

MEET

HealthMetric

We are changing the way fitness professionals track progress, stay connected, and help clients succeed.



Our Apps

A platform built for fitness professionals

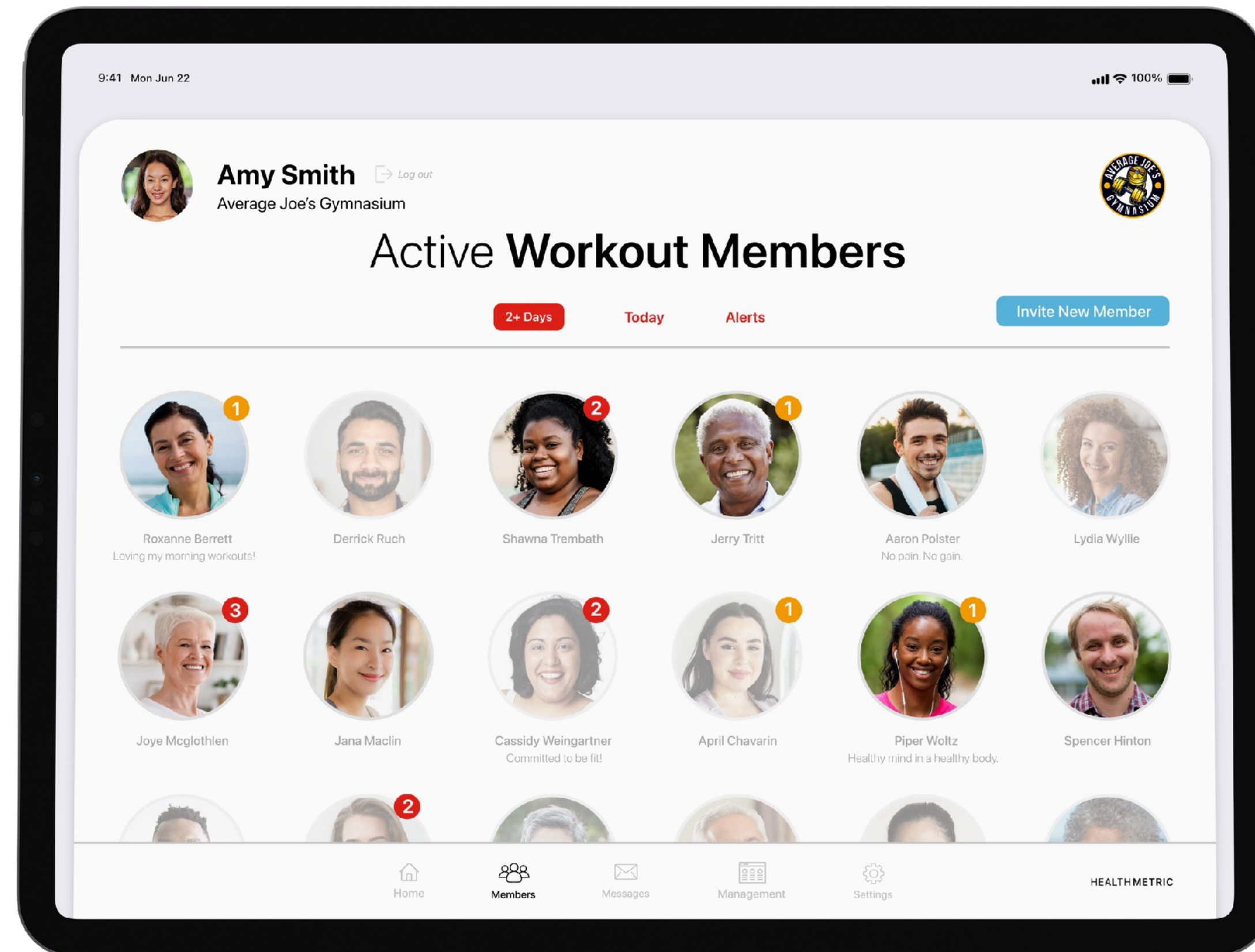
Designed to improve client results and reduce trainer burnout

Used by personal trainers, gym owners, physical therapists, and wellness coaches

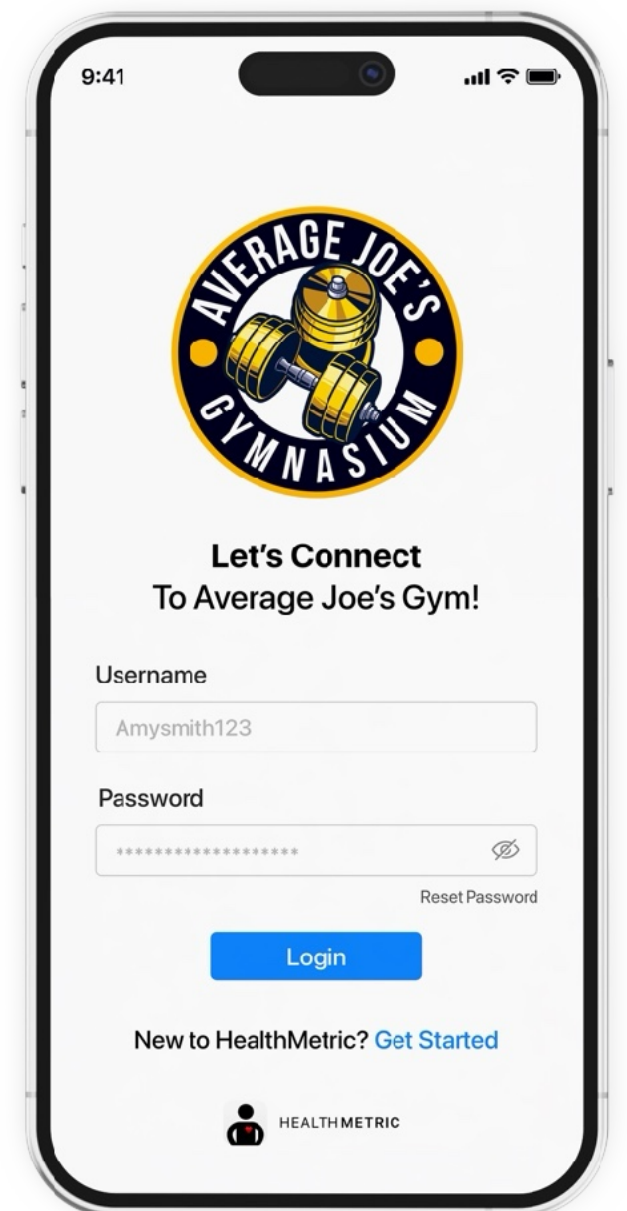
Made up of two connected tools:

HealthMetric PORTAL (for trainers)

HealthMetric Connect (for clients)



HealthMetric PORTAL



HealthMetric Connect (Mobile App)

The HealthMetric PORTAL

All-in-One Dashboard

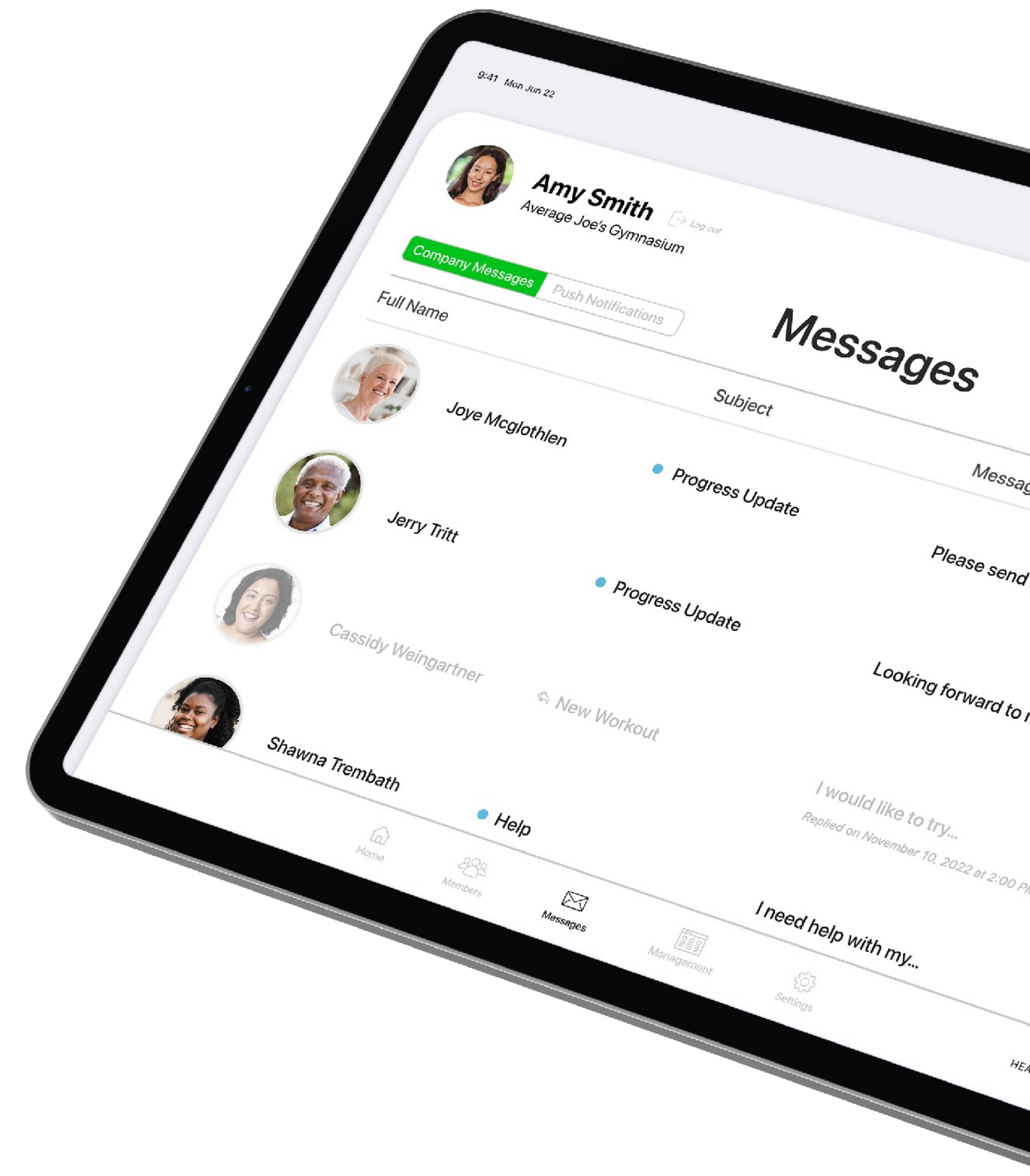
See every client's progress, goals, and health data in one place—fully customizable to how you train.

Client Progress Tracking

Set and track fitness, wellness, or rehab goals. View trends over time and spot when someone needs a boost.

Custom Metrics for Every Trainer

Whether you're focused on weight loss, mobility, strength, or post-injury recovery, build metrics that match your specialty.



The HealthMetric PORTAL

Remote Coaching Made Easy

Train clients anywhere with daily check-ins, progress updates, and real-time data—all in your branded dashboard.

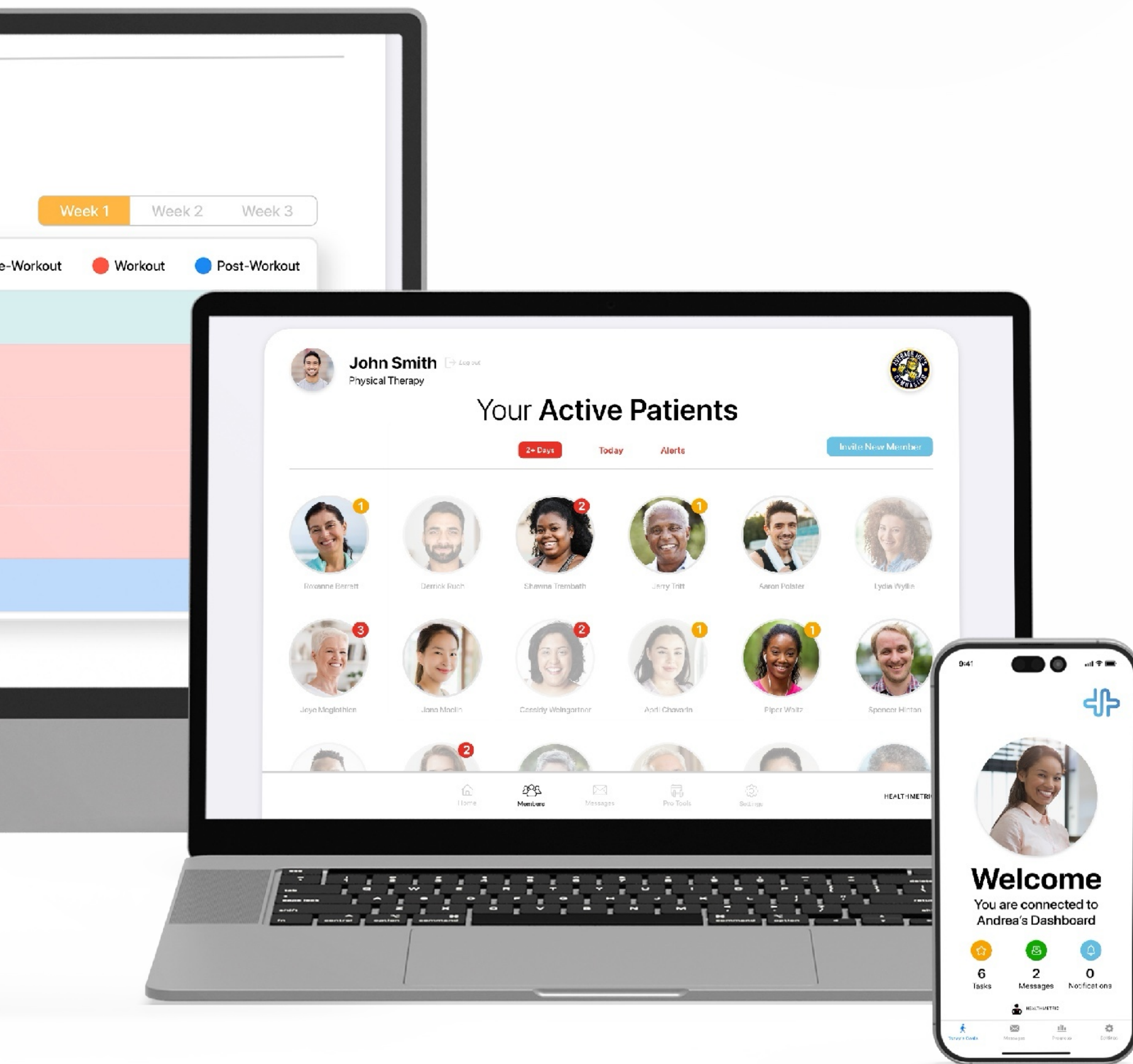
Branded for You

Add your logo, colors, and voice so it looks and feels like your platform, not ours.

AI Generated Workout Planning

Save time with AI workout planning based on your client's goals, progress, and preferences—fully customizable by you.

The PORTAL is where everything starts. If you're training someone through HealthMetric, you're doing it here—building plans, tracking habits, and staying connected without burnout.



HealthMetric Connect

Personalized Experience

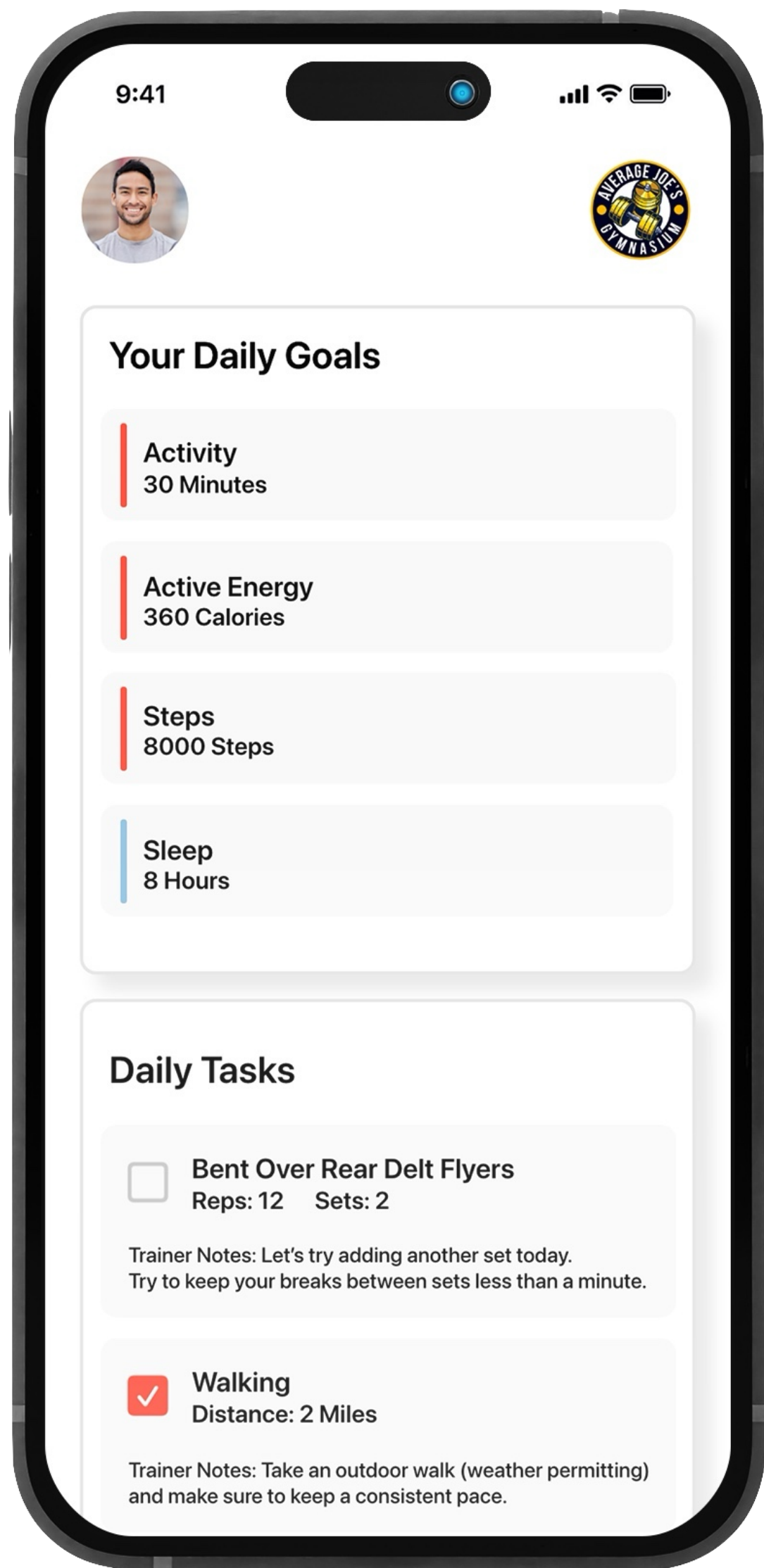
Clients log in and see exactly what their trainer wants them to see—goals, metrics, and progress tailored just for them.

Daily Check-Ins

Simple, quick updates that help clients stay consistent and help trainers stay informed without the constant texting.

Progress at a Glance

Easy-to-read graphs and visuals show how far they’ve come—no spreadsheets or confusing charts.



HealthMetric Connect

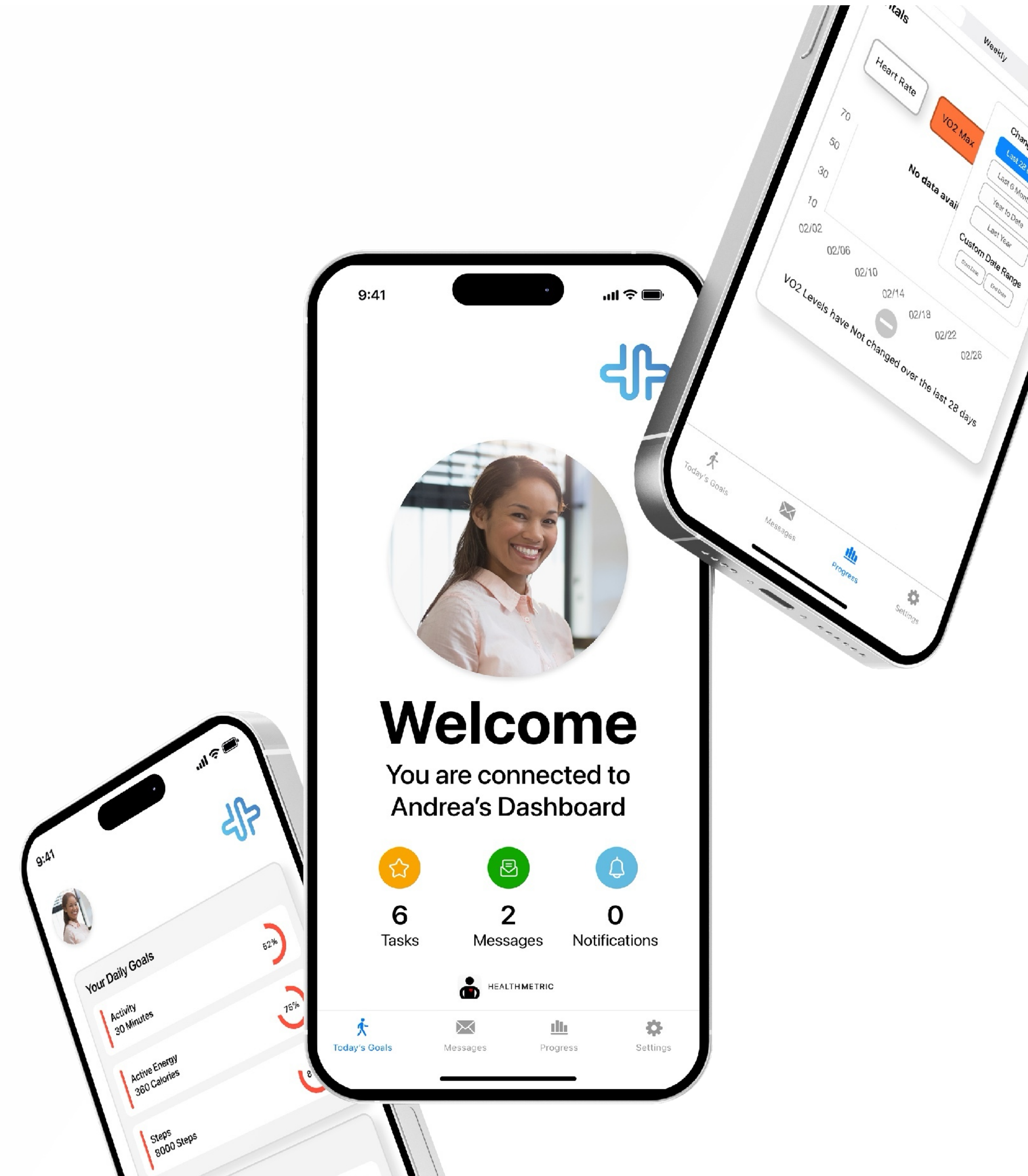
Stay Connected to Their Coach

Built-in messaging and nudges keep motivation up and communication flowing.

Your Branding, Front and Center

The app reflects the trainer's brand—from logo to tone—making it feel like a seamless part of their business.

HealthMetric Connect helps clients stay engaged and accountable. It keeps your coaching in their pocket—even when you're not in the gym with them.



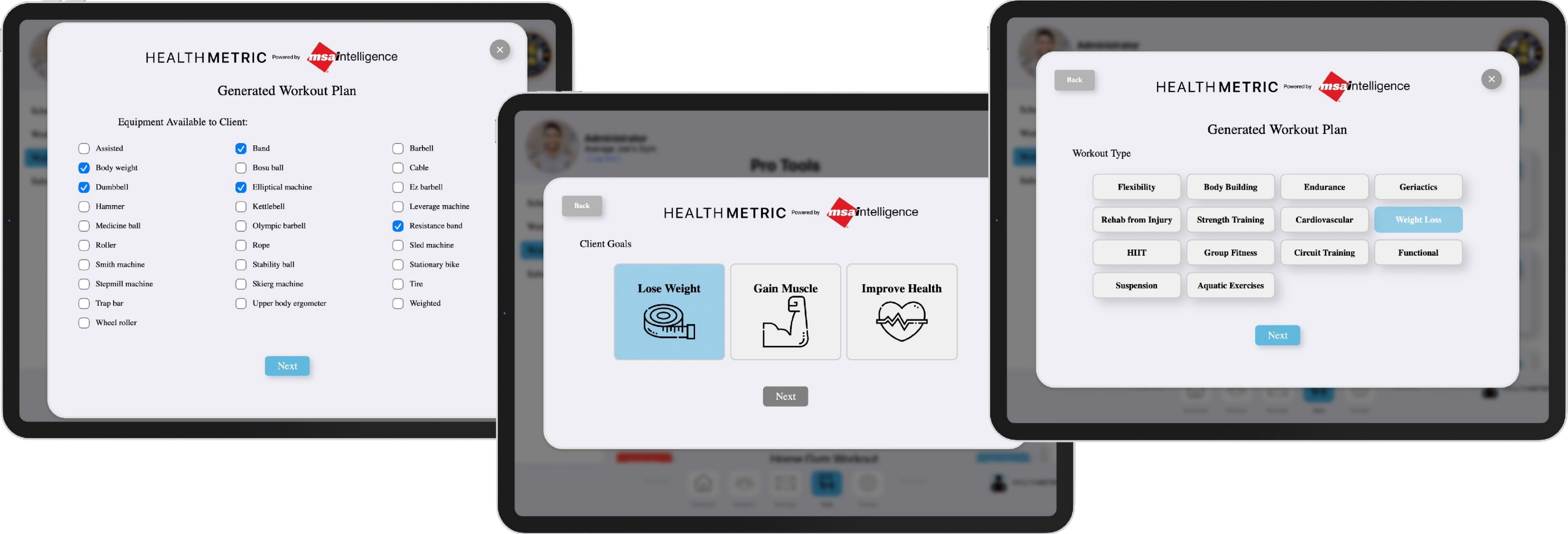
3 Features That You Should See

1. AI Workout Planning
2. Member Details
3. Pro Tools

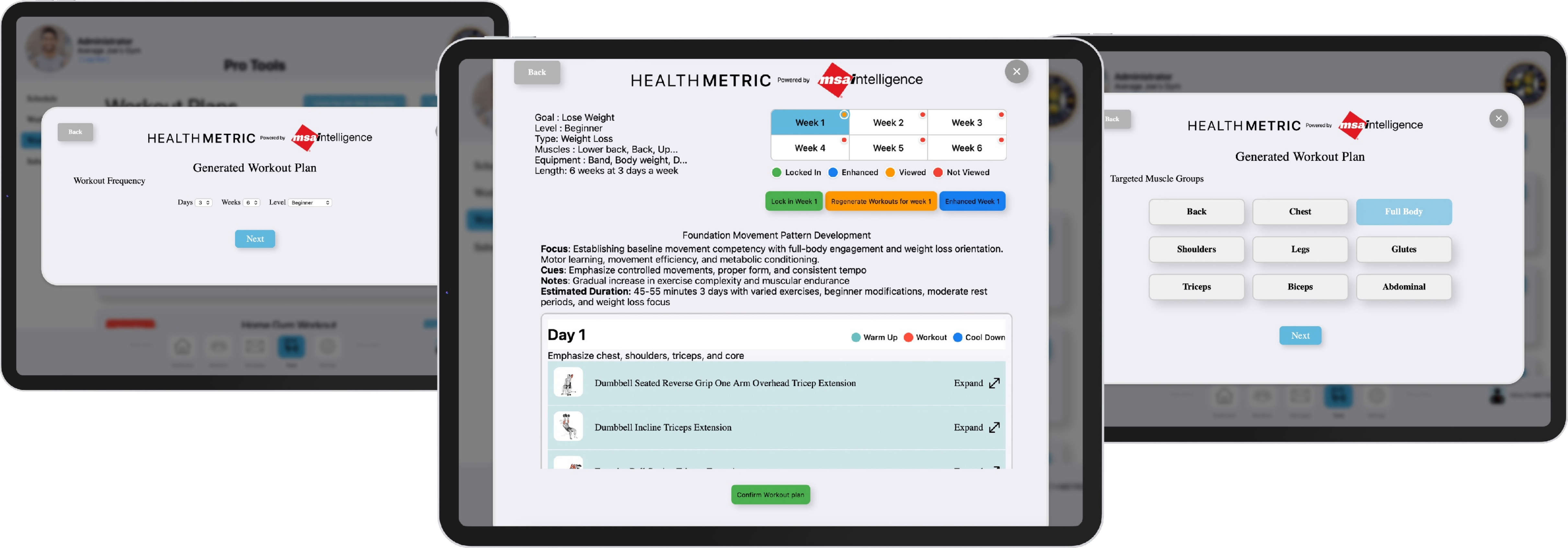
Workout Planning with MSAintelligence

Our AI takes into account the equipment a client has, their goals, workout preferences, target muscle groups, and workout frequency. Using this information, it automatically generates a personalized workout plan—customized from the workout tasks you've imported.

Workout Planning with MSAintelligence

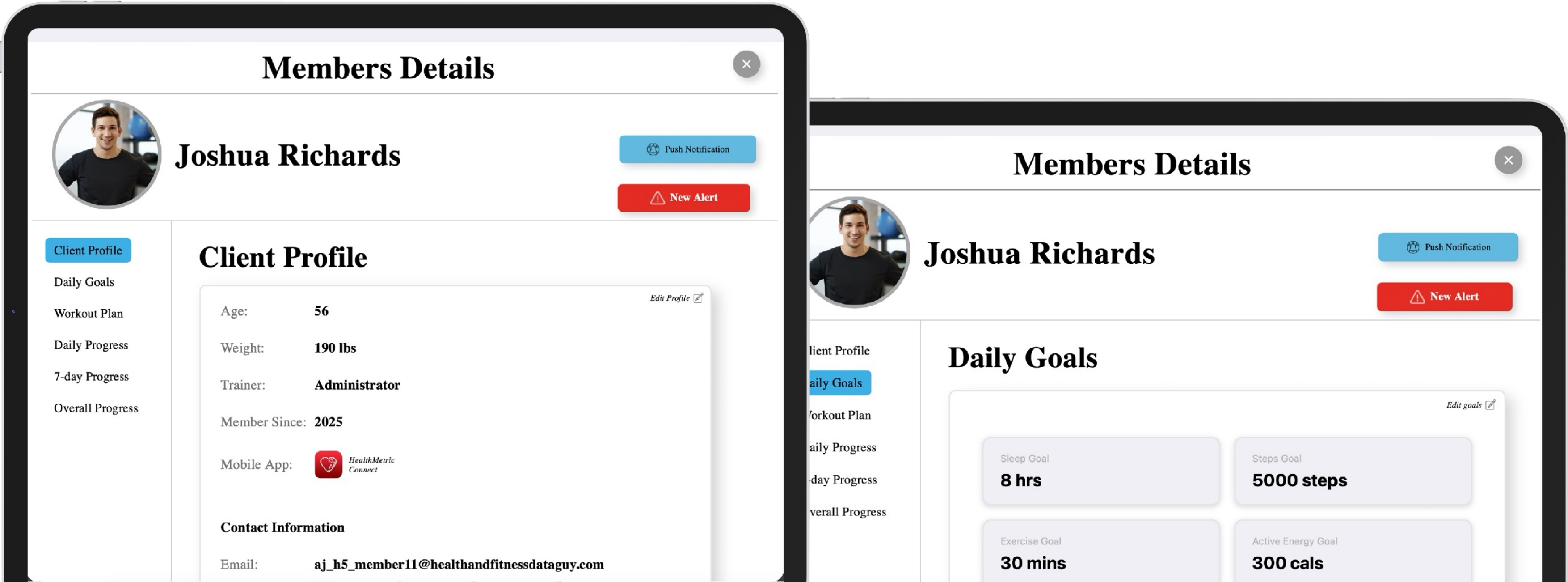


Workout Planning with MSAintelligence



Members Details

Click on any member’s profile from the Members page to view and manage their details. From here you can adjust daily goals, assign workout plans, track progress, review missed tasks, and send push notifications directly to their Connect App.

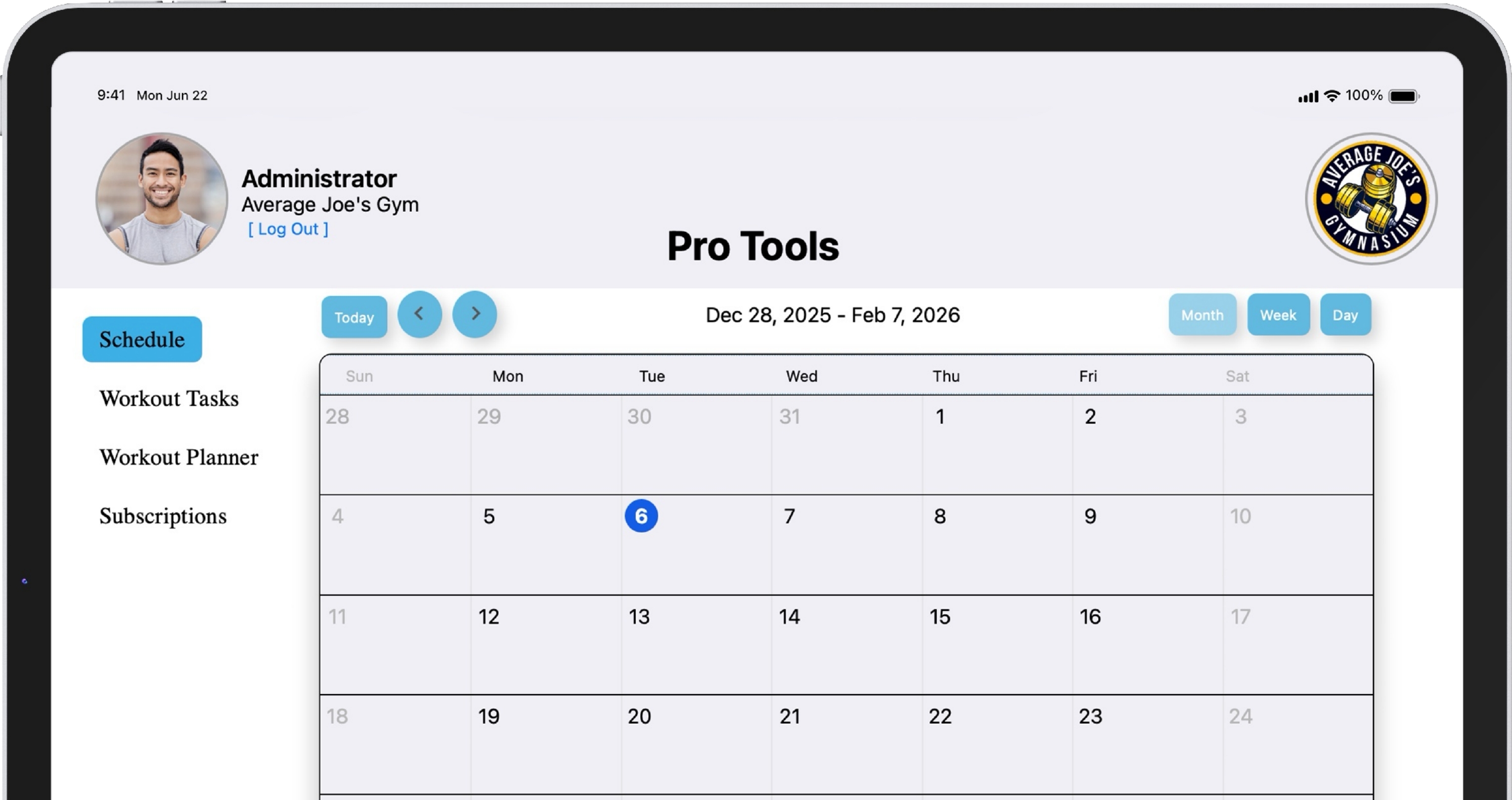


Pro Tools

1. Schedule
2. Workout Tasks
3. Workout Planner
4. Subscriptions

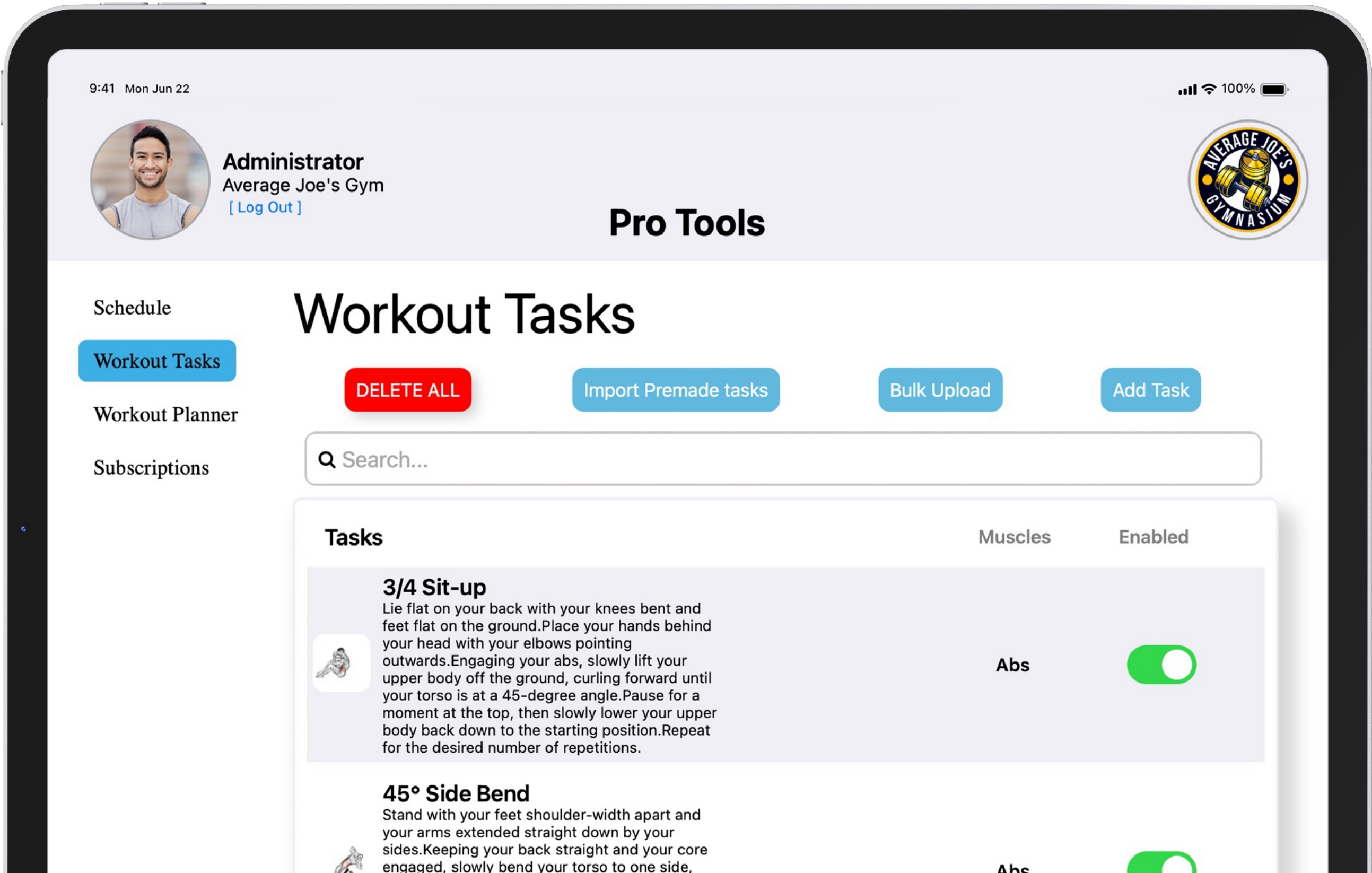
Schedule

View your schedule by day, week, or month to see which clients are booked and plan ahead with ease.



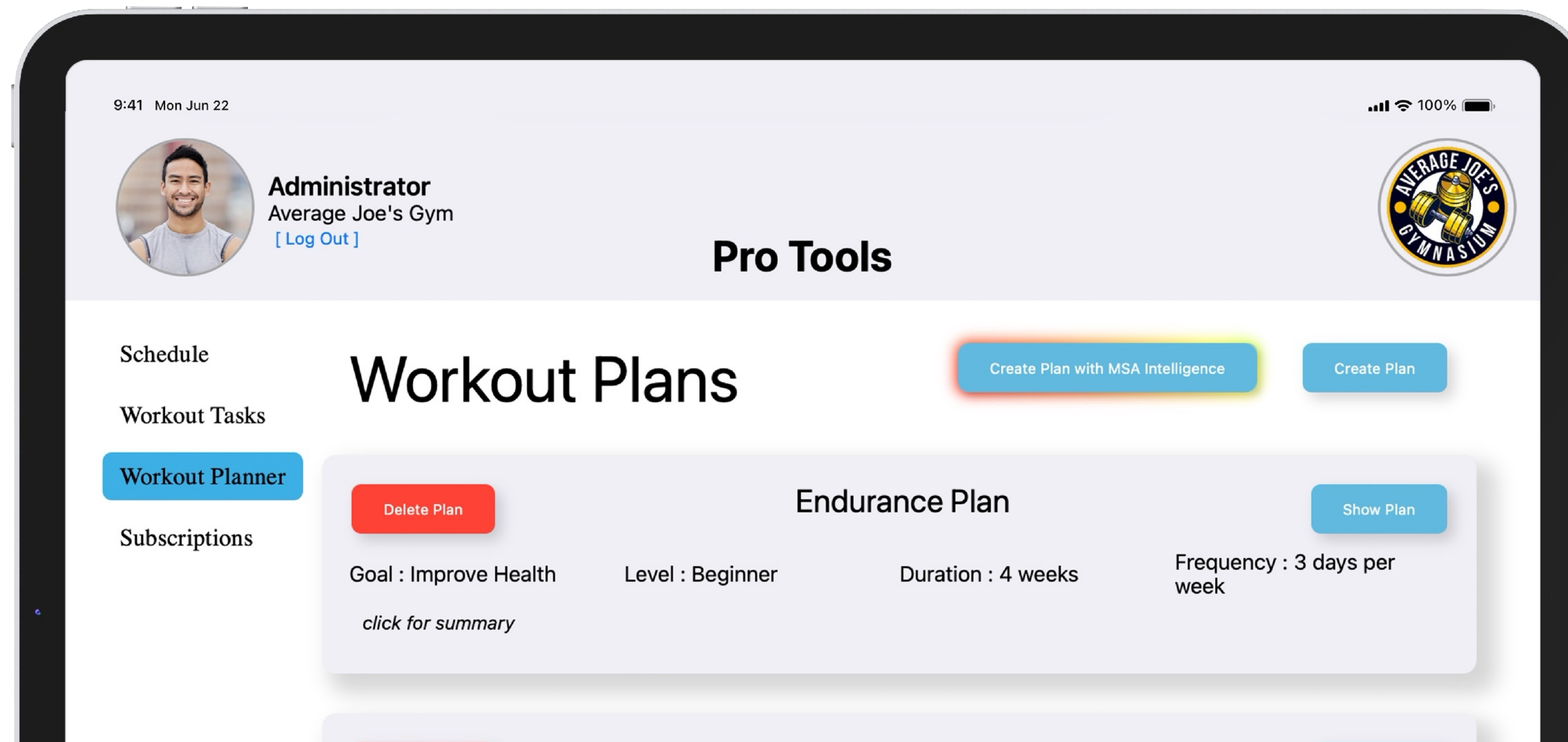
Workout Tasks

Access a library of 1,300+ pre-loaded tasks with GIF demonstrations to help you build client workouts. Every task can be customized to fit your needs



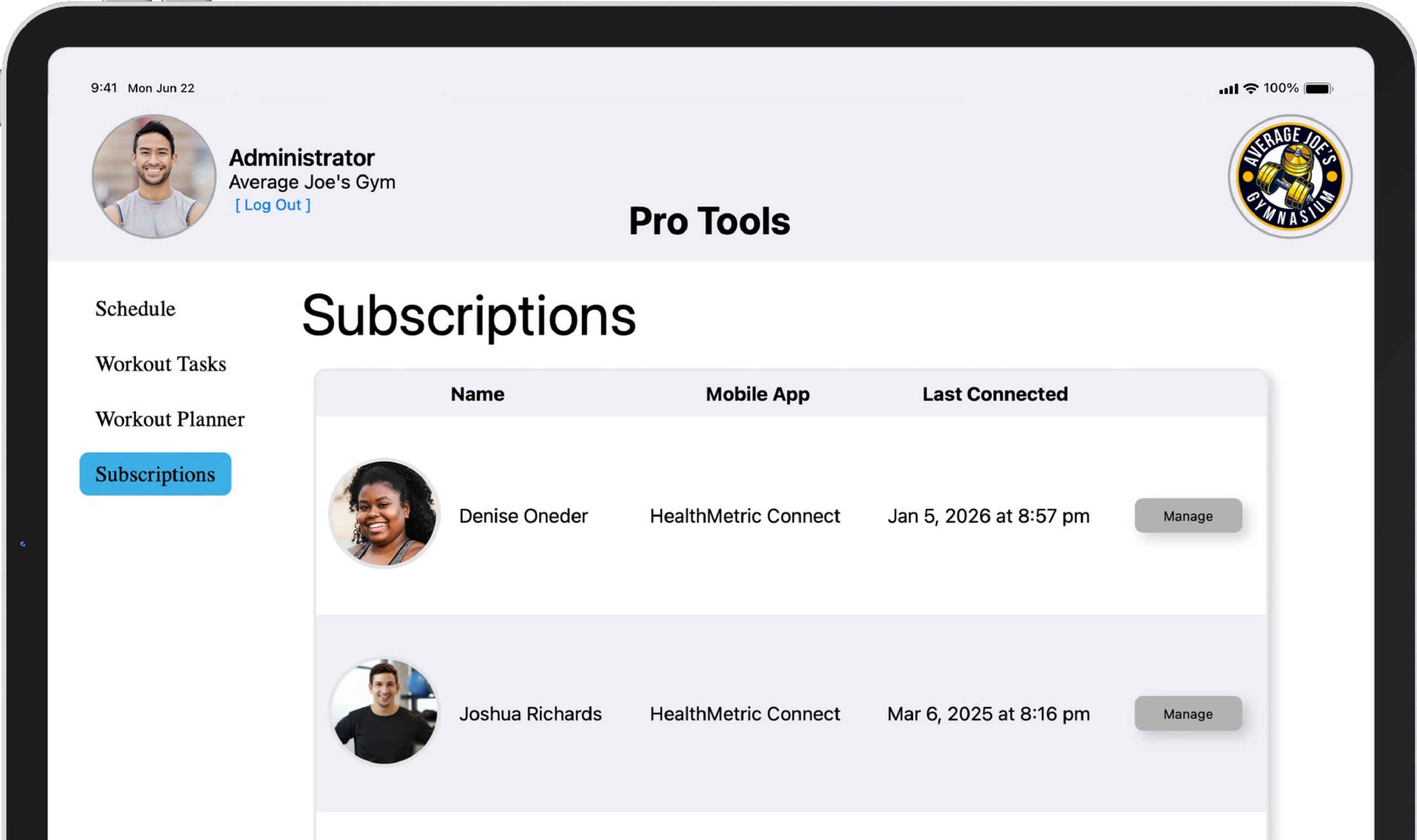
Workout Planner

The Workout Planner includes AI tools to personalize plans for each client, or you can build custom workouts from scratch. Easily edit your plans and assign them directly to clients.



Subscriptions

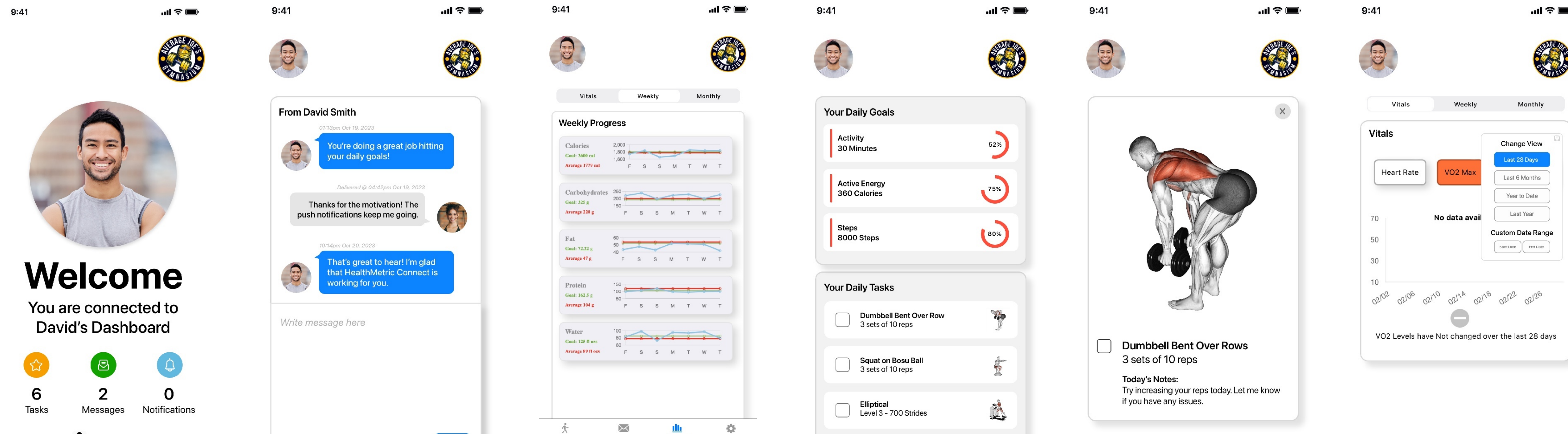
Manage all your clients in one place and easily disconnect anyone linked to the HealthMetric Connect app.



HealthMetric Connect For Clients

HealthMetric Connect is the client-facing app that bridges directly to the HealthMetric Portal.

Through HealthMetric Connect, your clients can view their assigned workout plans, track progress in real time, and stay engaged with you through direct messaging—all in one place.



What Makes Us Different?

- Built for trainers, not for general wellness tracking
- White-label branding—make it your own
- Flexible system that fits any training style
- Keeps clients engaged without more work
- Clear data without tech overwhelm

