



WELCOME TO REP!



A photograph of a gym interior. In the foreground, a person is sitting on a black weight bench, facing right. They are wearing a blue hoodie, grey shorts, and a grey beanie. In the background, a person is performing a pull-up on a black metal frame. The gym has a blue and yellow decorative border on the wall. The floor is covered with black rubber mats. There are various gym equipment and weights visible in the background.

SPECIAL THANKS



David Pineau
Lakehead District
School Boards

WE ARE A GROWING TEAM!

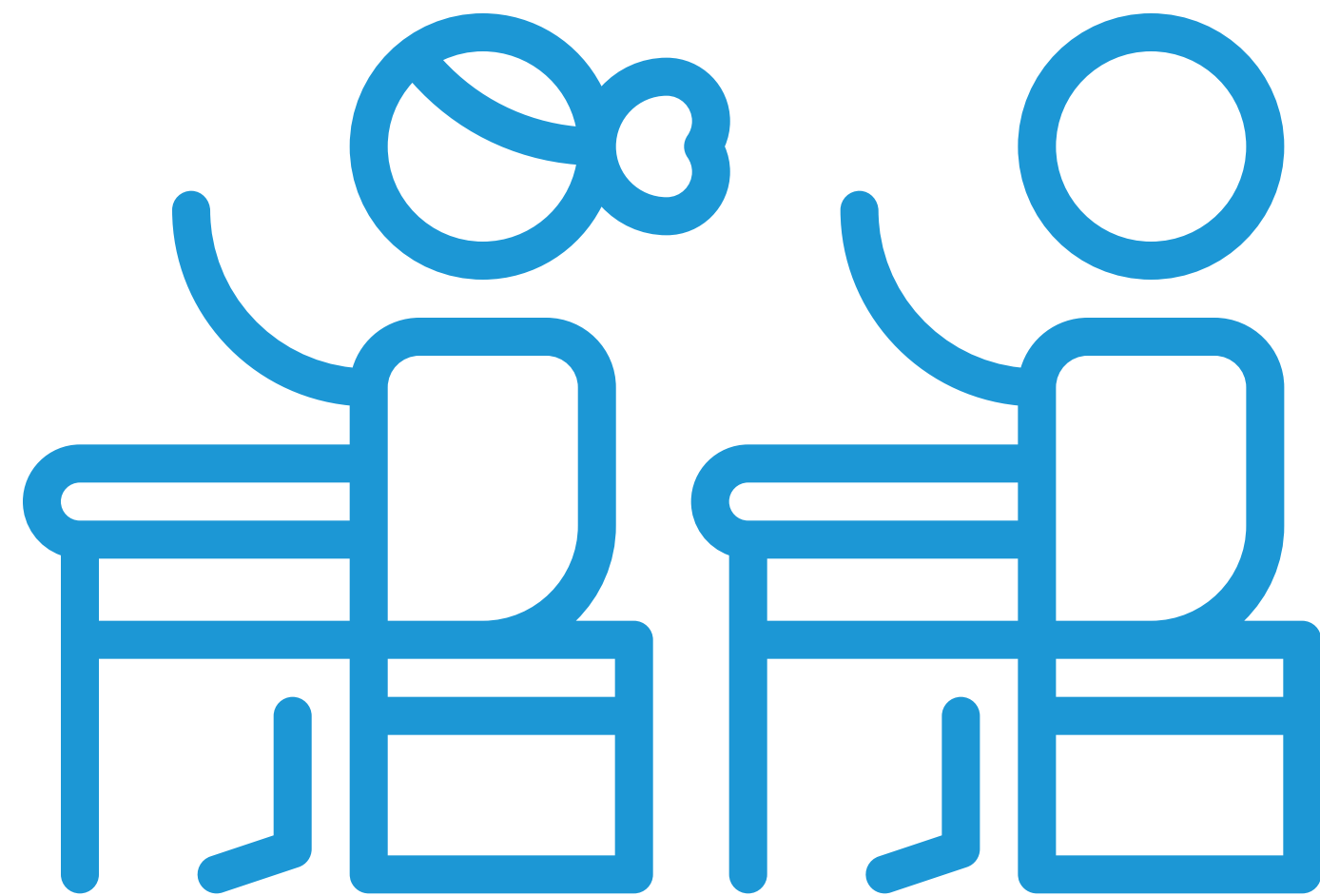
48 PE Teachers

3000 Students

**16 Individual Schools, across 3
Provinces**

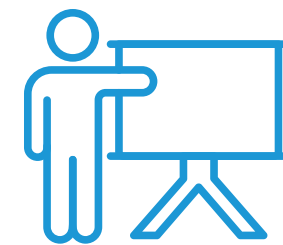
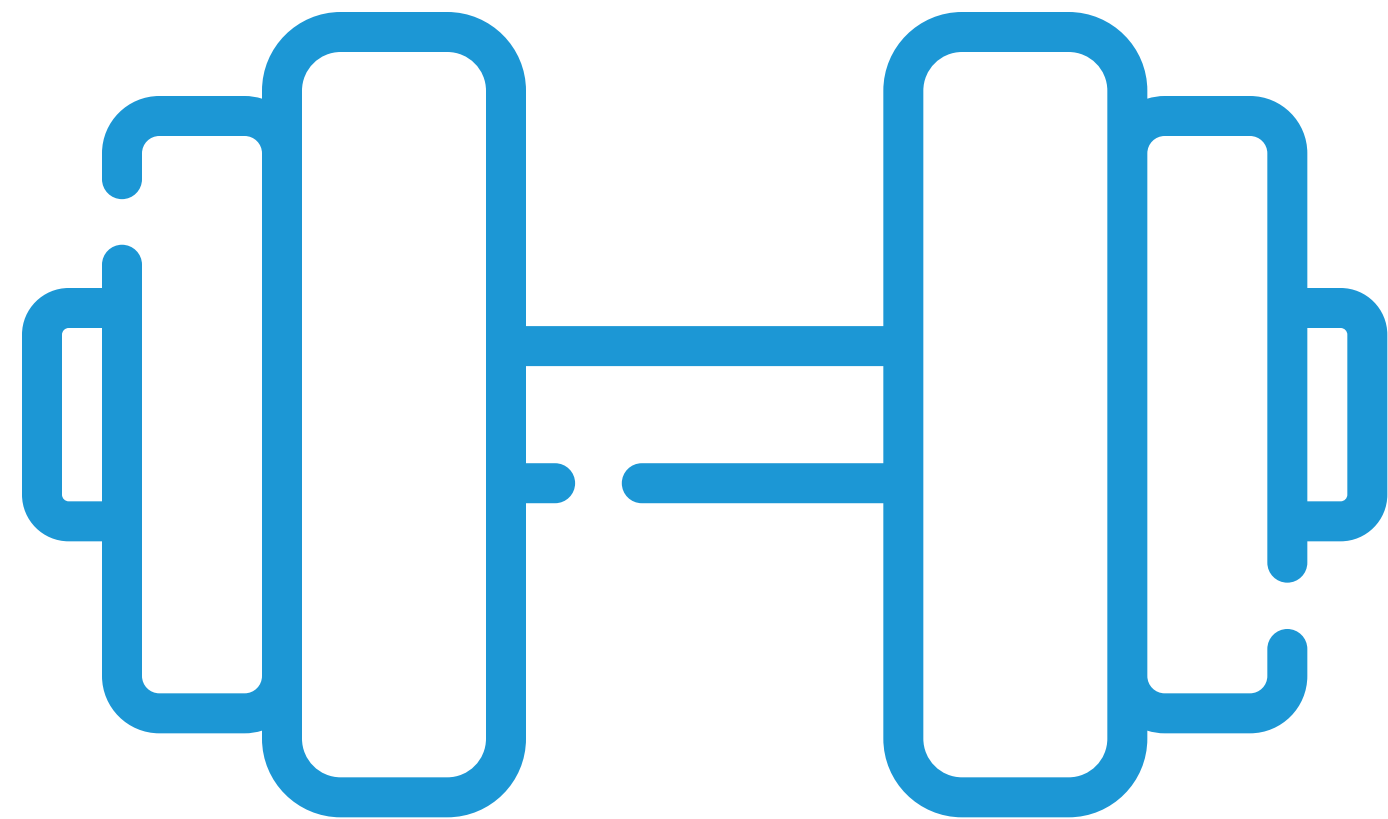
3 Boards

WHAT IS REP



REP is a software application designed to aid in the delivery of school based fitness curriculum. The platform enables users to run a fitness assessment with any device and communicate results seamlessly throughout an organization. Our platform can support in-class or remote learning.

HOW WE HELP



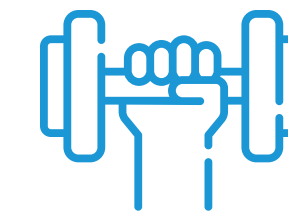
Our platform saves teachers time by centralizing students assessment results



Increases one on one time with students



We database participation providing a time efficient way of evaluating your students.




Reduces prep time by building workouts plans for each student



Reduces paperwork demands and photocopying costs

HOW IT WORKS

1. Teachers create a fitness assessment to facilitate routinely with the ability to generate workouts.
 2. The platform uses A.I. to instantly generate 4-week programs that are designed specifically to each student's capabilities.
 3. Exercises adjust based on student feedback through a RPE (rate of perceived exertion) score.
 4. Through a consistent assessment-based model, teachers create a positive **feedback loop!** for their class.
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THE POSITIVE FEEDBACK LOOP



Producing tailored action steps for a class of 20-30 students is no easy task. The positive feedback loop is an ‘assessment - routine - assessment’ framework that motivates and encourages healthy habits through consistent communication between student/teacher.

TYPICAL USE CASE

Week 1

Day 1. Use videos to teach students how to properly complete each assessment

Day 2. Run your assessment

Week 2

Day 1. Students perform their REP workout

Day 2. Draw from REP's weekly pro tips to deliver fun engaging games

Day 3. Students perform their REP workout

Day 4. Play a sport

Day 5. Students perform their REP workout

RINSE AND REPEAT!

Week 3

- Repeat process

Week 4

- Repeat process

Week 5

- Repeat process

Week 6

- Re-assess, celebrate progress and start again!

WHAT'S AHEAD

- building momentum, curiosity, engagement
- continue to expand the EDB
- modules for sport psych, nutrition etc.
- inclusive sport specific games that focus on development over performance

