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How to: Tag an Individual Athlete



[Mike Zoetewey](#)

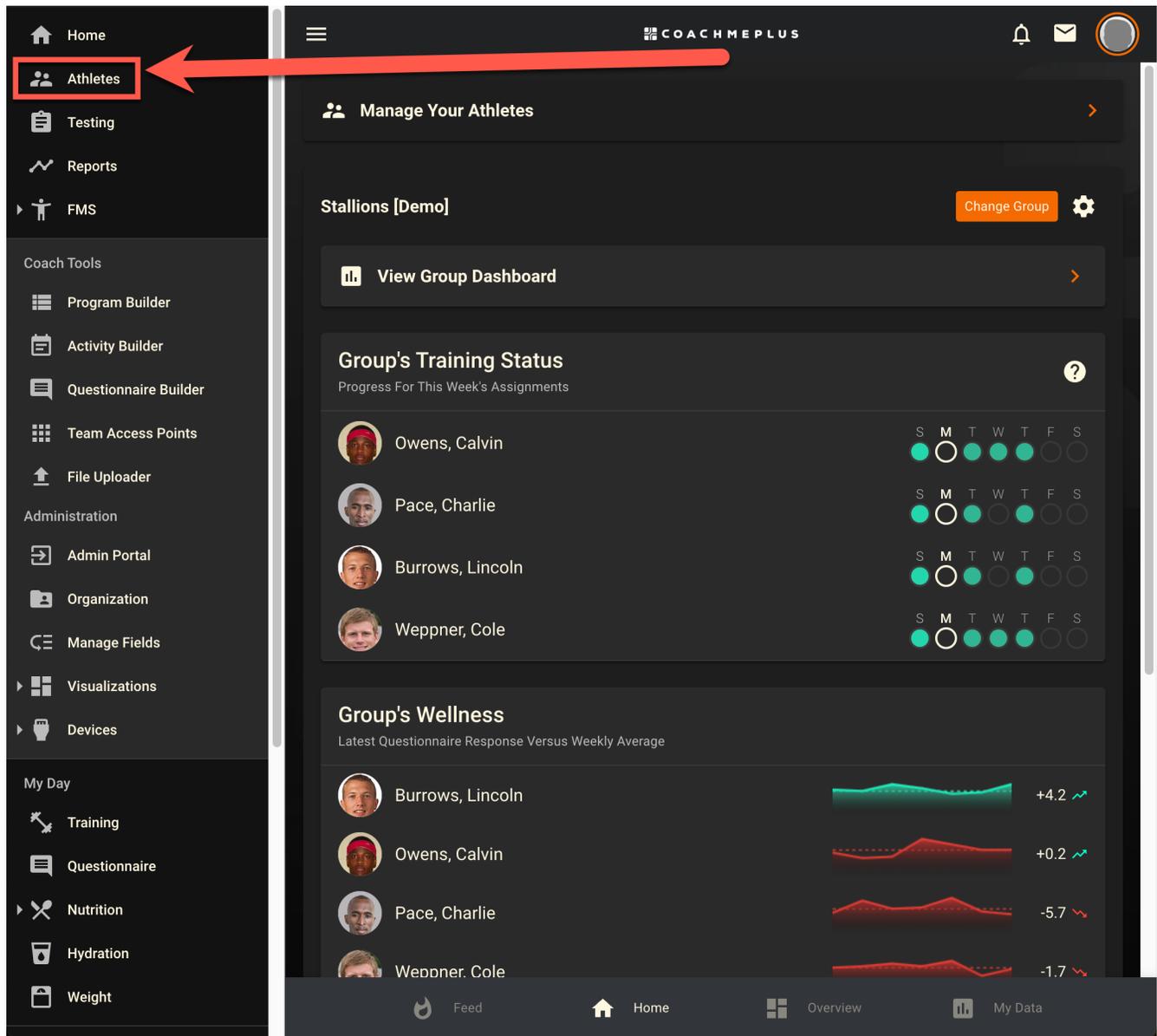
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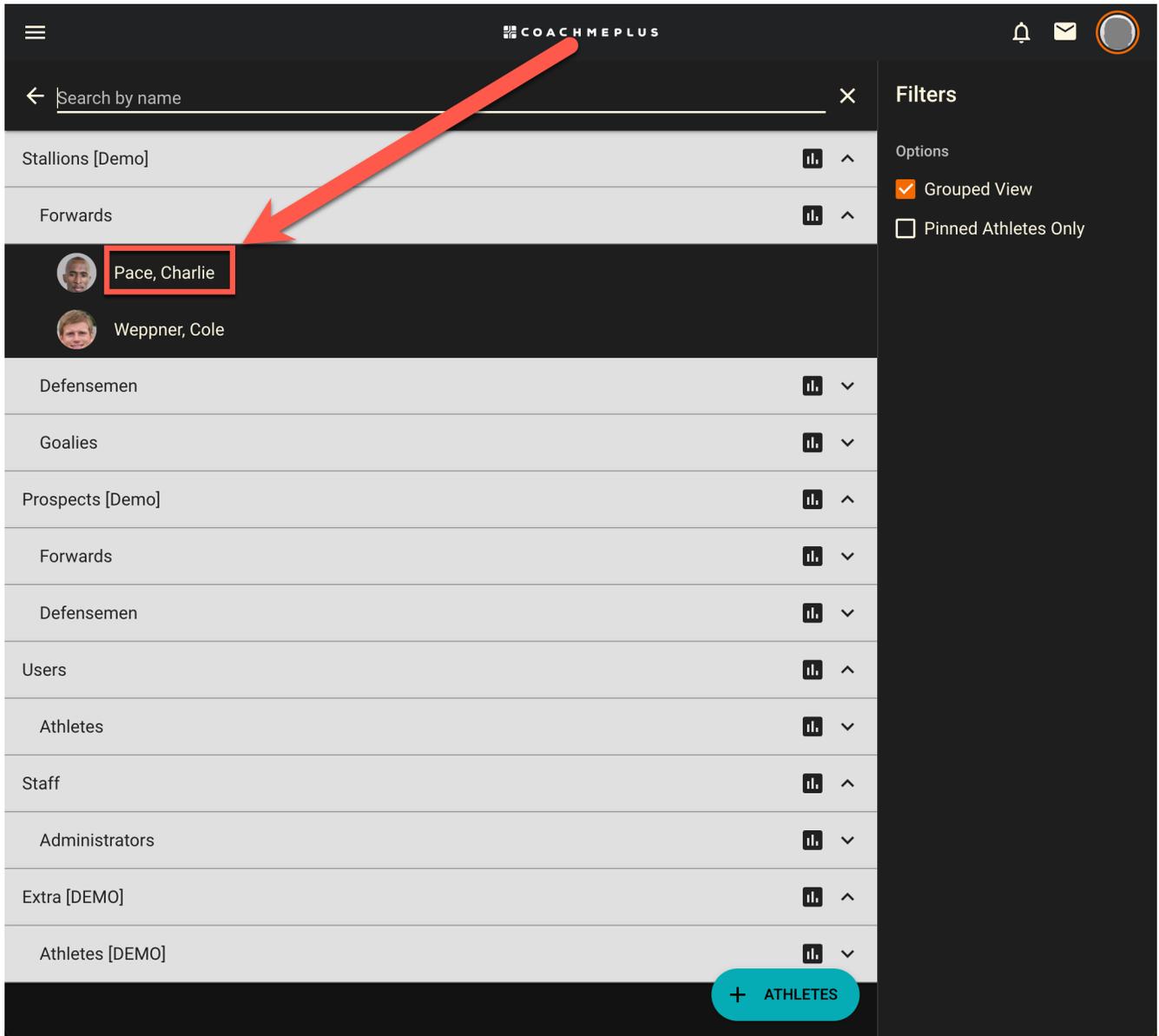
Another way that we can sort Athletes in the CM+ System is to "Tag" an athlete with a descriptive name similar to how we Tag Exercises in the Exercise Library. While the current functionality of this method is limited, we hope to increase the ways in which this can be used in the future.

Watch this How To video and follow the steps below:

1.



2.



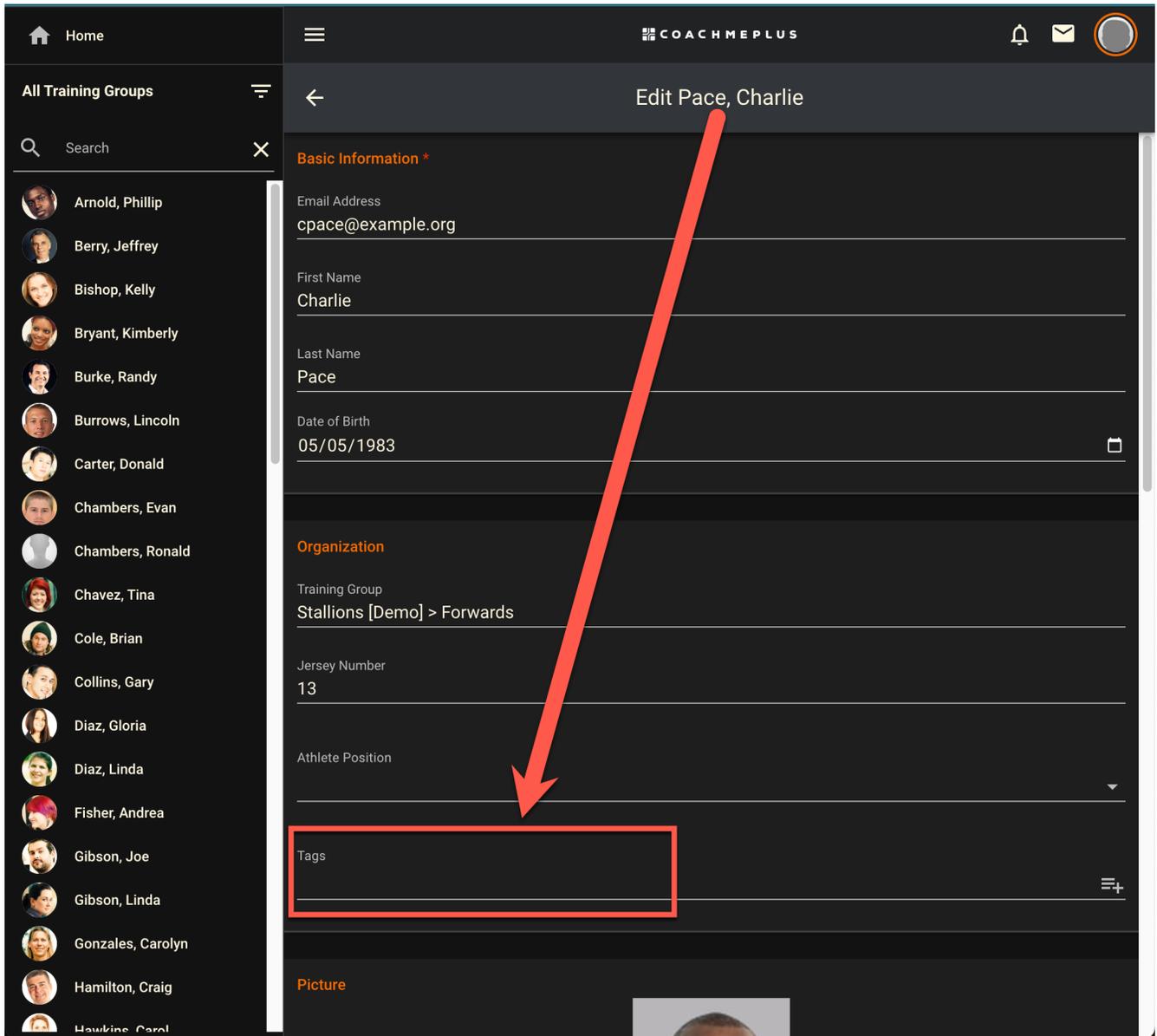
3.

The screenshot shows the CoachMePlus mobile application interface. On the left is a sidebar menu with 'Home' at the top, followed by 'All Training Groups' and a search bar. Below the search bar is a list of training groups with circular profile pictures and names: Arnold, Phillip; Berry, Jeffrey; Bishop, Kelly; Bryant, Kimberly; Burke, Randy; Burrows, Lincoln; Carter, Donald; Chambers, Evan; Chambers, Ronald; Chavez, Tina; Cole, Brian; Collins, Gary; Diaz, Gloria; Diaz, Linda; Fisher, Andrea; Gibson, Joe; Gibson, Linda; Gonzales, Carolyn; Hamilton, Craig; and Hawkins, Carol. The main content area displays the profile for 'Pace, Charlie', a Stallions [Demo] Forward. The profile card includes a circular profile picture, the name 'Pace, Charlie', and the team/position 'Stallions [Demo] > Forwards'. In the top right corner of the profile card, there are three icons: a pin, a message bubble, and a three-dot menu icon, which is highlighted with a red square and a red arrow pointing to it from the top right. Below the profile card is a row of six dashboard tiles: Dashboards, Testing, FMS, Quick Report, Schedule, and Notes. A 'Library' tile is positioned below the 'Quick Report' tile. The bottom section of the app shows 'Today's Activities' with two items: 'Strength & Conditioning' and 'Speed Program'. The 'Nutrition' section displays a progress bar for 'Calories' (845) and a table for macronutrients: Protein (53g, 25%), Carbs (87g, 41%), and Total Fat (31g, 34%).

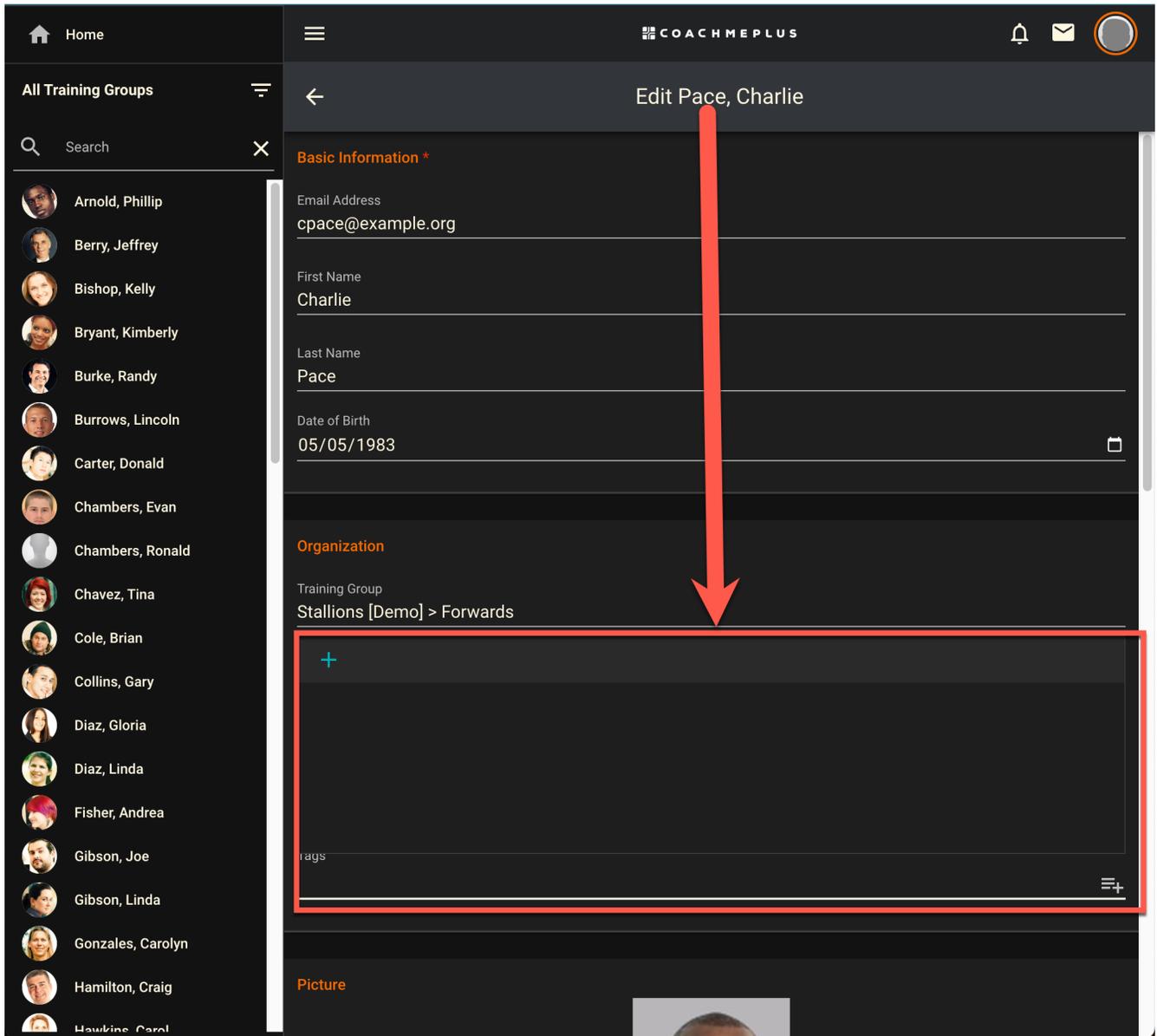
4.

The screenshot shows the CoachMePlus web application interface. On the left is a sidebar with a list of training groups. The main content area displays the profile for 'Pace, Charlie', a member of the 'Stallions [Demo] > Forwards' team. A red arrow points from the 'COACHMEPLUS' logo to the 'Edit' button in the top right corner of the profile card. A dropdown menu is open from the 'Edit' button, listing the following options: 'Send Welcome Email', 'Send Password Reset', and 'Login History'. Below the profile card are several functional tiles: 'Dashboards', 'Testing', 'FMS', 'Quick Report', 'Schedule', and 'Library'. Further down are three summary cards: 'Training' (0/0 Daily Goal), 'Questionnaire' (1/1 Daily Goal), and 'Nutrition' (845 Calories, 53g Protein, 87g Carbs, 31g Total Fat). At the bottom, there is a 'Today's Activities' section with items like 'Strength & Conditioning' and 'Speed Program'.

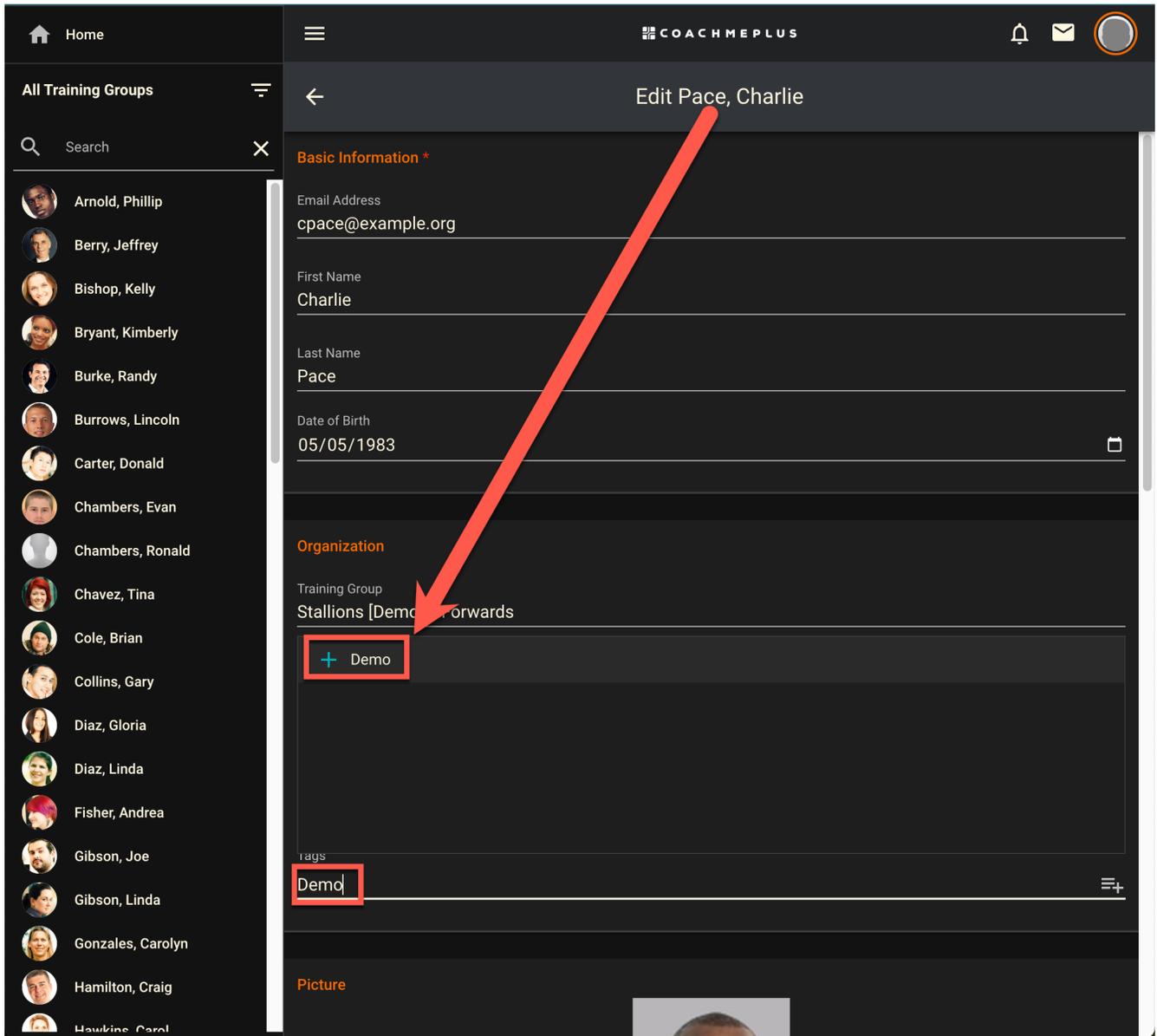
5.



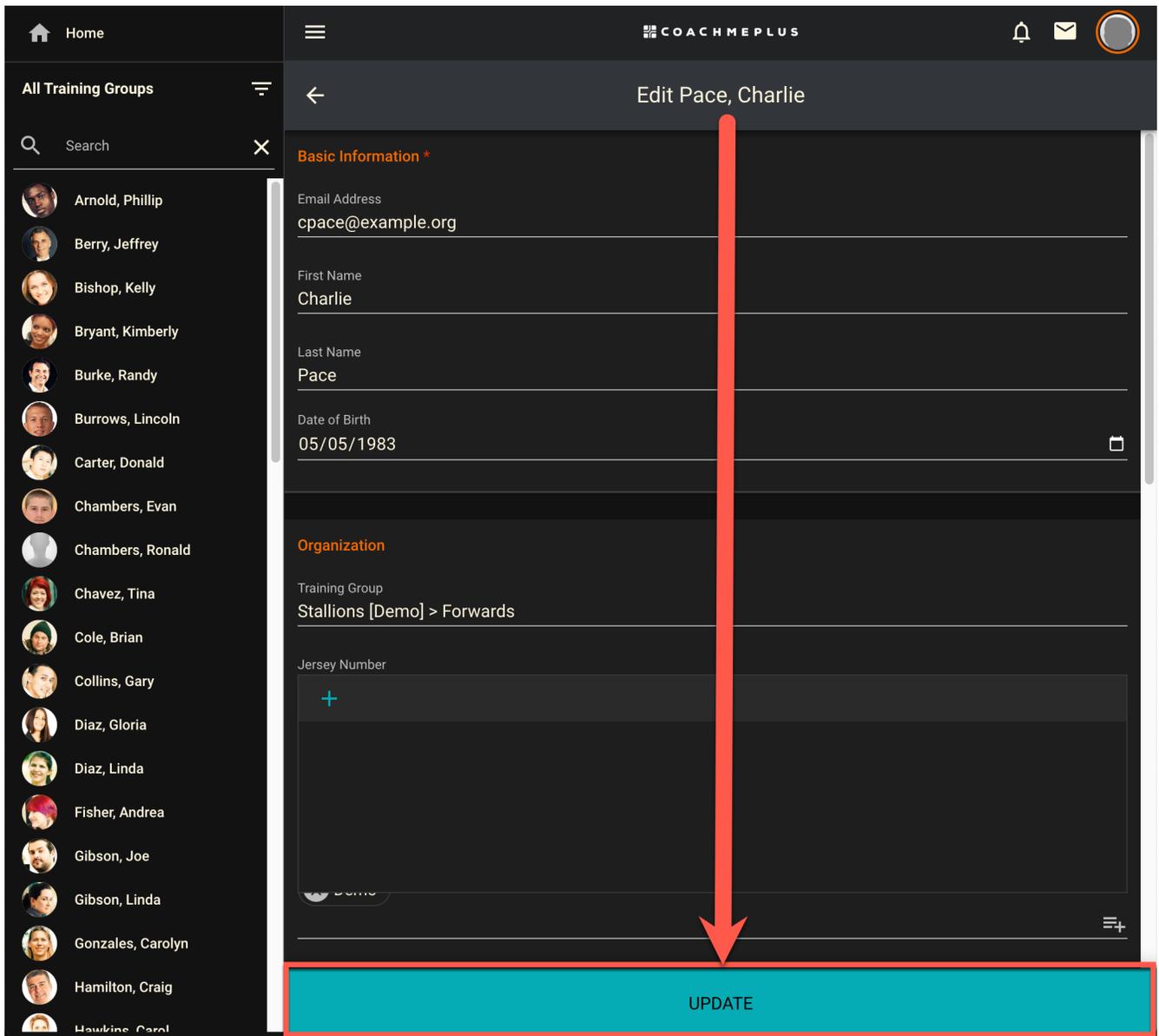
6.



7.



8.



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