



## How to Add an Injury

If you get injured during a session, follow the below steps to log the injury

0 hours 0 minutes

Training Status  
[Red dropdown arrow]

Training Type  
GAME - Home [Red dropdown arrow]

Rate of Perceived Exertion  
Rest Easy Hard Very Hard Maximal  
0 [Slider bar]

New Injury  
Yes [Red dropdown arrow]

Comments:  
[Up/Down arrows] Done

Yes  
No

< Back Activity Details

Training Status  
[Red dropdown arrow]

Training Type  
[Red dropdown arrow]

Rate of Perceived Exertion  
Rest Easy Hard Very Hard Maximal  
0 [Slider bar]

New Injury  
No [Red dropdown arrow]

Comments:  
Enter Injury Details

Av HR: 0 Max HR: 0

[Green Update button] [Red Delete button]

Click on arrow and select YES for new injury.  
Press Done

In Comments enter injury details:

- what is your injury,
- how it happened,
- how it is affecting you etc.

Press Update

