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Monotony/Strain History Dashboard: A Detailed Overview



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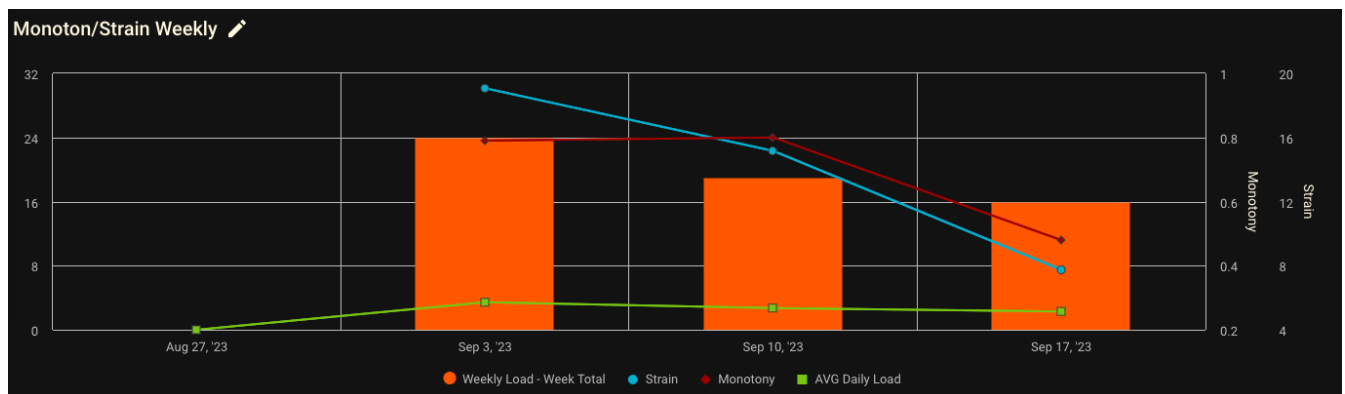
Monotony/Strain History Dashboard

- **ATHLETE and GROUP DASHBOARD LAYOUTS** - Display weekly load, monotony, and strain from a single load field
- Best used to show the weekly amount of load, monotony and strain while optionally including empty days as rest days for an athlete or group over a user-defined number of weeks.

In this article, we will explore what the Monotony/Strain History Dashboard is and how to build one. Please watch the following video for a full walkthrough:

As demonstrated in the video, the Monotony/Strain Dashboard allows coaches and practitioners to build a weekly monotony/strain and load graph from one load field that is either athlete or coach input in the system. The builder allows you to select the timeframe to display monotony/strain from, and it allows you to include or exclude "empty" days as rest days in the load calculation. The dashboard will display a daily average load for each week, a sum of the weekly load, monotony, and strain over the selected timeframe.

Monotony/Strain History Dashboard Visual



Dashboard Builder - Main Options

Monoton/Strain Weekly

Monotony/Strain History Dashboard
ATHLETE/GROUP - Display weekly load, monotony and strain from a single load field

Dashboard name
Monoton/Strain Weekly 1.

A unique name to identify this dashboard when editing or assigning to layouts

Field
Weekly Load 2.

Label
Weekly Load 3.

Unit

Number of weeks to show in dashboard 4.
4

Count empty days as rest days? 5.
A missed day with no load will be factored into monotony/strain as a rest day with zero load

1. **Dashboard Name** - This will be the display name on your dashboard when it is added to a layout.
2. **Field** - The load field from the system to be referenced in the calculations
3. **Label and Unit** - Optionally, you can change the display name of the load field and add/remove/change the display unit.
4. **Number of weeks to show in dashboard** - The timeframe for the dashboard display.
5. **Count empty days as rest days?** - A missed day with no load will be factored into monotony/strain as a rest day with zero load if this box is checked.



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