



user guide

Coach's dashboard

Helping you assess adherence, readiness, elevation and more from your athletes' Ember data

*Equipment and software pictured in this user guide is based on information available at the time. Actual product offerings may vary from those shown or may be subject to availability delays or discontinuance.

Welcome!

We are very excited you have chosen Ember for your athletes and chosen Ember Coach service to help you assess each of your athlete's adherence, readiness and elevation responses.

Sincerely,
The Ember Team at Cercacor

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Indications for Use

Ember coach is intended for use by trainers or coaches who have athletes that use Ember and are familiar with Ember and the parameters it measures. Your athletes should be measuring on a daily basis "First of Day" and participate in entering subjective emotional feedback on each measurement.

The goal of the Ember Coach solution is to provide a single location for a coach or trainer to review multiple athletes using Ember. The intent is to allow a coach to create compliance criteria for using Ember by their athletes, assess who is ready today based on their PRV (Pulse Rate Variability) assess how each player is feeling in the morning of each day.

The dashboard will help provide guidance for a coach to take an athlete from a negative feeling state to a positive feeling state.

The Ember coach solution was tested for use on a desktop or laptop computer running the latest Chrome, Firefox or Safari browsers. It has not been optimized or designed for mobile devices at this stage.

*This product is not intended to monitor or alleviate a physiological condition or disease state. Individuals who need a device to monitor a medical condition should contact their physician. Ember is not meant to replace laboratory measurements nor is it intended for medical use. If you want more accurate hemoglobin assessments, please use invasive methods using properly conducted Cyanmethemoglobin assay or properly conducted and calibrated Coulter Counter testing.

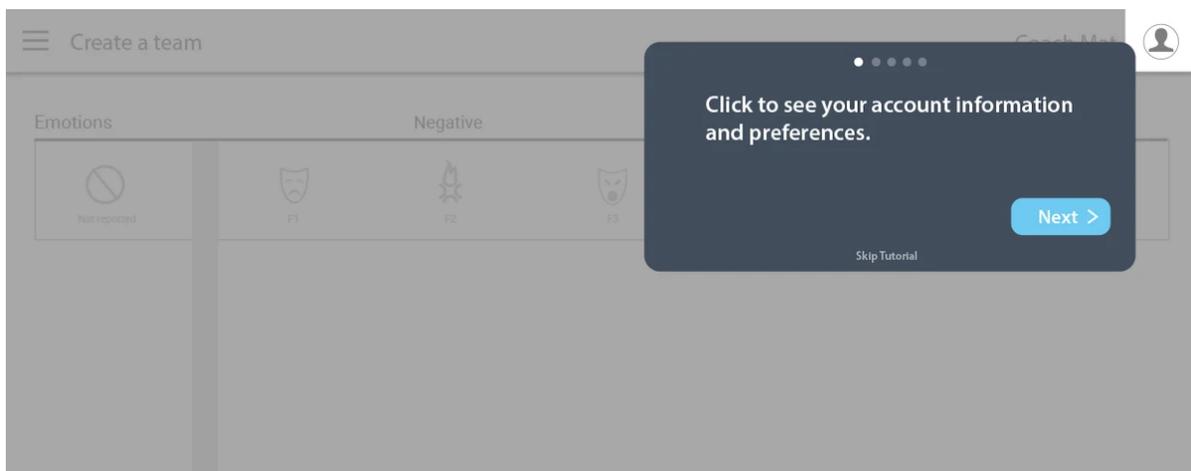
Getting Started

The Coach's dashboard is currently a Preliminary Market Release Product typically trusted with our close customers to provide critical feedback and early observations as we work to finish out all feature sets for a more Limited Market Release and then eventually a Full Market Release. You can start buy visiting the URL <http://13.57.187.86/signup>

*Note: When Signing Up for account please be aware that you can not use the email address you use for your Ember account data with the Ember by Cercacor App. This is because the email address you use for Ember is your athlete identification ID. Just simply use a different email address to create a coach account on the coach dashboard.

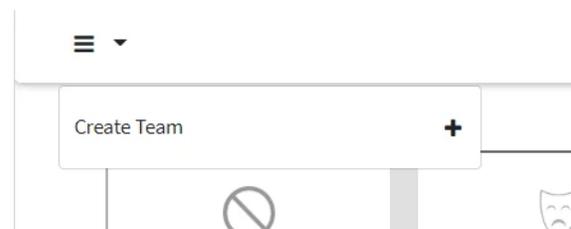
Tutorial

Once you Signup for the first time you will be walked through a tutorial, please read and comprehend these pop up windows before moving on. This tutorial can be turned off/on by editing your Coach profile settings in the upper right hand corner.

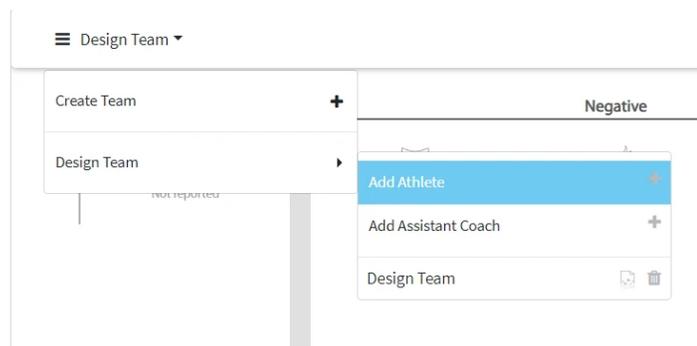


Start by Creating a Team

1. In the Upper Left hand corner you will have the ability to create teams.



2. Invite Athlete to join your team. Once your athletes accept the invite your dashboard will start to populate with athlete cards.



How to read the dashboard

The dashboard is designed to give you a quick assessment of three questions about your athletes:

1. Who is feeling negative and who is feeling positive?
2. Who is ready to perform today?
3. How do I help athletes that are feeling negative?

1. Who is feeling negative and who is feeling positive?

This question is answered by placement. All athletes that reported positive feelings are placed on right side of the screen. All athletes that are reporting feeling negative are next to that and all athletes that did not report are placed in the last column on the left.



What are the Emotions? Each Ember athlete will need to select a subjective feeling on every First of Day measurements. The options the athlete feels The Icons across going from left to right are the categories of feelings 3 negative categories (Sad, Mad, Scared) and the icons on the right are the Positive categories (Peaceful, Joyful, and Powerful). As a coach it may be typical you want to help you athletes feel powerful and joyful for better performance. Unless maybe you have a boxer who you want to be Mad before a fight.



Below you can see on the left side of the screen we have 4 athletes that did not report their emotions with their first of day measurement. We have 4 feeling sad, 5 feeling mad, 6 scared, 6 peaceful 6 joyful and 4 powerful. I can also see in the bottom right corner of each card the specific description each athlete choose to describe themselves.

Emotions	Negative			Positive		
Not reported	F1	F2	F3	F4	F5	F6
Nicole 15 tests N/A	John Guilty	Mike Critical	Sarah Confused	Jane Serene	Carrie Excited	Amy Confident
Jamie 2 tests N/A	Lynn 15 tests Tired	Brian Irritated	Sam Inadequate	Bruce Content	Jessica Hopeful	Cyndy Successful
Izzy Last 5/25/2018	Crystal Depressed	Shawn Irritated	Allie Overwhelmed	Izzy Thankful	Hannah Energetic	Lynsey Appreciated
Michael Last 5/20/2018	Hana M. Inferior	Shelby Skeptical	Camryn Anxious	Janelle Loving	Mckenzee Irritated	Vishe 15 tests Proud
		Mark Hurt	Jason Anxious	Mike Content	Mike Daring	
			Jim Insignificant	Nicole Content	Mike Optimistic	

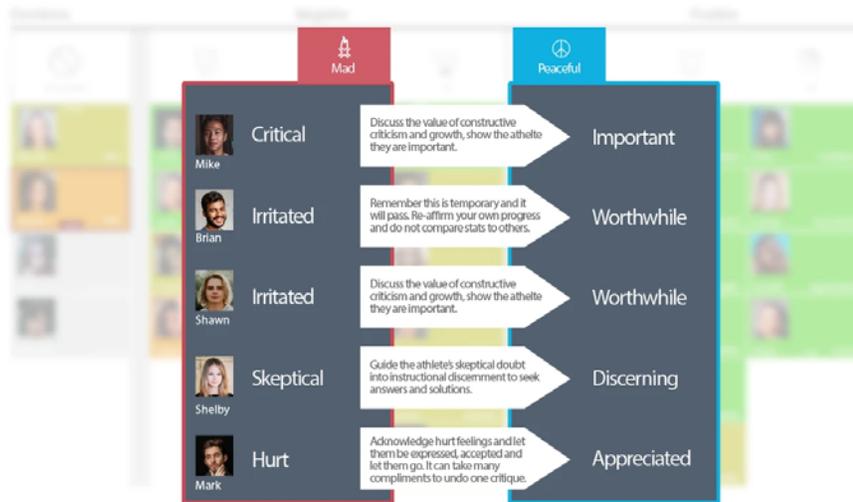
2. Who is Ready to perform today?

This is achieved by clicking on the title of the negative emotion for example Mad burning fire icon. A pop up will occur and suggest some ways for you to assist your athletes in getting a positive mindset to the opposite feeling of Mad which is peaceful.

The answer to this is the color of their athlete card. The color represents the results from their First of Day PRV (Pulse Rate Variability) measurement. A Green card means they have a PRV value that is above their baseline. A Yellow card means their PRV value was within their baseline value and a Orange card means their PRV value was below their baseline. Green may mean that your athlete is very responsive and ready to go. In the example below if all of the athletes are using Ember consistently and training similarly in frequency and effort then Lynn is ready while Hana is not and Crystal maybe.



3. How do I help athletes that are feeling negative?

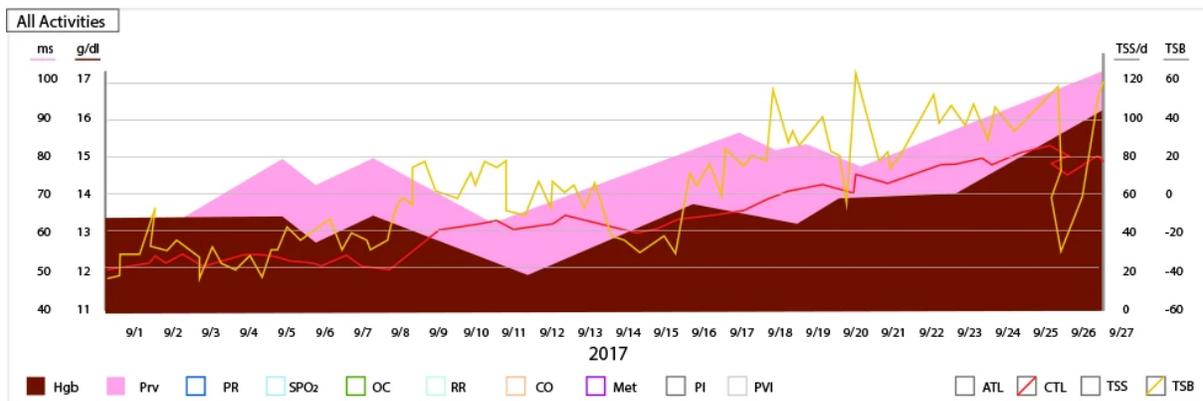


How to read the athlete detail page

The athlete detail page is arranged in widgets: Athlete summary, Gauges, Multi-parameter graph, elevation, compliance, and emotional states. These block widgets can be rearranged by clicking and holding on the tree dots above each one to move them around. So you can drag the graph to the top of the page if you prefer.

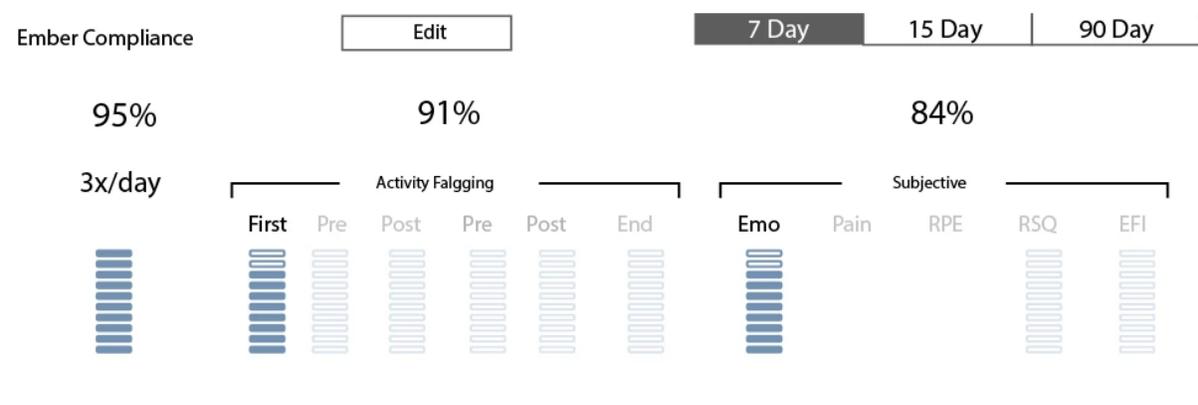
Multi-parameter graph

This graph allows you to select two Ember parameters to display on the left Y axis and lets you view two Training Peaks parameters on the right side Y axis. Click the boxes below to make your parameter selections. The Ember parameters produce solid color graphs and the Training Peaks data produces line graphs. In the example below we can see that the athlete's Hgb increases and their PRV increase over time. While they are also increasing their CTL. The TSB varies depending on the date.



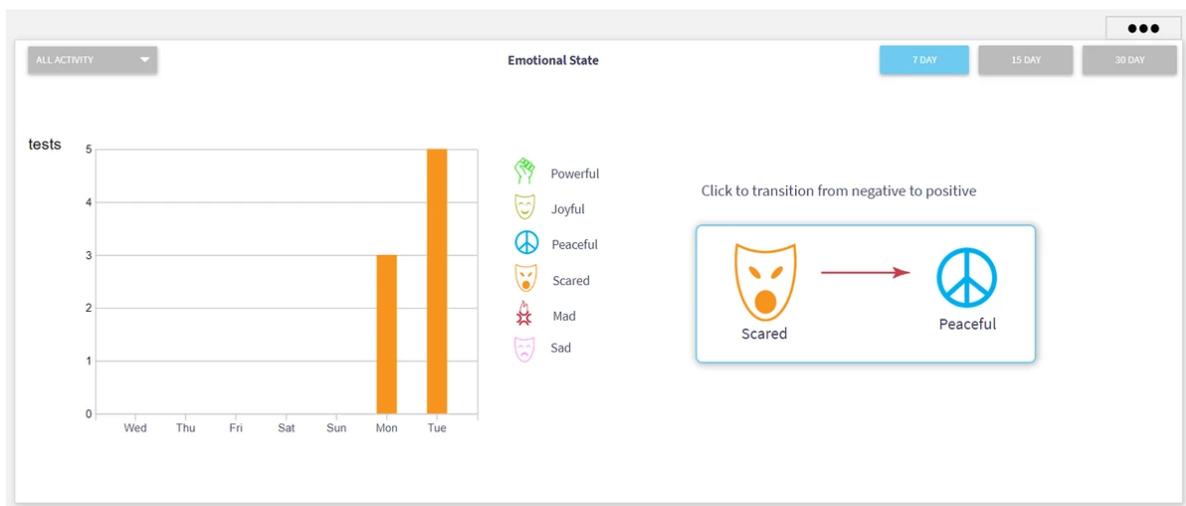
Compliance

Asking athletes to measure with Ember can take some effort and time on their part. To track who is being compliant with your protocol for using Ember take time to click edit and set how many times per day you want measurements. Remember for the Coach's dashboard to be of value they must at least measure and flag first of day measurements. Also set that they should flag their subject for emotions to have the coach's dashboard work.



Emotional States

The Graph on the left side of the screen shows how many times this athlete reported a different Emotional state through out the week. In the sample below we can see this athlete was in scared category (remember 16 different feelings are in this category from confused and anxious to overwhelmed) are on Mon and Tue. Knowing the root category of feeling makes it easier to find the opposite positive emotion you should try to achieve with an athlete.



The right side of the screen shows you what was reported in the First of Day measurement from your Athlete today and what emotional state is the opposite feeling. So as a coach I want to try to remember to help this athlete feel peaceful and move them out of a scared state. To understand specifics of how to map negative feelings to positive I have the option to click on the logic map.

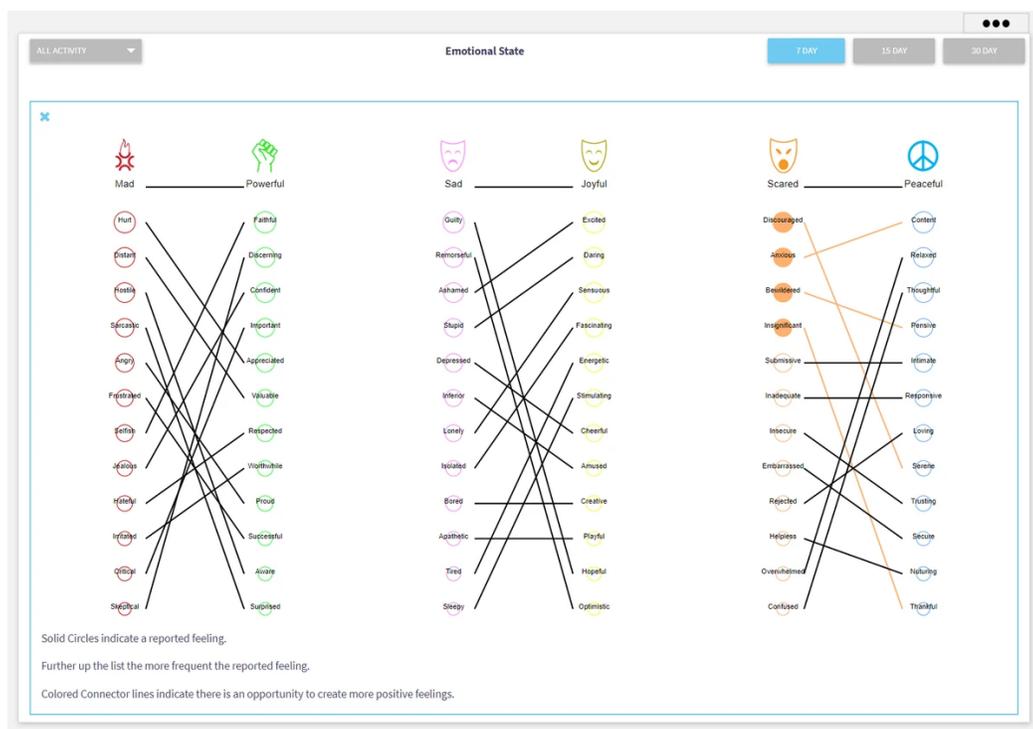
Click to transition from negative to positive



Advanced user feature:

If you click on this part of the widget it will popup a mapping explanation of how every negative emotion has a positive counter part.

The circles that are filled in are the emotions reported by this athlete. The higher up they are on the page the more frequently they were reported. In example below this athlete has 4 scared feelings (the solid circles) in the last 7 days and Discouraged is the most frequently reported. As a coach I want look for the colored lines and follow them to the counter positive feeling. So with this athlete I want to work to have them feel Serene, Content, Pensive and Thankful. The colored lines mean that you can take action to try to make this athlete have more of the positive counter feeling. If there is no action to be taken the connecting line will be black. If the athlete did not report the feelings they are open circles.

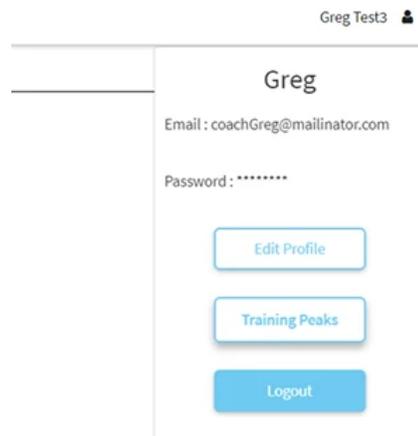


Coach Profile

How to connect your Training Peaks account.

You must have a Training Peaks paid Coaching account with active athletes.

1. Tap the Coach profile icon in the upper right hand corner of the screen. Tap the Training Peaks Button. Follow the on screen prompts.



Greg Test3 

Greg

Email : coachGreg@mailinator.com

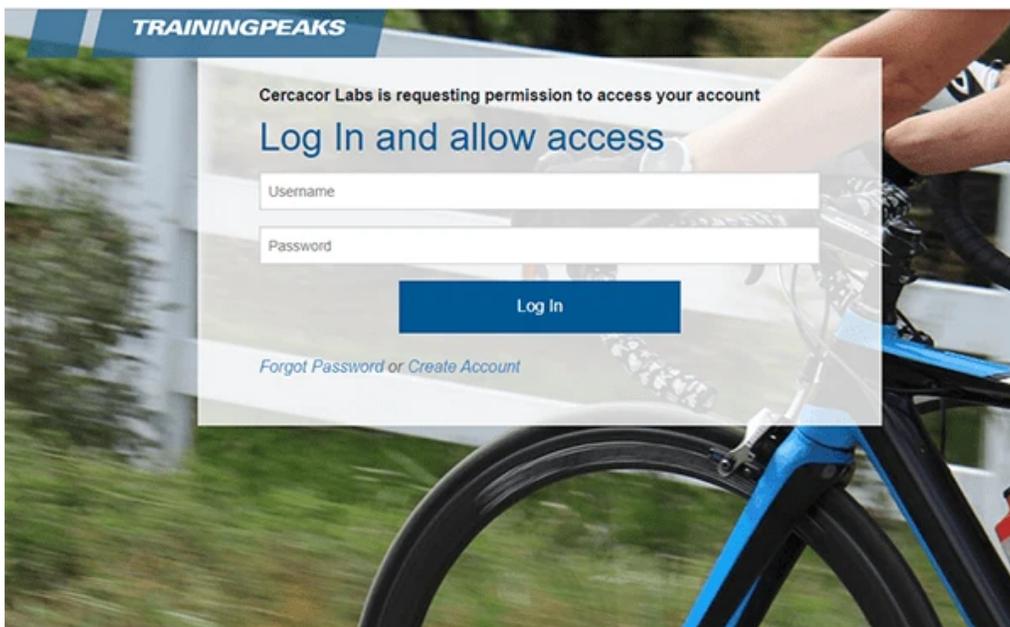
Password : *****

[Edit Profile](#)

[Training Peaks](#)

[Logout](#)

2. Enter your Training Peaks credentials.



TRAININGPEAKS

Cercacor Labs is requesting permission to access your account

Log In and allow access

Username

Password

[Log In](#)

[Forgot Password](#) or [Create Account](#)

3. Next you will have to map the Ember athlete accounts with the correct Training Peaks athlete data. The left side of the screen shows all the Ember athletes you have. The right side of the screen shows all the Training Peaks Athletes you have. *Note if there are already blue framing box around any of these accounts it is the system auto detecting the same email address in both data bases.

Design Team

Coach Greg Test3

1. Please select the Ember account you want to Sync

Ember Accounts			
ID	Email	First	Last
46	golsen@cercacor.com	Greg	Olsen

Training Peaks Accounts			
ID	Email	First	Last
2467898	ben@trainingpeaks.com	Test	Client1
2467905	ben@trainingpeaks.com	Test	Client2

Previous 1 Next

Sync

Ember accounts

Synced Accounts
No Athlete Synced Yet

Training Peaks account

Unsync

Exit

If no blue box frames appear then please select an Ember account, it will light up with a blue framing box.

Design Team

Coach Greg Test3

2. Please select the Training Peaks account you want to Sync

ID	Email	First	Last
46	golsen@cercacor.com	Greg	Olsen

ID	Email	First	Last
2467898	ben@trainingpeaks.com	Test	Client1
2467905	ben@trainingpeaks.com	Test	Client2

Previous 1 Next

Sync

Ember accounts

Synced Accounts
No Athlete Synced Yet

Training Peaks account

Unsync

Exit

Next click on an account in the Training Peaks window on the right side of the page.

Design Team

Coach Greg Test3

1. Please select the Ember account you want to Sync

ID	Email	First	Last
46	golsen@cercacor.com	Greg	Olsen

Previous 1 Next

ID	Email	First	Last
1	2467898	ben@trainingpeaks.com	Test Client1
	2467905	ben@trainingpeaks.com	Test Client2

Previous 1 Next

3. Click Sync button to connect highlighted accounts

Sync

Ember accounts

Synced Accounts
No Athlete Synced Yet

Training Peaks account

Unsync

Exit

Finally click Sync to connect that Training Peaks data to the appropriate Ember account. Repeat this step for all athletes you want to connect.

Design Team

Coach Greg Test3

1. Please select the Ember account you want to Sync

ID	Email	First	Last
No data available in table			

Previous Next

ID	Email	First	Last
	2467905	ben@trainingpeaks.com	Test Client2

Previous 1 Next

Sync

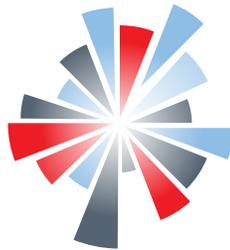
Ember accounts

Synced Accounts
Click arrow to un sync accounts

46 golsen@cercacor.com Greg Olsen ←→ 2467898 ben@trainingpeaks.com Test Client1

Unsync

Exit



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