" screen, opens the "Trainee Notes" screen that the Assistant Trainer submitted regarding that Participant for review.
    o The CrossComp Trainer can add notes to the "Trainee Notes" screen in a separate space, and "Save" the additions, but can NOT edit the Assistant Trainer's notes.
    o The CrossComp Trainer can also edit (up-date) the information that appears in the ***Special Conditions** editable space.
    o When the CrossComp Trainer "Submits" the "Trainee Notes," after reviewing adding more notes, and updating the Special Conditions:

- That Trainee's Name disappears from the CrossComp Trainer's version of the "Free Training Event" screen.
- The Trainees Name (as a text-link to his "Trainee Notes" screen is added to the CrossComp Trainer's "Tracking System" for filing and follow-up. (Refer to 06-Service Coordinator document.)

- <mark>Trainee Check-In</mark> – When the CrossComp Trainer at a Free Training Event taps on the Name of a Participant that is listed as a blue text-link on his "List of Trainees" screen, the "Trainee Check-In" screen for that Participant (Trainee) opens.
  - The "Trainee Check-In" screen includes both:
    - Some information from the database which can NOT be edited.
    - Some information from the database that appears in "pre-filled spaces" which CAN be edited. (The bolded items below indicated with an "*" below CAN be edited.)
      - Trainee's First Name
      - Trainee's Last Name
      - League
      - Gender
      - Date of Birth
      - -Age (auto-calculated from Date of Birth)
      - Date of most recent CrossComp
      - Total Score of most recent CrossComp
      - The 4 Test Results (A / B / C / D) of the most recent CrossComp
      - ***Height**
      - ***Weight**
      - -BMI (auto-calculated from Height/Weight)
      - ***Special Conditions** (500-character space capacity)
  - At the bottom of the "Trainee Check-In" screen is a Blue "Submit" button.
    - A Green "Confirm" button appears when the "Submit" button is tapped.
    - Tapping the "Confirm" button causes the following actions:
      - The Trainee's Name on the Assistant Trainer's "List of Trainees" screen (to open the "Trainee Notes" screen) changes from black-text to a green text-link.
      - The Trainee's Name on the CrossComp Trainer's "List of Trainees" screen (to open the "Trainee Check-In" screen) changes from a blue text-link to black text.

<mark>**Summary of Processing Trainees at a Free CrossComp Fitness Training Event**</mark>:
- The CrossComp Trainer's "Free Training Event" screen shows the Names of:
  - All he Assistant Trainers that scheduled themselves for the Event.
  - All the Participants that "Reserved-a-Spot" to be a Trainee at the Event.
    - Names of "processed" Trainees disappear from the list.
- The CrossComp Trainer's "List of Trainees" screen lists the Names of all the Trainees as a blue text-link.
  - Tapping the Name opens the "Trainee Check-In" screen.
  - Name changes to black-text upon being checked-in.
  - Name changes to a green text-link when his Trainee Notes are submitted (see below).
- The Assistant Trainers' "List of Trainees" screen lists the Names of all the Trainees in black-text.
  - Name changes to a green text-link upon being checked-in.
  - Tapping the Name opens the "Trainee Notes" screen.
  - Name disappears from the list when the Notes are submitted.