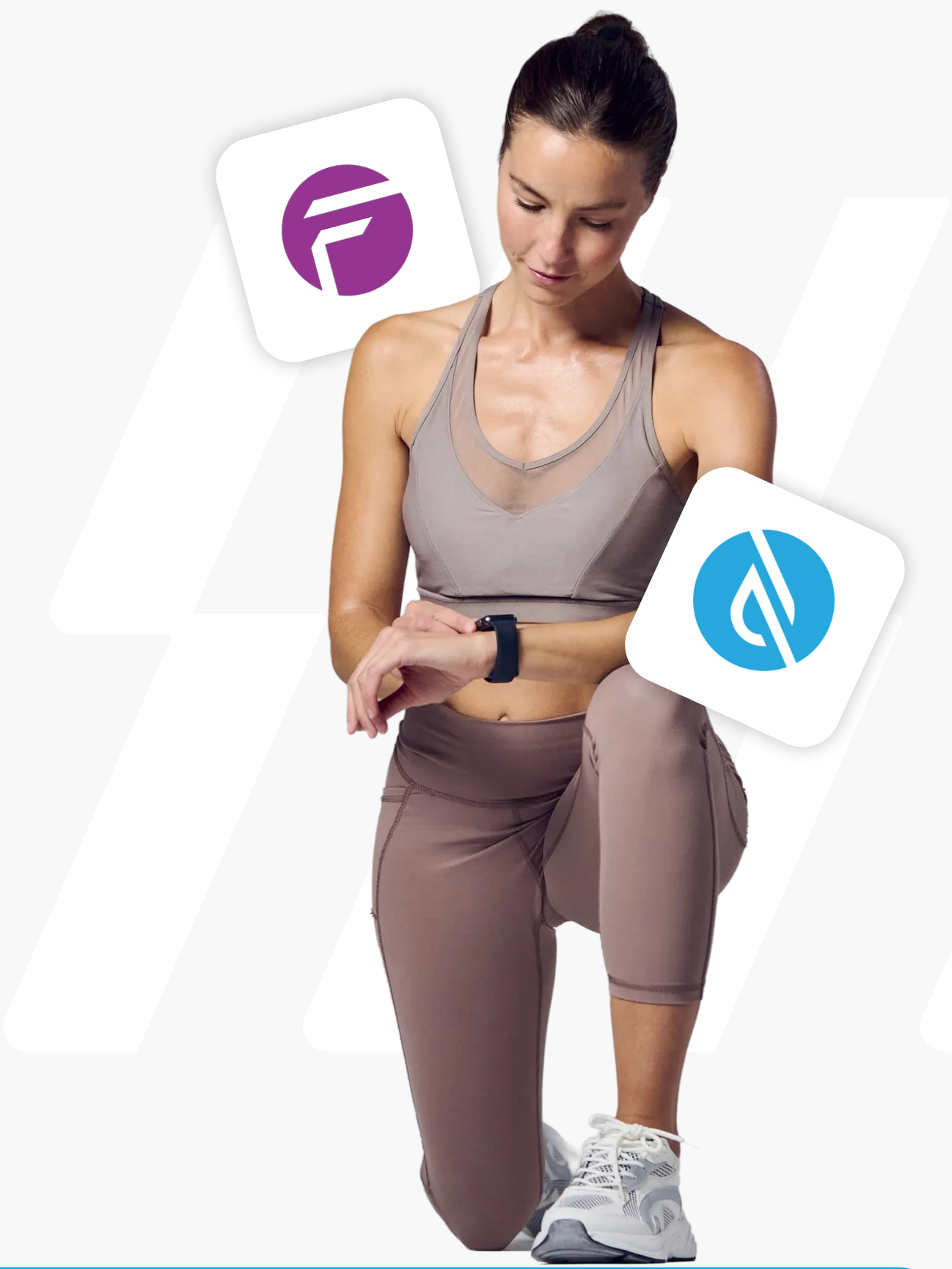


For clubs that want to give their trainers more time to train and engage with members

Grow your PT program, give your trainers their time back, and give your members more of what makes your gym great. FitMetrics handles the rest.



WHAT IS FITMETRICS?

FitMetrics takes the repetitive back-end work out of personal training, so trainers spend more time training and can take on more members. It gives gyms and clubs the workflows, AI-powered automation, and clear visibility needed to run a competitive PT operation, whether that means one location competing with national chains or a network that needs to train the same way everywhere.

WHAT'S INCLUDED

Walk into every check-in ready

FitMetrics pulls together what a member reported and what their data shows, then drafts the follow-up. Your trainers review, adjust, and send.

WEEKLY CHECK IN

JUST NOW



Whitney Jones

AI Analysis Complete

Sentiment: Positive 😊

Compliance: 85%

⚠️ Flag: Work stress affecting meal prep

💡 Suggest meal prep tips



Aisha Stone 1:57 PM

/mealhelp



Mike Assistant 1:57 PM

Food Analysis:

🇺🇸 356 kcal · 28g Protein · 8g Carbs · 24g Fat

View Details ▾

Meal photos become macros

A member snaps a plate, and the macro breakdown lands in their log. No food searching, no manual entry, and the trainer sees it too.

One inbox for every member conversation

Trainer-member messages stop living on individual phones. Managers see who is engaging and where conversations stall.



Building Program for Sarah

AI Workout Builder

How many days can Sarah train?

3 days

4 days ✓

5 days

6 days

What's Sarah's primary goal?

Fat Loss

Muscle Gain ✓

Strength

Endurance

Any injuries or limitations?

None

Lower Back ✓

Shoulder

Forms

Compare

Similar forms

General Check-in

Monday, 09 Feb

3w ago

How were your energy levels this week?

Low some days, improved after rest.

How did you feel overall (mood/recovery)?

Motivated, mild soreness but recovering

How was your workout consistency?

Hit 4 planned sessions, one missed

Monday, 16 Feb

2w ago

How were your energy levels this week?

High most days, steady throughout.

How did you feel overall (mood/recovery)?

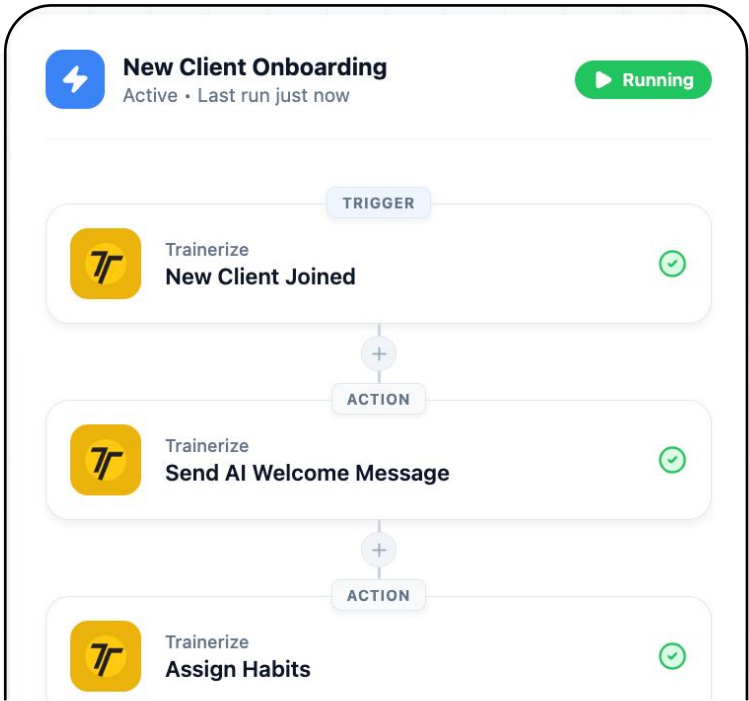
Tired midday, upbeat by evening.

How was your workout consistency?

Only 2 sessions completed, inconsistent.

Your forms start working for you
Engagement already lets trainers compare check-in forms over time. FitMetrics reads those answers, summarizes what changed, and drafts the follow-up for review.

Spot who’s slipping
Compliance rolls up each member’s activity into one view across every trainer, with flags on anyone who has gone quiet. Open the flag and you’re in the conversation.



Filters that run themselves
Save a roster filter, such as members not contacted in 48 hours, and attach a message or task that fires on its own.

Follow-ups with owners
Assign tasks to the right trainer, track them across the team, and see how each trainer is handling their roster at a glance.

WHAT DO CUSTOMERS SAY

"The AI food tracking made it so much easier for my clients to log their food. And the compliance tracker was really, really good from the start. I can go through one page, see everyone’s weigh-ins and steps, and give accountability really quickly."



WHY IT MATTERS

Grow the roster, not the payroll
Trainers take on more members while admin work grows more slowly, so PT revenue rises without hiring ahead of demand.

Members continue to get a personal touch
Prepared check-ins, same-day meal feedback, and timely milestone messages make each member feel known.

One view for every location
Operators see team-wide engagement and quality in one view, whether the team works in one gym or many.

Upgrade what you already run
FitMetrics sits on top of Ignite Engagement, so teams adopt new capabilities without switching systems.

PLANS & PRICING

One or first location

The full FitMetrics for Ignite platform for one gym. Best for independent gyms with two to ten trainers.

\$149 PER LOCATION/MONTH

Additional location

The same platform at every site, with compliance and engagement views across locations and roll-up reporting. Best for regional and global operators.

\$99 PER LOCATION/MONTH



Contact your ABC representative to **learn more**