COACHMEPLUS

CoachMePlus Help > Data Visualization > Dashboard Builders



Articles in this section

Training Exercise Set History Dashboard: A Detailed Overview



Michael Gallivan 7 days ago · Updated

Follow

Training Exercise Set History Dashboard

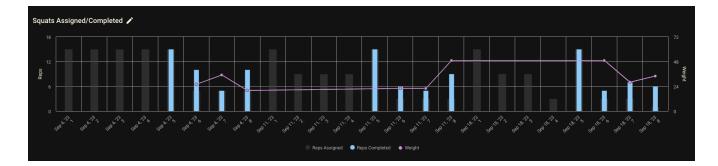
- ATHLETE ONLY DASHBOARD LAYOUTS Display of sets assigned and completed within recent days for an exercise
- Best used if the goal is to show assigned versus completed for a given exercise assigned to an athlete

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



 \checkmark

As demonstrated in the video, the Training Exercise Set History Dashboard allows coaches and practitioners to display a dashboard for any given exercise from the exercise library to show assigned versus completed reps, along with the completed properties (weight, duration, etc.) for the selected exercise.



Training Exercise Set History Dashboard Visual Example

Dashboard Builder - Main Options

≡	#COACHHEPLUS	¢ 🖻 🔘
← Squats Assigned/Completed		6
Training Exercise Set History Dashboard ATHLETE - Display of sets assigned and completed within recent days for an exercise		
Dashboard name Squats Assigned/Completed		
A unique name to identify this dashboard when editing or assigning to layouts		
Exercise 2. Barbell Back Squat		-
Number of days of history to display * 28		
Shows the sets assigned and completed from the past number of days		

- 1. **Dashboard Name -** This will be the display name of your dashboard when it is added to a layout.
- 2. **Exercise -** This will be the exercise selection option that will populate the graph with reps assigned and completed.
- 3. Number of days of history to display This allows you to define the number of days of history (from 1 to 31) to show exercise assignment/completion data for on the dashboard.
 (in)

Was this article helpful? Yes X No 0 out of 0 found this helpful		
Return to top 🕥		
Recently viewed articles		
Monotony/Strain History Dashboard: A Detailed Overview		
How To: Archive a Program from the Library		
How To: Un-Pause a Paused Program		
How To: Pause a Program		
How To: Add Exercises to Athlete On the Fly		

Related articles

Library Featured Dashboard: A Detailed Overview

Aggregate History Dashboard: A Detailed Review

Monotony/Strain History Dashboard: A Detailed Overview

Change History Dashboard: A Detailed Overview

Comments

0 comments



Be the first to write a comment.

CoachMePlus Help