



— EASY TO USE · ADAPTABLE · TRUSTED WORLDWIDE

Unlock Greatness

Maximize Readiness, Improve Performance and Reduce Injury Risk with the World's Most Comprehensive, Adaptable and Cost-Effective Athlete Health and Performance Management Platform

©2026 FITSTATS Technologies, Inc. Moncton, Canada. AthleteMonitoring is a trademark of FITSTATS Technologies, Inc. FITSTATS Technologies, Inc. believes the information in this document is accurate as of its publication date. Such information is subject to change without notice. FITSTATS acknowledges the proprietary rights of other companies to the trademarks, product names and such other proprietary rights mentioned in this document.

Except as expressly permitted, neither this document or any part of it may be reproduced, stored in a retrieval system or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior written permission of FITSTATS Technologies, Inc. and/or any intellectual property holders under this document.



— ONE PLATFORM

A Single Platform to Unify Data and Improve Care



- ✓ Monitor health and readiness
- ✓ Manage training programs
- ✓ Streamline health records
- ✓ Track fitness and performance
- ✓ Identify areas of concern
- ✓ Inform prevention strategies
- ✓ Improve communication
- ✓ Enhance athlete care
- ✓ Better protect data
- ✓ Save time and resources

— A COMPLETE TOOLBOX

A Complete System to Enhance Athlete Health, Readiness and Performance



Compatible

App or Web, runs on iOS, Android, and any device of your choice.



Adaptable

Customize data collection forms, dashboards, apps, questionnaires, alerts, and more



Global Reach

Monitor your athletes remotely, wherever they train and compete



Multilingual

Available 24/7, in 20 languages



Secure

Client owns data, athlete can control with whom they share their data, GDPR/HIPAA compliance ensuring the highest data security standards

— FEATURES & INTEGRATIONS

Platform Features

A tailored solution with bundled & optional services to suit any organization's needs including unlimited product updates



Core Features

- ✓ Wellness, health and readiness monitoring
- ✓ Health, fitness and physical testing
- ✓ Appointment scheduling, training monitoring & RPE tracking
- ✓ Electronic medical record system with integrated note management
- ✓ Customizable medical forms and questionnaires
- ✓ Risk assessment dashboard, OSTRC Questionnaire
- ✓ Customizable dashboards and epidemiological reports
- ✓ Monitors exposure, incidence, prevalence and severity of health problems
- ✓ Free staff accounts

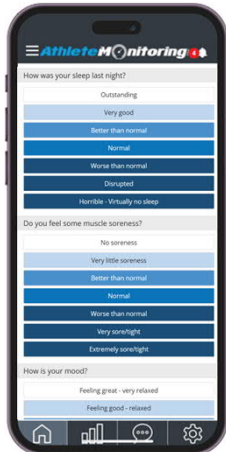
Standard Features

- ✓ Unlimited number of groups and subgroups
- ✓ Transfer of athletes and medical records between groups
- ✓ Sport-specific and multisport capability
- ✓ Aligned with GDPR, HIPAA and consensus-based data collection
- ✓ Two-factor authentication, data and file encryption
- ✓ Customizable medical forms and questionnaires
- ✓ Multilingual Interface, third-party integrations
- ✓ SMS alerts, reminders and notifications
- ✓ Data hosted on secure dedicated server

PART 1 OF 2

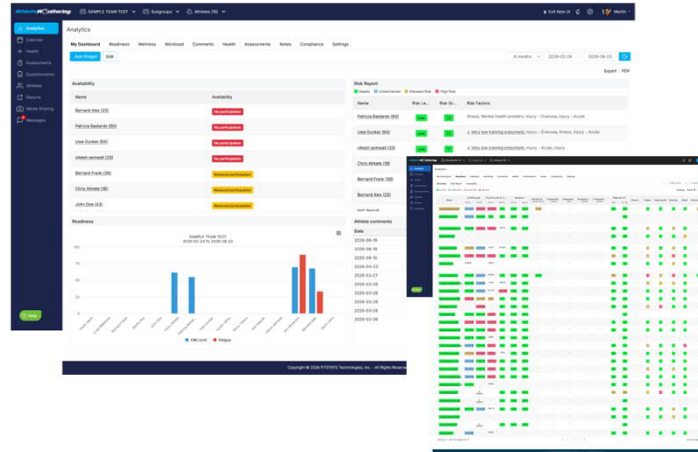
AthleteMonitoring Walkthrough

Wellness & Readiness



Monitor fatigue, sleep, non-sport stressors, mood and more to mitigate injury risk and maximize performance readiness.

Workload & Risk Management



Plan, monitor and optimize internal and external loads. Integrate data from athlete trackers, monitor acute:chronic load ratio, monotony, enjoyment, RPE, GPS and more to reduce risk and maximize performance.

Assessments

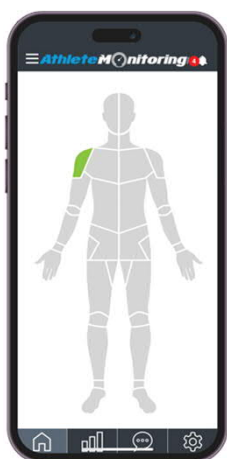


Manage all your tests & evaluations, track athlete and team performance and progress over time.

PART 2 OF 2

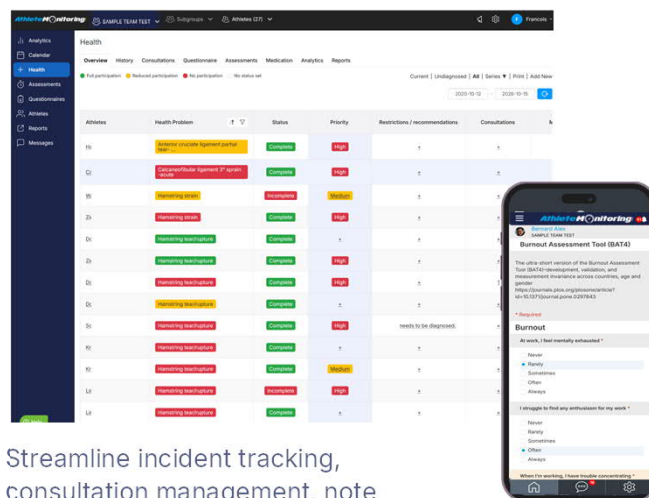
AthleteMonitoring Walkthrough

Health Monitoring



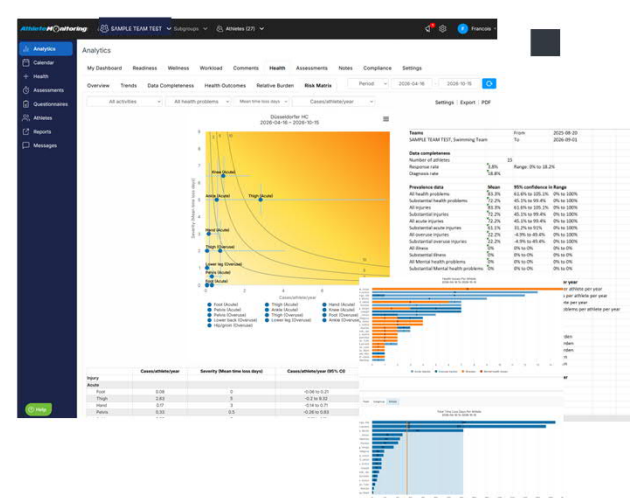
Track any acute or overuse injury, illness or mental health problem with app-based OSTRC Questionnaire and incident recording.

Electronic Health Records



Streamline incident tracking, consultation management, note keeping and appointment scheduling
Improve communication
Easily administer questionnaire-based assessments

Instant Statistics & Reporting



Generate complex reports, raw data exports and epidemiological statistics in seconds.

— WHY ATHLETEMONITORING

Comprehensive, Flexible, Budget-friendly

1

A Centralized Platform

Keep a finger on the pulse of your athletes' readiness to win with a single, fully customizable platform.

2

A Turnkey Athlete Management App

Monitor player health, wellness, workload, risk, fitness and performance. Delve into system built-in individual and team reports to understand burden, and risk factors.

3

A Secure Collaboration Tool

Securely communicate with club practitioners with in-app messaging, easily encrypt store and retrieve documents, while ensuring compliance with the most stringent data protection policies.

4

An Integrated Solution

Engage with staff and athletes with user-friendly, app-based and modular interface. Integrate readiness measures, workload metrics, testing results and link data from external platforms and third-party devices

✓ Vulnerability Testing

✓ Two-Factor Authentication

✓ GDPR / HIPAA Compliant

✓ Data Encryption in Transit and at Rest

✓ Connection with Tableau and PowerBI

✓ Role-Based Access Control

References

Trusted Worldwide

Adopted by Elite teams, National Olympic Committees, NGBs and IOC accredited research centers in 80+ countries

Continuously Improved

The system is continuously enhanced following user feedback and the publication of new research. All updates are free and unlimited

Timely support

Our friendly support team is always here for you, and our development team can develop any feature to further tailor the system to your unique needs



THE MICHELI CENTER
FOR SPORTS INJURY PREVENTION



<https://www.athletemonitoring.com/clients/>

<https://www.athletemonitoring.com/testimonials/>

<https://www.athletemonitoring.com/publications/>



— GET STARTED

Request Your Free Demo

[at AthleteMonitoring.com](https://athletemonitoring.com)

Or email us at info@athletemonitoring.com to request a quote or ask any question.

✓ All inquiries are answered within 24h.

