



# THE CHECKLIST

## HOW TO EVALUATE ATHLETE MONITORING SYSTEMS (AMS) VS PERFORMANCE OPTIMIZATION

Here are some specific evaluation criteria you should use to assess **athlete monitoring companies** (vs. Performance Optimization).

		ATHLETE MONITORING SYSTEMS	PERFORMANCE OPTIMIZATION <small>In P+ INTELLIGENCE PLATFORM</small>
CENTRALIZED PERFORMANCE, WELLNESS & READINESS HUB	Unified view of athlete training, recovery, and wellness to inform daily decision-making and optimize performance		
REAL-TIME LOAD & READINESS MONITORING	Track daily training, fatigue, and recovery metrics in real time		
RECOVERY & FATIGUE TRACKING	Monitor post-training recovery and flag overtraining risks		
AUTOMATED ALERTS & RED FLAGS	Immediate alerts for fatigue, overload, or risk thresholds		
CONFIGURABLE DASHBOARDS & REPORTS	Tailor views and reporting to team roles and workflows		
DATA STRUCTURED FOR USE	Structured, analysis-ready data, no manual cleanup required		
HARDWARE-AGNOSTIC DATA INTEGRATION	Connects with any third-party wearable or test device		
CROSS-DEPARTMENT COLLABORATION	Role-based access across performance, coaching, and medical		
MOBILE ACCESS & COMMS	Input and communicate from anywhere via kiosks & mobile apps		
SCALABLE SYSTEM DESIGN	Configurable for changing workflows, roles, and team structures		
INJURY RISK DETECTION & RTP CONTEXT	See load and readiness in a medical context to support injury prevention and return to play		
UNIFIED VIEW OF ATHLETE STATUS	Combines training, wellness, and recovery into one athlete's view		
SECURE & COMPLIANT DATA MANAGEMENT	Enterprise-grade security and audit controls		