ACCURO FIT

Performance Dashboard Manual

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INTRODUCTION

Welcome to Accuro!

The AccuroFit Performance Dashboard comes with your purchase of the AccuroFit Dynamic Heart Rate Display System. The Performance Dashboard gives your members the ability to login to their member portal through your club website to track and review their past in-club workout performances based on any given time frame they choose. As a club owner, you can view member performances for any of the locations that your club operates in.

This helps your members better understand their progress over time in your club. They will get a better idea of how they are improving and will get a better sense of the value they are receiving from your club.

As a club owner/operator, you can get a better understanding of how your small group training classes are performing and better track how many members are participating in those classes. This functionality allows you to better understand the investment you made in Accuro and allows you to better see the progress that heart rate training has taken within your club.

We are excited you have chosen us to participate in your journey with your members. We will be here to help you along the way and are looking forward to a long partnership together.
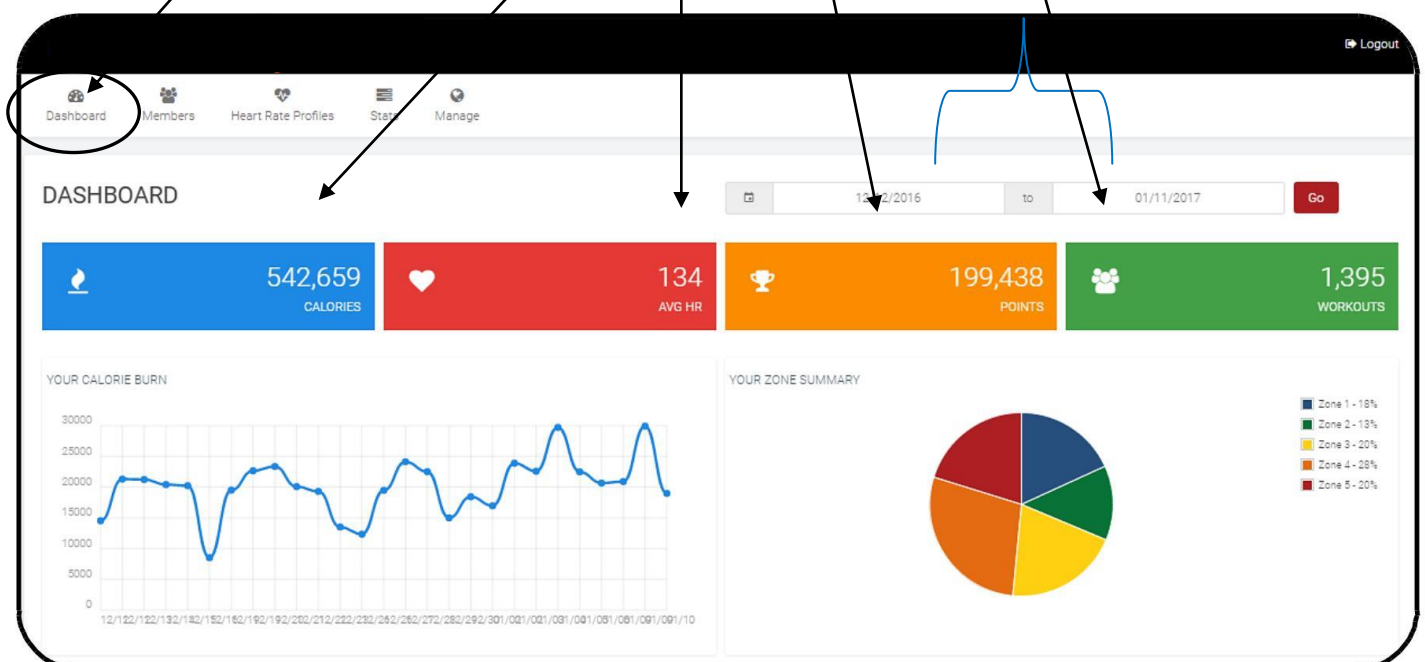
ACCURO FIT

DASHBOARD

Main Display
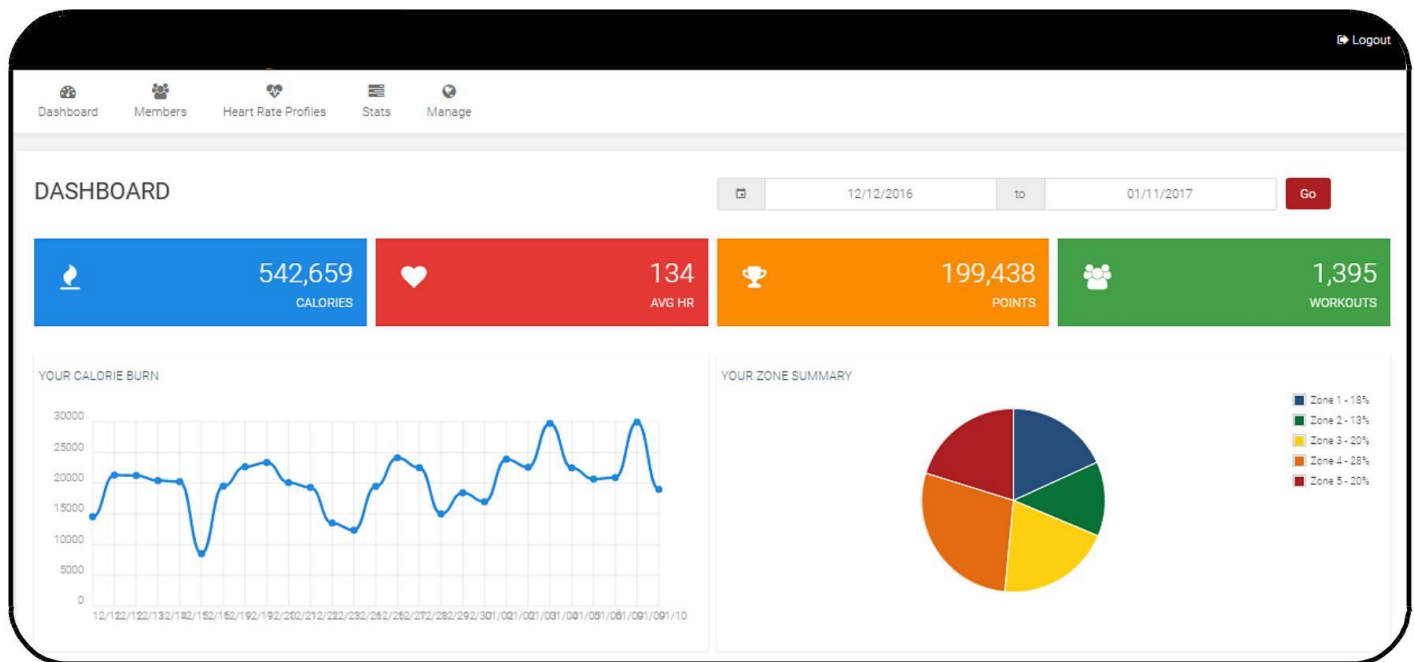
Click on the **Dashboard** tab to review Calories, AVG HR, Points, and Workouts.

Choose the date range from which you want to review.

Click on the **Members** tab to view which members are currently enrolled.

NAME	EMAIL	GENDER	SCREEN NAME	MEMBER STATUS	EDIT
Adam Mills	amills@kbmstrategies.com	Male	Adam	Studio Admin	✏
Bethany Lariviere	bethany.lariviere@gmail.com	Female	Bethany	Studio Admin	✏
Eve Boyer-Dang	eboyerdang@gmail.com	Female	Eboyerdang	Member	✏
Jocelyn Bedard	Jocelyn@buzzfit.ca	Male	Jocelyn	Studio Admin	✏
Kelly Dodds	kdodds@kbmstrategies.com	Female	Kelly	Studio Admin	✏

Show 25 entries

Showing 1 to 5 of 5 entries

Click on the **Heart Rate Profiles** tab to review and edit member profiles.

Note: when you click on the pencil to the right you can edit member profiles.

| Dashboard | Members | Heart Rate Profiles | Stats | Challenges | Manage | Help |

Heart Rate Profiles

Register New Heart Rate Monitor

| Copy | Excel | CSV | PDF |

Search:

NAME	GENDER	EMAIL	HR POD ID	LOCATION	
darayan valai	Male	vlk.darayan@gmail.com	0	DDO Dollard-des-Ormeaux	✏️ 🗑️
ABDELNASSER ATIF	Male	abd.atif@yahoo.fr	0	St Leonard	✏️ 🗑️
Adam MIlls	Male	amills@kbmstrategies.com	0	DDO Dollard-des-Ormeaux	✏️ 🗑️
ADAM MILLS	Male	amills@kbmstrategies.com	0	Kirkland	✏️ 🗑️
Adam Mills	Male	amills@kbmstrategies.com	0	Brossard	✏️ 🗑️
Adam Mills	Male	amills@kbmstrategies.com	63825	Vaudreuil	✏️ 🗑️
agnes vincent	Female	agnesvincent@hotmail.com	0	DDO Dollard-des-Ormeaux	✏️ 🗑️
aimane trifi	Male	aimanetrifi13@yahoo.com	0	St Leonard	✏️ 🗑️
akkari mohamed	Male	akkari_mohamed@hotmail.com	0	St Leonard	✏️ 🗑️
ale ortiz	Male	a.o@live.ca	0	St Leonard	✏️ 🗑️

| Dashboard | Members | Heart Rate Profiles | Stats | Challenges | Manage | Help |

Profile

Heart Rate Monitor ID

0

Email: vlk.darayan@gmail.com

Location this profile was created at: DDO Dollard-des-Ormeaux

First Name *	Last Name *
darayan	valai

Screen Name

DAR

Gender * ● Male ○ Female

Weight 161 lb 73 kg
ex: 150 lb

Birth Year 📅 1987
ex: 1980 (YYYY)

Max Heart Rate 184
ex: 190

When you toggle over the **Stats** tab, a dropdown menu appears with the option of selecting either **Heart Rate Stats** or **Location Stats**.

Shown below, is the option selected for member **Heart Rate Stats**.

You can select from a different range of values with
(more than, less than, or equal to)

Shown below is the option selected for **Location Stats.**

Choose the date range from which you want to review.

LOCATION NAME	MEMBERS	WORKOUTS	TOTAL POINTS	TOTAL CALORIES
Acadie	14	5	378	1,983
Brossard	32	116	18,575	95,108
DDO Dollard-des-Ormeaux	68	99	15,556	70,130
Greenfield Park	57	260	35,421	115,109
Lasalle	36	37	6,175	15,094
St Leonard	76	184	21,630	75,911
Terrebonne	36	20	2,020	6,560
Vaudreuil	100	681	129,890	500,679

Showing 1 to 8 of 8 entries

The image above shows how many members there are for the specific location, total number of Members, Workouts, Total Points, and Total Calories burned.

When you hover over the **Manage** tab, a drop down arrow displays: **iframe settings** and **edit theme**

Below you can see how to manage the settings for iframe.

Dashboard   Members   Heart Rate Profiles   Stats   Challenges   Manage   Help

IFRAME SETTINGS - How to use guide

○ Off

○ Basic iframe(No header and footer on member screens only)

○ Full iframe (No header and footer on member and admin screens)- Not recommended

○ Advanced iframe (No header footer navigation bar and sidebars on all screens) - Contact support to use this functionality

Save

IFRAME code to be inserted on your website

`<iframe src="https://buzzfit.accurofit.com/" width="100%" scrolling="no"></iframe>`

Login IFRAME URL

https://buzzfit.accurofit.com/user/login

Logout IFRAME URL

https://buzzfit.accurofit.com/user/logout

Schedule IFRAME URL

https://buzzfit.accurofit.com/bookings

The second option you can see is **Edit Theme**, here you can edit the theme of your logo and the colors.

Dashboard   Members   Heart Rate Profiles   Stats   Challenges   Manage   Help

EDIT THEME

Logo

ACCURO
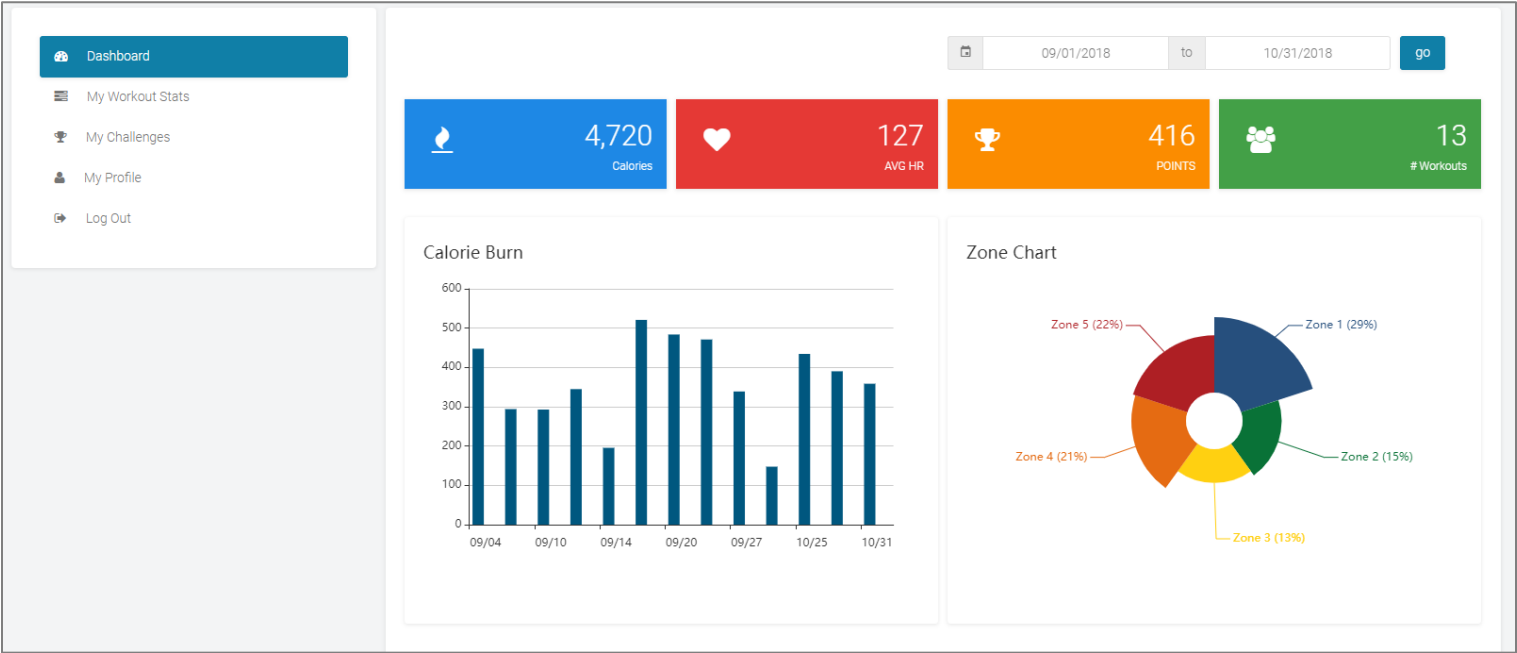
Choose file   No file chosen

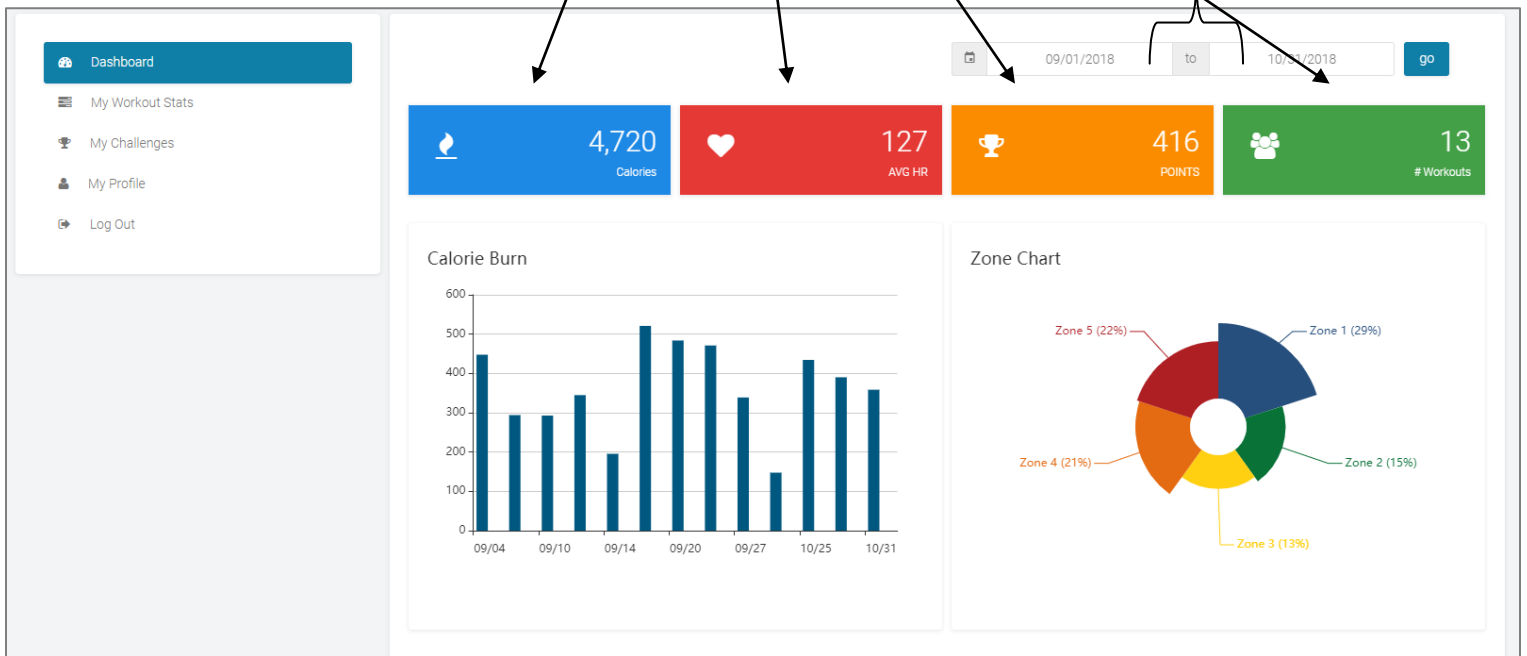Header Color

#1830e6

Main Color

#ebc715

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DASHBOARD (member view)

Main Display

Click on the Dashboard tab to review Calories, AVG HR, Points, Workouts

Choose the date range from which you want to review.

| Dashboard | | 09/01/2018 | to | 10/31/2018 | go |

Dashboard
My Workout Stats
My Challenges
My Profile
Log Out

| 4,720 Calories | 127 AVG HR | 416 POINTS | 13 # Workouts |

Calorie Burn

Zone Chart

Zone 5 (22%)
Zone 1 (29%)
Zone 4 (21%)
Zone 2 (15%)
Zone 3 (13%)

When you click on **My Workout Stats,** you can see how many **Calories, Points, and the Duration** of a specific workout on a specific date.

My Workout Stats			
Dashboard		09/01/2018 to 10/31/2018	go
My Workout Stats			
My Challenges	Copy Excel CSV PDF		Search..
My Profile			
Log Out			

DATE	CALORIES	POINTS	DURATION		
09/04/18	448.0	41	57:39		
09/06/18	294.0	31	34:22		
09/10/18	293.0	21	46:10		
09/11/18	345.0	26	52:41		
09/14/18	195.0	14	30:45		
09/18/18	521.0	52	59:58		
09/20/18	484.0	41	48:25		
09/25/18	471.0	42	52:30		
09/27/18	339.0	35	43:37		
10/04/18	147.0	10	35:04		
10/25/18	434.0	42	45:48		
10/30/18	390.0	30	44:31		
10/31/18	358.0	31	34:04		

Showing 1 to 13 of 13 entries

1

When you click on **My Profile,** you can input your personal information.

- New Password
- First and Last Name
- Gender
- Username / Alias
- Birthdate
- Weight (lbs)

CHALLENGES

How to set up a challenge: Click on **Create a Challenge**
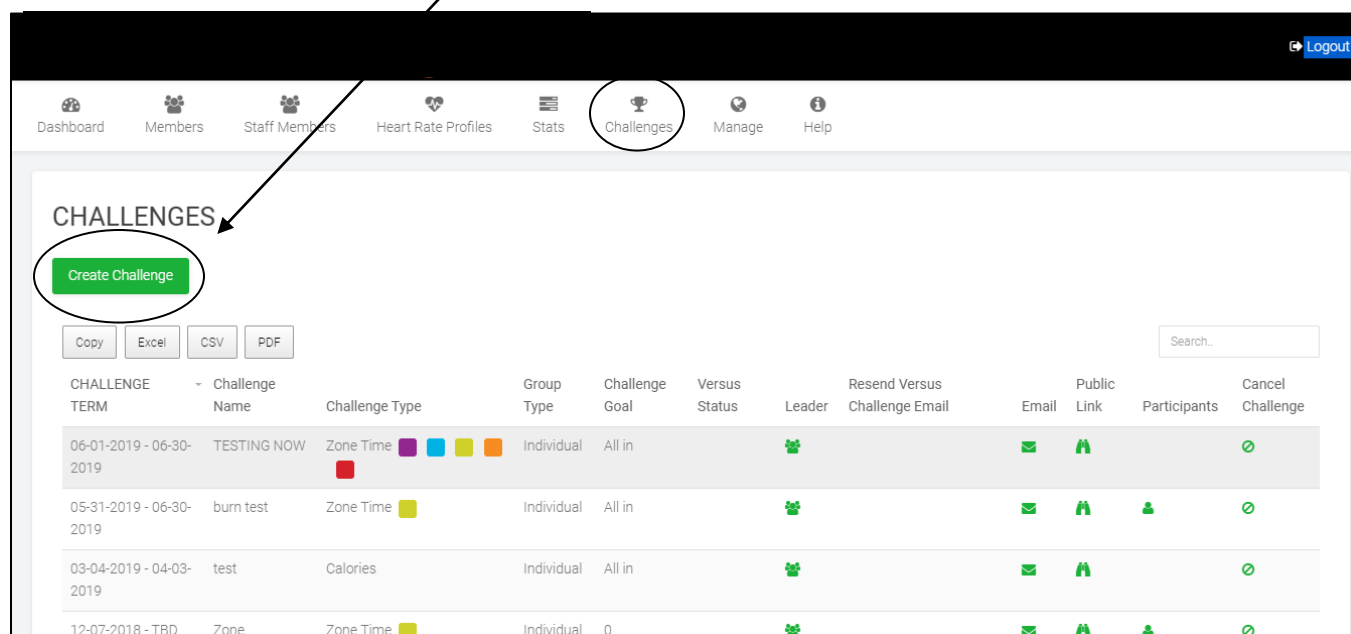
Fill in Challenge Name, choose a date range, challenge type, etc.