CHECKMYLEVEL

USER MANUAL

Version 2.0
2014 08 19

CHECKMYLEVEL ☑

READ THE MANUAL BEFORE USE

The manufacturer warranty is voided if the instructions of this manual are not followed.

CHECKMYLEVEL ☑

CHECKMYLEVEL™ is a revolutionary way to assess training readiness and monitor recovery aimed especially for athletes engaged in sports requiring strength, explosive power, skill and coordination. CHECKMYLEVEL™ is based on the physiological phenomena of a specific muscle reflex stimulated by low-voltage current.

CHECKMYLEVEL™ is based on the scientific fact that the collaboration between the brain and muscles is the key performance driver in any sports. The performance of the nervous system defines the ability for body to produce high performance, especially so in sports defined above. The research shows that cardio-vascular assessments (such as HRV) cannot define the training readiness reliably in as strength-, skill- and coordination intensive sports. These sports include most of the team sports (e.g. football, basketball, hockey and rugby), individual sports requiring skill and coordination (e.g. tennis, golf, athletics and badminton), fight sports (e.g. boxing, wrestling, MMA) and sports requiring explosive power (e.g. fitness, gym, crossfit and weight lifting). CHECKMYLEVEL™ is also suitable for endurance sports.

CHECKMYLEVEL™ is designed to be a training aid for athletes, "professional, semi-professional, recreational", coaches and medical professionals. It helps to optimize training, to avoid over-training and helps to reduce injuries.

The value of CHECKMYLEVEL™ is 3-fold:

Provides real-time information on the neuro-muscular recovery of an individual user. This response is a ected by training, rest, nutrition, stress and few minor factors related to supercompensation and thereby helps to avoid over-training syndrome reduces muscle-based injuries when used continuously to avoid over-training syndrome.

CHECKMYLEVEL™ can also be used to monitor and assist recovery from injuries.

The CHECKMYLEVEL™ assessment is quick and easy to do. It is recommended that the assessment is carried out every day, preferably after you wake up. Always assess before the first training session of the day. The assessment results are stored in the CHECKMYLEVEL™ Cloud and can be accessed anytime, anywhere. The data can also be integrated with selected online services. The real benefits of the CHECKMYLEVEL" system
are realized when the information on training executed, recovery and nutrition are combined.

The service consists of 3 components:

CHECKMYLEVEL™ - Assessment "Device"
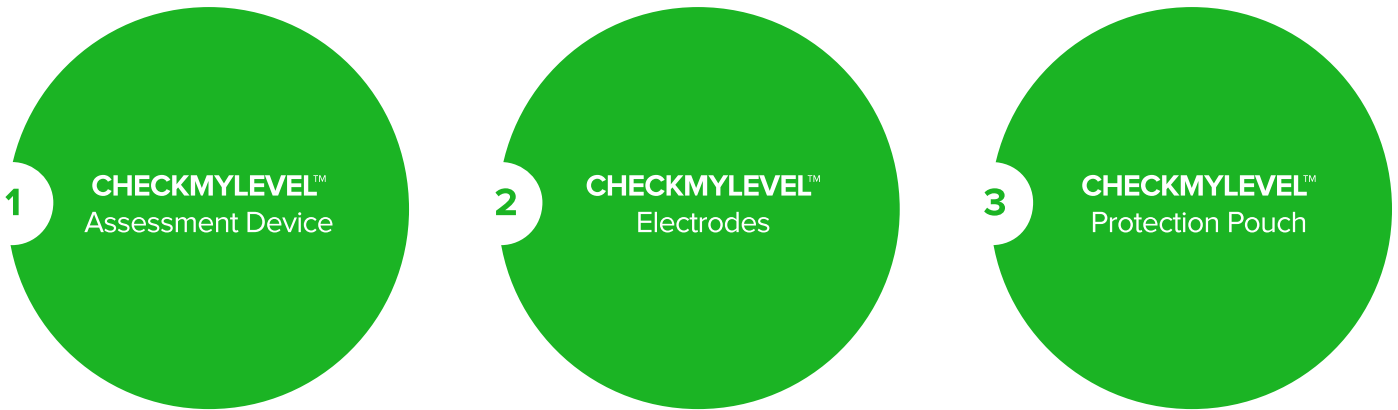CHECKMYLEVEL™ - Mobile "Application"
CHECKMYLEVEL™ - Cloud "Service"

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THE CHECKMYLEVEL™ Device

CHECKMYLEVEL

CHECKMYLEVELTM Package Contents

The Assessment Device Package includes:

1 **CHECKMYLEVEL™**
Assessment Device

2 **CHECKMYLEVEL™**
Electrodes

3 **CHECKMYLEVEL™**
Protection Pouch

When opening the package, always make sure that all content is included and the content is not damaged. If something is missing and/or damaged, the use of device is forbidden. Contact the local dealer for more details.

User Safety

CHECKMYLEVEL™ is designed for people are who are basically healthy

CHECKMYLEVEL™ is not suitable for people suffering from heart disorders

CHECKMYLEVEL™ is not suitable for people suffering from cancer

CHECKMYLEVEL™ is not suitable for people suffering from epilepsy or Parkinson's disease

CHECKMYLEVEL™ device should not be used if you are or if you suspect being pregnant

CHECKMYLEVEL™ device should not be used if you have fever or another general infection

CHECKMYLEVEL™ eledrodes should not be placed on top of a wound, infeded area or metallic bone support

CHECKMYLEVEL™ works only with CHECKMYLEVEL™ electrodes

Batteries

The power supply of the CHECKMYLEVEL™ - device is one non-chargeable alcaline AAA-LRO3-battery. Do not use any other type of batteries. Please note that the voltage level of a AAA battery can significantly fluctuate even in a fresh battery. Replace battery when needed. Open the battery cover to save power.

Keep the batteries out of children's reach. If the battery is swallowed, search for medical assistance immediately.

Note! If the device has not been used for a while, batteries may leak. Remove the batteries for a longer break in usage

In some markets battery might be included, depending on transportation regulatories

Electrodes

Use only CHECKMYLEVEL™ - electrodes with the device. Do not use any other types of electrodes. Electrodes are multi-use.

Multi-use eledrodes can be used up to 7 times depending on the skin type and hairyness in the electrode placement spot. The mobile application will give a notification once it's time to replace the electrode.

Do not detach the electrodes from the plastic cover by pulling from the cord. Use only unbroken electrodes. Dispose used electrodes to the garbage.
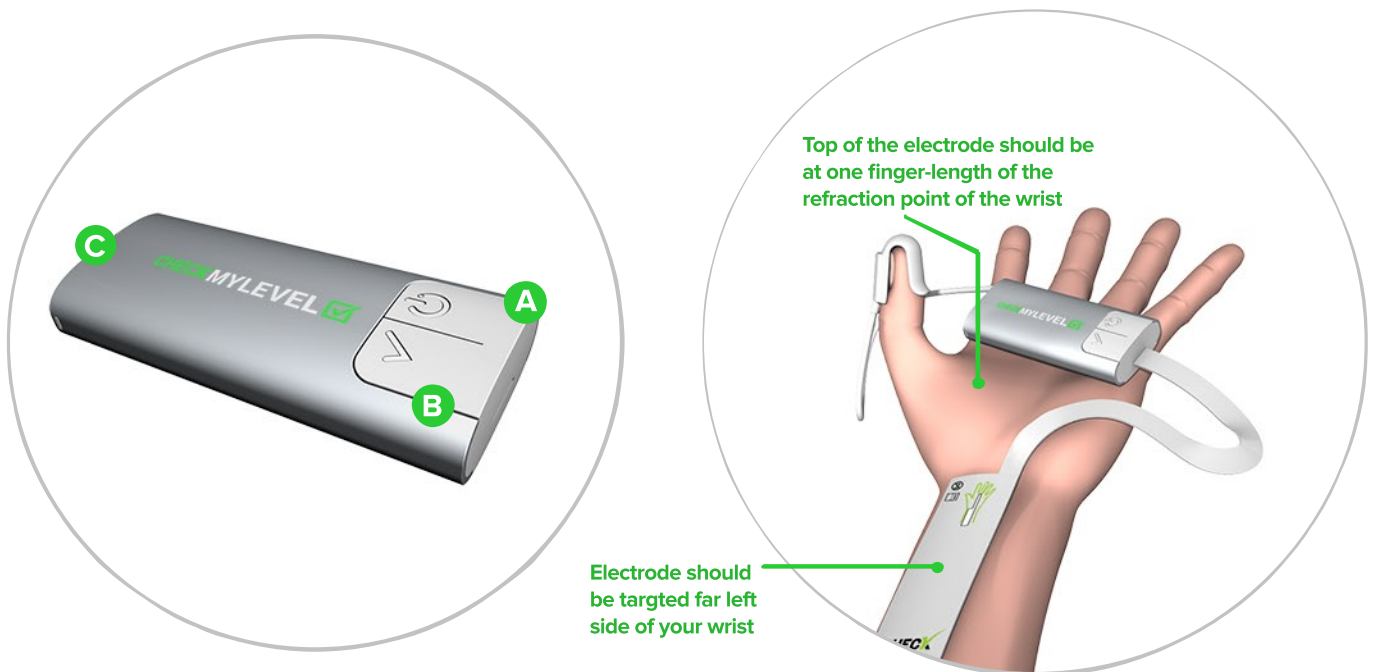
CHECKMYLEVEL ☑

The use of CHECKMYLEVEL™ Device

CHECKMYLEVEL ☑

The Use of CHECKMYLEVEL™ Device

Before the first use, remove the CHECKMYLEVEL™ - device from it's package, install the battery and close the battery cover. Battery cover is marked as **C**

Top of the electrode should be at one finger-length of the refraction point of the wrist

Electrode should be targted far left side of your wrist

1. Put the power on to CHECKMYLEVEL™ - device by pressing the power switch **A**

2. Start the CHECKMYLEVEL™ - application on your mobile device. Pair the devices if necessary.
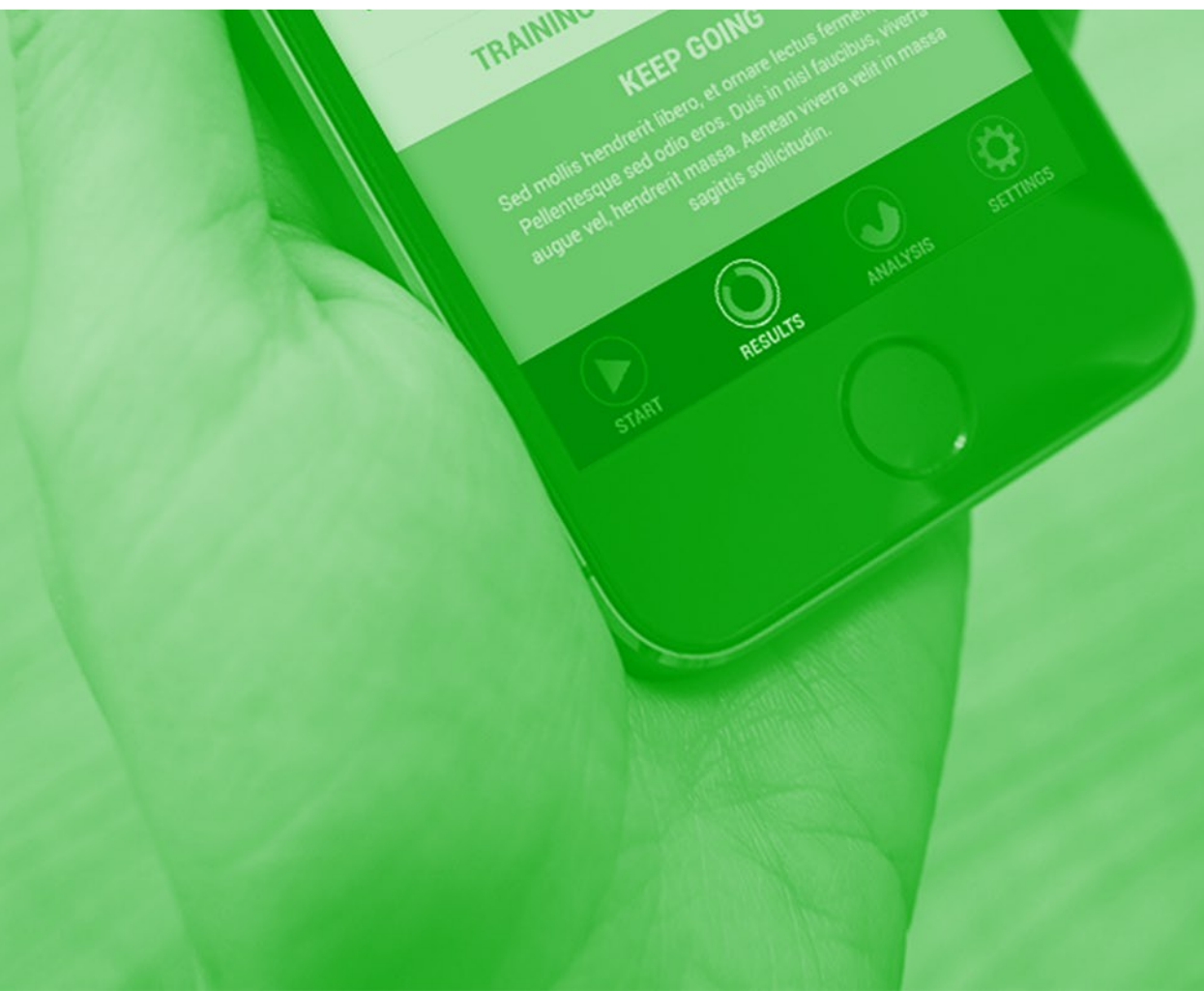
The device is now ready.

3. Place the CHECKMYLEVEL™ - electrode onto your left wrist. The electrode should be positioned on the left side of the wrist tendon joint (on top of the wrist canal) about a finger width below from your palm. Do not start the assessment before the electrode is properly in place. If the electrode is misplaced, the assessment is not successful. Error message of too high value recommends to re-check the placement of electrode. The Readiness Index is then 20.

4. Hold the CHECKMYLEVEL™ - device on your left hand and attach the electrode into the device using the electrode port in the bottom of the device.

5. Place the movement sensor into your left thumb. Make sure that it is tight enough.

6. Place your hand and forearm on a table or similar providing a support while the inside of your hand is facing up. Relax. Try to hold your hand steady.

7. Initiate the CHECKMYLEVEL™ App on your smartphone and follow the instructions on the screen. Use your right hand to start the assessment by pushing button **B** The device starts feeding current. Do not move your hand. If your middle and index fingers start moving, it may be an indication of a misplaced electrode. The electrode should then be replaced place it more to the left side of your wrist).

8. When your thumb unintentionally makes a twitch, the assessment is finished.

9. Remove the electrode from the device port, uninstall the thumb sensor and the electrode from your hand.

10. CHECKMYLEVEL™ - device transfers the assessment into the mobile device via the Bluetooth™ connection.

11. Turn off Power by pushing the power switch **A**

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RESULTS

96%
READINESS

TRAINING
KEEP GOING
Sed mollis hendrerit libero, et ornare lectus fermentum.
Pellentesque sed odio eros. Duis in nisi faucibus, viverra
augue vel, hendrerit massa. Aenean viverra velit in massa
sagittis sollicitudin.

START   RESULTS   ANALYSIS   SETTINGS

THE CHECKMYLEVEL™ Mobile App

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Mobile App

First steps

Start the CHECKMYLEVEL™ - application on your smart phone. If you don't have the application installed you can download it from App Store or Google Play. After downloading you can register. If you are part of a team you need to register your account with the team code given after the purchase. Next, the application will ask your personal information in order to complete the registration. Now you can start to use the application.

Using iOS Application after login

1. Pair the CHECKMYLEVEL™ assessment device and the mobile phone by using **"CONNECT TO CHECK DEVICE"**

2. Enable your mobile phone to use Bluetooth™.

3. Now you can browse the list of Bluetooth™ devices nearby. Choose your CHECKMYLEVEL™ - device from the list. The device number can be found from the backside of the CHECKMYLEVEL™ - device. Note that a large number of active Bluetooth™or Wi-Fi™ devices affect the pairing process. If the pairing is not successful or the pairing is lost, select **"DISCONNECT THE DEVICE"** from the **"SETTINGS"** tab. You can also remove the battery cover to reset the CHECKMYLEVEL™ -device Also make sure that no other Bluetooth™ connection is active. That prevents the pairing process.

4. After pairing is successful you can start the assessment by clicking button B from the device. CHECKMYLEVEL™ -device starts feeding the current. You will see the progress in your smartphone.

5. After the assessment is completed, answer the question about how much you have exercised during the last 24 hours presented by the application.

6. You should now see the result of the assessment both in written and graphical form. In some cases you cannot see the results as requested by the account owner (coach etc).

7. Your assessment is now finished. You can click **"ANALYTICS"** to see the recommendation and the assessment history.

8. You can modify your personal information at the application by selecting **"SETTINGS"** tab on the right corner at the application.
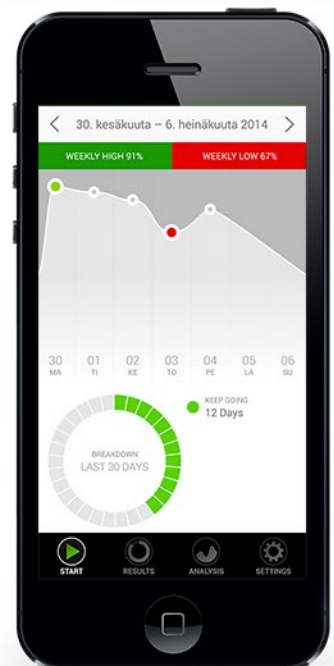
CHECKMYLEVEL ☑

Mobile App

Using Android-Application after log in

1. Pair the CHECKMYLEVEL™ assessment device and the mobile phone by using **"CONNECT TO CHECK DEVICE"**

2. Enable your mobile phone to use Bluetooth™. The CHECKMYLEVEL™ application will turn on Bluetooth™ if needed.

3. Now you can browse the list of Bluetooth™ devices nearby. Choose your CHECKMYLEVEL™ - device from the list. The device number can be found from the backside of the CHECKMYLEVEL™ - device. Note that a large number of active Bluetooth™or Wi-Fi devices affect the pairing process. If the pairing is not successful or the pairing is lost, select **"DISCONNECT THE DEVICE"** from the **"SETTINGS"** tab. You can also remove the battery cover to reset the CHECKMYLEVEL™ -device. Also make sure that no other Bluetooth™ connection is active. That prevents the pairing process.

4. After pairing is successful you can start the assessment by clicking button B from the device. CHECKMYLEVEL™ -device starts feeding the current. You will see the progress in your smartphone.

5. After the assessment is completed, answer the question about how much you have exercised during the last 24 hours presented by the application.

6. You should now see the result of the assessment both in written and graphical form. In some cases you cannot see the results as requested by the account owner (coach etc).

7. Your assessment is now finished. You can click **"ANALYTICS"** to see the recommendation and the assessment history.

8. You can modify your personal information at the application by selecting **"SETTINGS"** tab from the list you can om´pen from Check-mark in upper left corner.
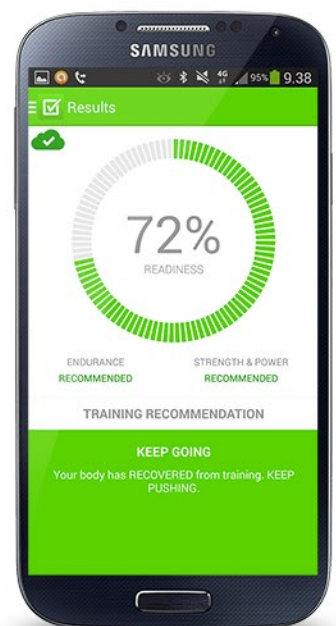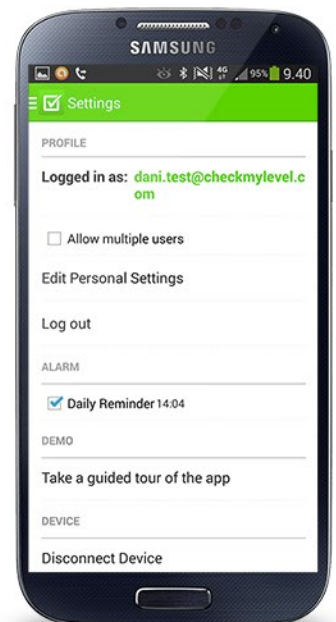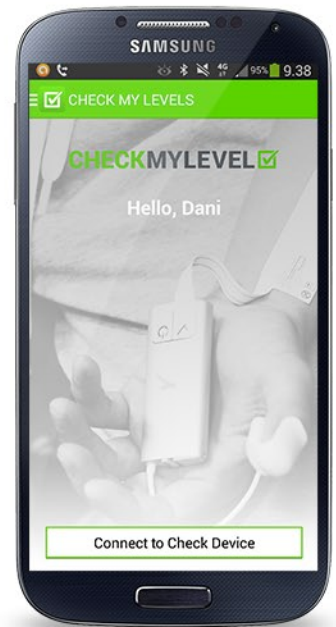
Mobile App

Interpretation of the results in the mobile app

Users are able to see their results only if this functionality has been chosen during the registration. Account owner can define this setting.

The CHECKMYLEVEL™ mobile app will provide you with two separate outcomes:

- Training Readiness Index (0-100). Provides information on how well you have recovered from yesterday's training. Should be used as an indicator of your short-term recovery.

- Daily Recommendation (5 variations). Provides recommendation based on the Training Readiness Index and accumulated load. Should be used as an indicator of your long-term recovery.

When assessments are started, the CHECKMYLEVEL™ - app will create a personal, dynamic baseline. This Baseline period takes 7 consecutive daily assessments to be created. During this baseline calibration period the app will not show you results but will tell you **"CREATING YOUR BASELINE"**. The Baseline calibration is recommended during a normal intensity training period.

When the assessment is completed, the CHECKMYLEVEL™ - app will show your short-term Training Readiness Index as a graph. The graph values can be interpreted as follows:

● **0-20 (Red Area)**
you have not yet recovered from yesterdays training
● **20-50 (Yellow Area)**
you have partially recovered from yesterdays training
● **50-90 (Green Area)**
you have recovered from yesterdays training
● **90-100 (Dark Green Area)**
you need to increase exercise intensity

If the Readiness is even 20 it is usually a sign of unsuccessful assessment which will be also indicated by the mobile app. Most likely the assessment has failed due to the misplacement of the electrode. Please make sure that the electrode will be placed correctly.

Once you select **"ANALYTICS"** tab you will see your assessments from last ten days in graphical form. When training optimally the graph should have variation between assessments.

You will see the results in a written form as a **"RECOMMENDATION".**
The recommendation is your **long-term readiness** to train:

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Recommendation	Explanation
↓ Get Help	Your assessments have changed significantly. REST and TALK to your coach or a medical professional.
↓ Slow Down	You have NOT recovered. You need more rest and should AVOID TRAINING.
⚠ Decrease Intensity	You have PARTLY recovered from previous training. You can still train but DECREASE INTENSITY
✓ Keep Going	Your body is RECOVERED from training. KEEP PUSHING
↑ Increase Intensity	Your body is FULLY recovered from training. GO HARD

The Training Recommendation is an indication of a **long-term load.** If there is a large change in the daily Training Readiness Index, it will most likely result in a warning in the Training Recommendation.

Training recommendation

Based on the assessment results the mobile app will also give the user a recommendation for different type of sports. Recommendations are categozed in "endurance" and "strength & power" and indicated as "not recommended" or "recommended". This recommendation is calculated by comparing the assessment result against the users' individual baseline.

Analytics

The user is able to view past results and analytics from the "ANALYTICS" tab. The analytics displays a graph from the past 7 days which can be modified based on the assessment date. User is also able to see more detailed information about individual assessments by clicking the "balloon" of specific assessment from the graph. Application also shows a breakdown of past 30 days where different training zones are displayed in a pie chart.

Using Multiple User Accounts

When using your smartphone for multiple user accounts, activate **MULTIPLE LOGINS** -options from the settings (Android) and Settings --> Edit personal settings (iOS).

Other Settings

You can activate a daily reminder for the assessment from **EDIT PERSONAL SETTINGS.**
 You can also update your other personal details.

CHECKMYLEVEL™ Cloud Service

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Cloud Service

General information and interpretations

CHECKMYLEVEL™ Cloud Service provides tools for coaches and medical professionals to track and analyze the performance of their athletes. This feature is only available for users who have purchased the CHECKMYLEVEL™ team package or similar.

When starting to use CHECKMYLEVEL™, it is important to assess every day during the first week of using the product (the Baseline Period). During that time the system will develop a Personal, Dynamic Baseline that is accurate enough to give the athlete right results and recommendations. During the Baseline Period, the assessment results are not visible in the smartphone app. The recommendations and results will be more accurate when more assessments are stored in the CHECKMYLEVEL™ - system.

Admin Tools

You can select multiple athletes for viewing from the left on "The Team". You can also group your athletes and create tags for them. More info can be found on the HELP - section for the CHECKMYLEVEL™ – Cloud Service

Analysis Tools - CHECKMYLEVEL™ Readiness-Graph

Readiness Graph represents the athlete's readiness to train currently. This is a combination of the recent assessment and previous results.

This is how you should interpret **"READINESS"** graph and the results for the current Training

Readiness of the selected athlete:

In normal condition the index should be between **50-90:**

- If the index is closer **50** the athlete should have easy recovery training

- If the index is closer to **90** the athlete can have a hard exercise

- If the index is between **40** and **50** the athlete should take it easy and relax

- If the index is less than **20** the athlete should relax for longer time if the index is not getting higher. Professional evaluation is recommended should the values stay low for a couple of days.

Note! Your training does not have enough variance if your readiness stays the same for long time.
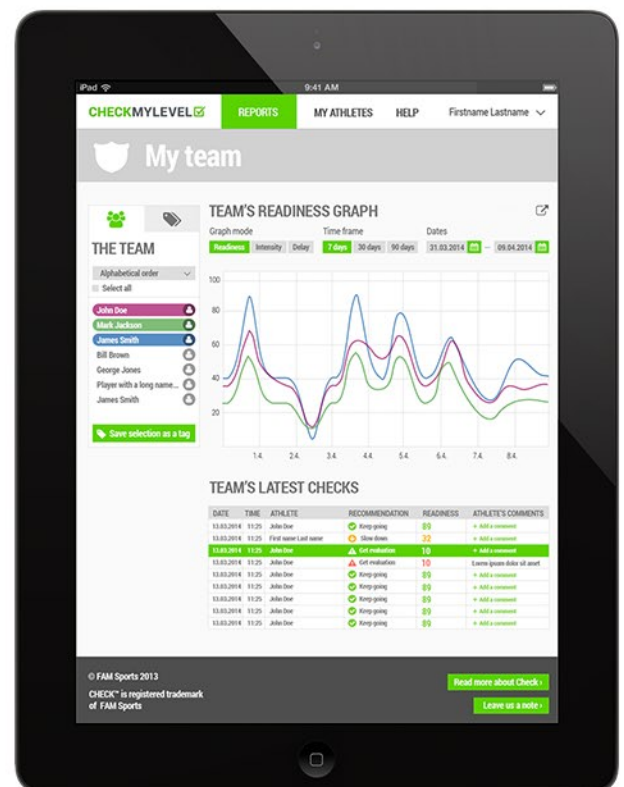
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Analysis Tools - CHECKMYLEVEL™ Intensity-graph

Intensity describes the amount of low-voltage current needed to generate the CHECKMYLEVEL™ reaction. The level of Intensity needed is individual and dynamic. When training as a team or a group, the changes in the graph should be comparable if the athletes have had the same training. If the level of current needed stays very high, the athlete could have some problems e.g. over-training syndrome or stress. If the level of current stays very low, the athlete could have some kind virus infection. In general, less current than normally indicates sympathetic load. More current than normally indicates parasympathetic load. Intensity should vary between days with the same cycle as training varies. Difference between days is individual and therefore it's important to reflect the intensity or the difference of intensity to the previous assessments and results of the specific athlete.

Analysis Tools - CHECKMYLEVEL™ Delay-graph

Delay is the time that is taken to transfer the electric impulse to brain core and back when compared against the individual baseline of the athlete. Delay depends on your height and weight as well as the type and fatigue (load) on your neuro-muscular system. If the delay stays very high compared to your previous assessments, you may have accumulated load on the neuro-muscular system affecting the performance.

Summary of the CHECKMYLEVEL™ Training Recommendation

Below are the interpretations of the Training Recommendations given by the CHECKMYLEVEL™ mobile app and CHECKMYLEVEL™ online service:

Get Help
Your assessments have changed significantly. REST and TALK to your coach or a medical professional.

Slow Down
You have NOT recovered. You need more rest and should AVOID TRAINING.

Decrease Intensity
You have PARTLY recovered from previous training. You can still train but DECREASE INTENSITY
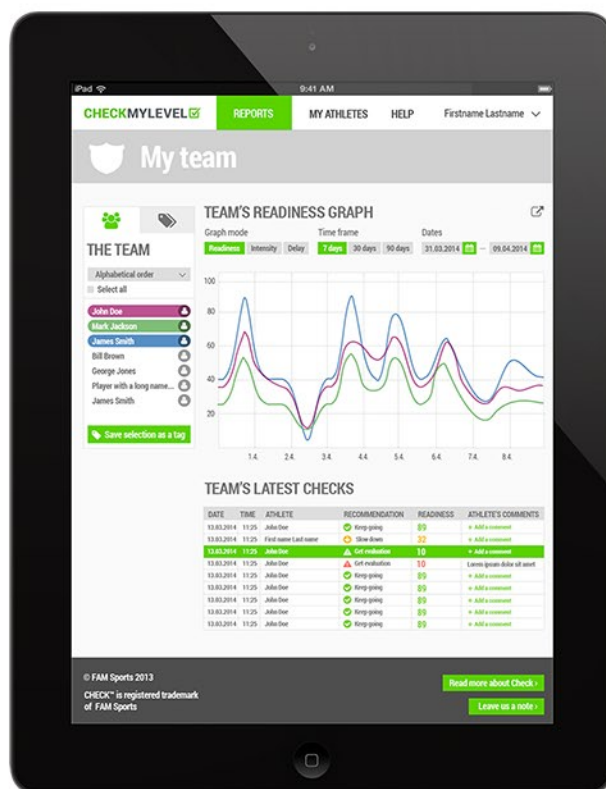
Keep Going
Your body is RECOVERED from training. KEEP PUSHING

Increase Intensity
Your body is FULLY recovered from training. GO HARD

The load of the athlete should vary between days, if the result stays same the athlete is not training enough or he/she might have an infection. If the athlete is resting, the load should drop back at the baseline level.

CHECKMYLEVEL™ Device Technical Info

CHECKMYLEVEL

CHECKMYLEVEL™ Device Technical Info

Store the device in dry environment and protect it from moisture.

Avoid direct sunlight when storing the device.

Avoid shakes and hits at any time.

Store the device in it's original package for protection.

Keep away from children.

Note: Device is for indoor use only.

Technical Information:

Element	Specification / Compatibility
Bluetooth	4.0 (BT 2.1 + EDR and BT Low Energy)
Battery (LR03) Lifetime	2-3 weeks or 20 assessments in normal use

Recommended conditions:

Item	Normal Use	Storage
Temperature	+10°C to +30°C	+0°C to +50°C
Humidity	30% to 75 %	10% to 90%, no condensating conditions allowed

Recycling Information:

User should dispose all single-use materials according to the local regulations.

When disposing batteries, local regulations should be followed.

The package materials are to be recycled.

CE Approved device

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WARRANTY, RETURNS, REFUNDS

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WARRANTY, RETURNS, REFUNDS

Warranty

We provide a Warranty Period of 12 months (from the purchase date) during which we will replace your CHECK Assessment Device. We only replace items if they are defective. We will not replace units not used according the the User Manual instructions. If you need to exchange it for the same item, send us an email at support@checkmylevel.com and send your item to: Elektroniikkatie 3, FI-90590, FINLAND.

Returns

Our Return Policy lasts 14 days. If 14 days have gone by since your purchase, unfortunately we can't offer you a refund. However, we provide a warranty of 12 months as described above. To be eligible for a refund, your item must be unused and in the same condition that you received it. It must also be in the original packaging. To complete your return, we require a receipt or proof of purchase.

Refunds

Once your return is received and inspected, we will send you an email to notify you that we have received your returned item. We will also notify you of the approval or rejection of your refund. If you are approved, then your refund will be processed, and a credit will automatically be applied to your Paypal account, credit card or original method of payment, within a certain amount of days.

Thank you!

For more information, please visit
www.checkmylevel.com