

Tracking Performance

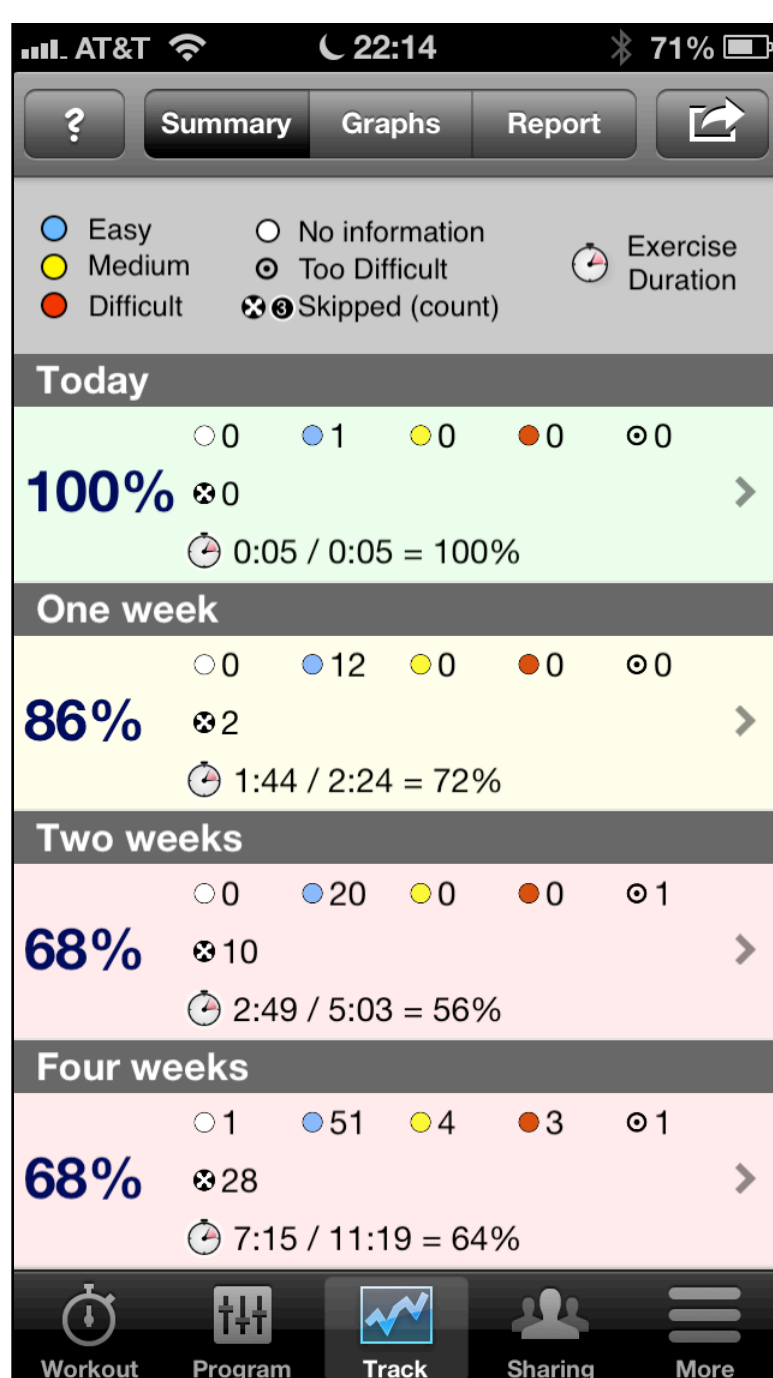
When you complete a routine, PT Timer will log the date and time. Optionally, it will also prompt you to select how strenuous the exercise was (this prompt can be turned off via [More, Settings](#)).



View the tracking data

The [Track](#) tab provides different options for viewing and sharing the data.

The [Summary](#) view shows an overall summary for different time periods.



Tap on a period to view more detailed information on each routine.

50%	#1	o	•	•	•	•	•	•	•	•
Front Lift Palm Down	50%	#1	o	•	•	•	•	•	•	•
Front Lift Palm Up	50%	#1	o	•	•	•	•	•	•	•
Glute Bridge	50%	#1	o	•	•	•	•	•	•	•
Knee Bend 3 Point	50%	#1	o	•	•	•	•	•	•	•
Lateral Lift	50%	#1	o	•	•	•	•	•	•	•

In the detail view, the size of the dots indicate how many times the routine was marked with that level of difficulty. In the example, it is easy to see that only “Knee bend 3 point” represented real difficulty.

The Graph view

The [Graph](#) view show the same data, but plotted over time (the past 4 weeks), so that any trend in difficulty level can be easily detected.