

WHAT IS METRIFIT?

Metrifit’s innovative technology monitors key metrics focused on making health and well being a priority in performance. It helps coaches get to know their athletes, and helps athletes get ready to perform. It is a simple, intuitive and effective approach to monitoring looking at how the ‘small picture’ of an athlete’s daily habits, shapes the ‘big picture’ of match day performance. It is easy to implement, and the data is easily accessible ensuring that the coach can act on the information provided to improve both individuals and teams. The role that an athlete’s lifestyle can have on their performance should never be underestimated and giving the athlete an active role in this monitoring process is key to Metrifit’s approach.



WHY SHOULD YOU USE IT?

Whether your use of Metrifit is to help you in your day-to-day monitoring of your athletes, to make training/competition decisions, to empower student-athletes to be reflective and take charge of their health and wellness, or as a basis to engage in conversation with your student-athletes thereby demonstrating you care about them as individuals, Metrifit simply works. It meets kids where they reside - on their mobile phones and through technology and is quick, easy, and habit-forming to use.

HOW DOES IT WORK?

- Daily Questionnaire
- Session RPE
- Coach Athlete Communication
- Profiling and Surveys

- Tests
- Covid-19 Monitoring and Contact Tracing
- Injury/Illness
- Athlete Library

- Reports and Insights
- Ongoing research and improvement
- Built in help and FAQs
- Sports Science Consultancy

FIND OUT MORE

[An overview of Metrifit Functionality](#)

[How it works](#)

[Customer Testimonials](#)

“Metrifit has allowed us to gain better insight on our athletes and their individual stress response to training and outside factors. This has helped us to make daily adjustments when necessary to further enhance their development which has led to higher performance levels, faster recovery, and a reduction in injuries” *Dan Rickaby, Assistant S&C Coach, Tulane University*