




## Summer update 2020 (2)

### Training report from the Physiotoools Trainer App

Training activity recorded by the client in their Physiotoools Trainer app is transferred to Physiotoools and can be viewed graphically under the Client tab.

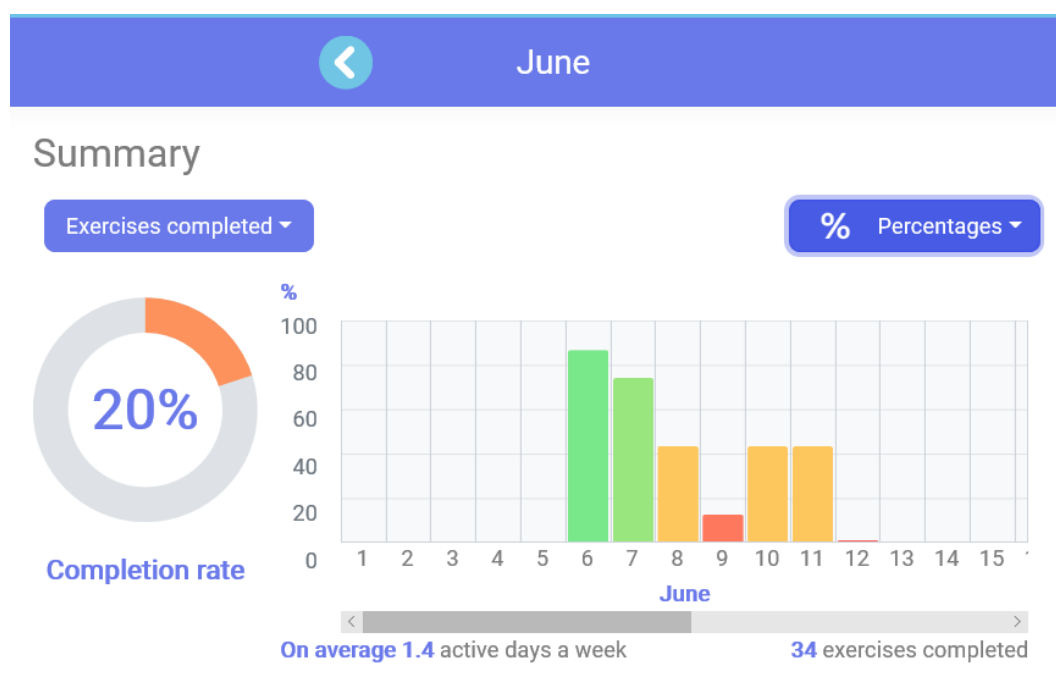
1. Select the required exercise set in the client's record. When the exercise set is selected, the colour changes from light to dark grey.
2. The report icon appears on the right of the screen. 
3. Click the icon to see the results for the exercise set which will appear on a separate page.

### Summary

In the upper part of the page you will see a summary of the recorded training activity for the selected month (A selection bar can be found at the top of the page). You can choose to see the training activity as absolute values or percentages.

The following information is also displayed:

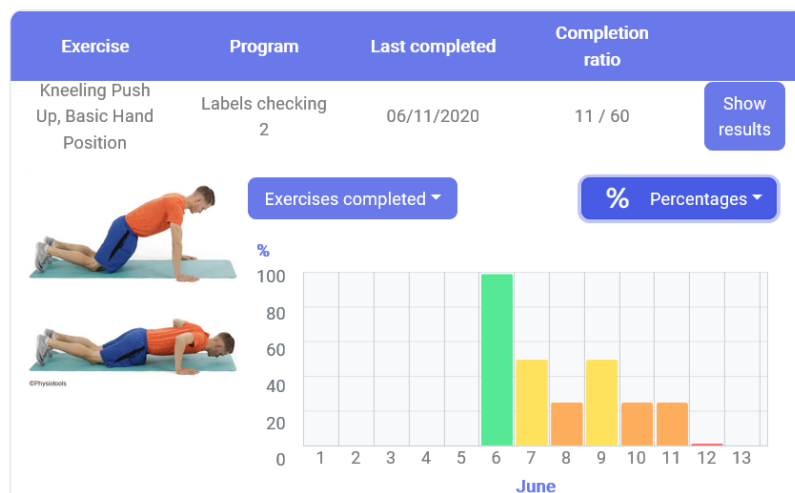
- Percentage of exercises performed in relation to the exercises set for the training period as a doughnut diagram.
- Average days per week on which the client recorded their training activity.
- Total number of exercises marked as completed.



## Results

As you scroll down, you will see results for each exercise in the set. The recorded training activity when shown as percentages is colour coded to facilitate a quick overview. Red represents 0% (no exercises completed), while 100% is green. The percentages in between are displayed in various intensities from orange to yellow to light green.

### Results



## Show results

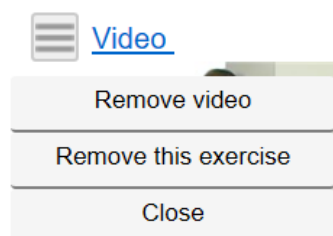
To view more detailed information and individual values for a specific exercise, click on **Show results**. You will see a precise list of the day and time that the selected exercise was carried out, as well as a breakdown of the individual specified values such as repetitions, sets, etc.

## Other changes

### Additional options for editing in print preview

In print preview, various adjustments to the exercise plan can now be made easily so that you do not need to go to the Edit page.


You can remove videos that may not be appropriate for an individual client so that they do not appear in an email or in the client app. To do this, click on the three horizontal lines at the top left of the exercise picture. In the same menu you can also remove the entire exercise.



You can edit the exercise texts in print preview, or completely delete and rewrite them, by clicking on the text. After editing the text, at the top of the screen, click on **Save all text changes** or to restore the original text click **Undo unsaved changes**. You can also edit empty text fields in the same way.

## Adding videos stored on an external platform

You can add a video that you have uploaded onto an external platform, such as a private YouTube

channel. To do this, go to **Upload Exercise**. Click **Video** and then click on  Enter the URL of the video you want to use. The videos look better if the YouTube link is in an embedded format. To do this, right click the YouTube video and copy the embedded link i.e. <https://www.youtube.com/embed/abcDEFghiJK>

When you create an exercise set containing the video, it can be viewed when the exercise set is opened via email or the Physiotools Trainer app. Please note that videos via external platforms do not necessarily work with Physiotools or other applications.

## Active exercise set shown

At the top of the screen, in addition to the name of the selected client, the title of the currently selected exercise set and the number of exercises included is visible.

## QR code

QR codes are only generated and displayed when a training plan is saved and / or printed for a client. Instead of the code, only a placeholder is shown in print preview. This ensures that only the intended recipient can see or scan the code.