

TRACKING PROGRESS TO ACHIEVE YOUR GOALS

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Becoming a better athlete isn't just about putting in the hours. It's about training with a purpose. To truly maximize the efficiency of each training session, start recording and tracking metrics.

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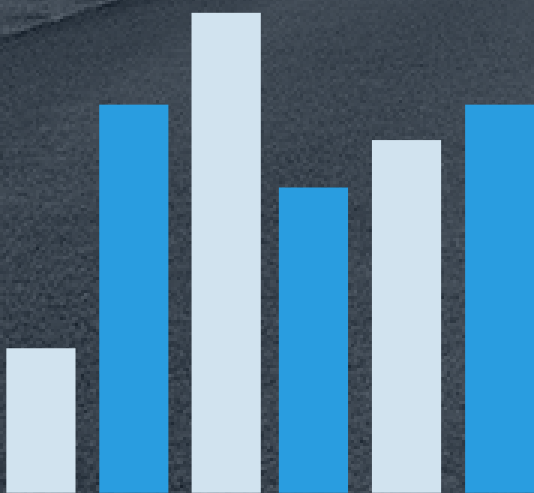
ACCOUNTABILITY AND CONSISTENCY



- improves practice attendance: accountability leads to consistency
- creates a concrete reminder during training; each lap in every set counts
- encourages healthy competition - athletes work harder to outperform themselves and their peers

Be involved: go through your analytics on TritonWear Live with your coach

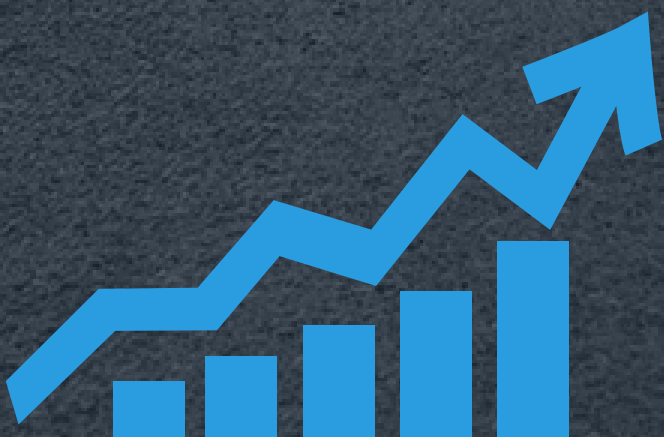
SPOT YOUR WEAKNESSES



- highlights specific areas for improvement based on data
- enables a deep dive into details when a coach points out a trend or hunch
- pinpoints relevant metrics when something felt 'different' during a set

Pinpointing your weaknesses early will improve your training in the long term

EVALUATE PROGRESS



- improves visibility of the path to achieve results
- celebrates micro-progress to increase motivation, and reduce burn-out
- keeps users returning to compare metrics from past practices, to see how performance has changed over time

If you've plateaued, or lack progress, don't despair; work on targeted metrics

ACHIEVE GOALS:

Accountability and consistency help to establish and hit process goals, by keeping users mindful of the effort put into training

Identifying weaknesses help set metric-specific performance goals, based on areas which may benefit most from improvement

Evaluating progress every step along the way ensures continued forward momentum, and validates growth toward outcome goals