



REPerformance App FAQ's

Can kids change their workouts/exercises based on their goals?

Yes. You can align workouts to each student's area of interest directly from the insights you gain from the assessment. Then by selecting equipment that best suits their goals custom workout plans will be generated.

Do kids have to use their phones?

NO. Our product is a web application that will open on any device from a mobile to a desktop computer.

Is there ongoing support?

Yes, we have a Client Success/Teacher Support team to aid you in your account success. We also have a bug-reporting tool in the platform that you can leverage to report any issues to our DEV team directly.

Is there a place for journal entries "I felt weak today, today I was excited to workout"?

No. Currently we do not have journaling abilities in the product. We have this feature in our build cue for April

Is there a way to change the 4 week plan to a different timeline?

No, We have received this request and are working on giving teachers the ability to choose different program lengths.

Can students workout on any day? not the one the schedule recommends?

Yes, The recommended schedule is there to provide the knowledge of how a long term active lifestyle is ingrained into a routine.

I have a small weight room, can I still use your product?

Yes, we understand that each school is different so we have put the control in your hands of how your equipment gets accessed. Our workout generator builds workouts for your students from the equipment selection information you provide. This guarantees every school can unlock the facilities potential.

How do the students know what weight to use?

Our AI uses 20 years of strength and conditioning programming knowledge to reference each student's assessment results to our database and choose the right weight for each student's needs.

Can you set students up with their own workouts - different from each student?

Yes. Our platform provides 2 options for teachers, generating workouts for your entire class at once or generating workouts for each student.



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Are we able to put our own equipment in the “select equipment” section? If we don't have some of the ones listed

No. We are always looking to improve our database of equipment and exercise so if you have something unique just send it along to your account representative and they will give it to development to add into production.

What about student privacy?

Students privacy is our first priority. We are a Canadian company with a Canadian database so we fall under all the regulations to support Canadian organizations. We also work with your board's IT department and will customize anything that comes up to fit your needs.

How do I combat unmotivated students?

We have three different ways we can assist with unmotivated students:

- Our platform has a 'streak' tracking feature that updates students on how many consecutive workouts they have completed, gamifying the process like this can keep students more motivated
- Our weekly tips and content that is shared can be used in class to make activities and workouts more enjoyable
- Our founder and CEO Callen McGibbon can host a motivational sessions with a class to excite students

Are there templates for assessments or do I have to design my own?

We have templates designed to help you save time and choose from that are geared to different areas of interest. You can also easily build your own with our click and submit create an assessment form.

Can a student be in multiple classes or teams at once?

Yes. Your account is set up with a school database that you select from and assign students to classes and teams.