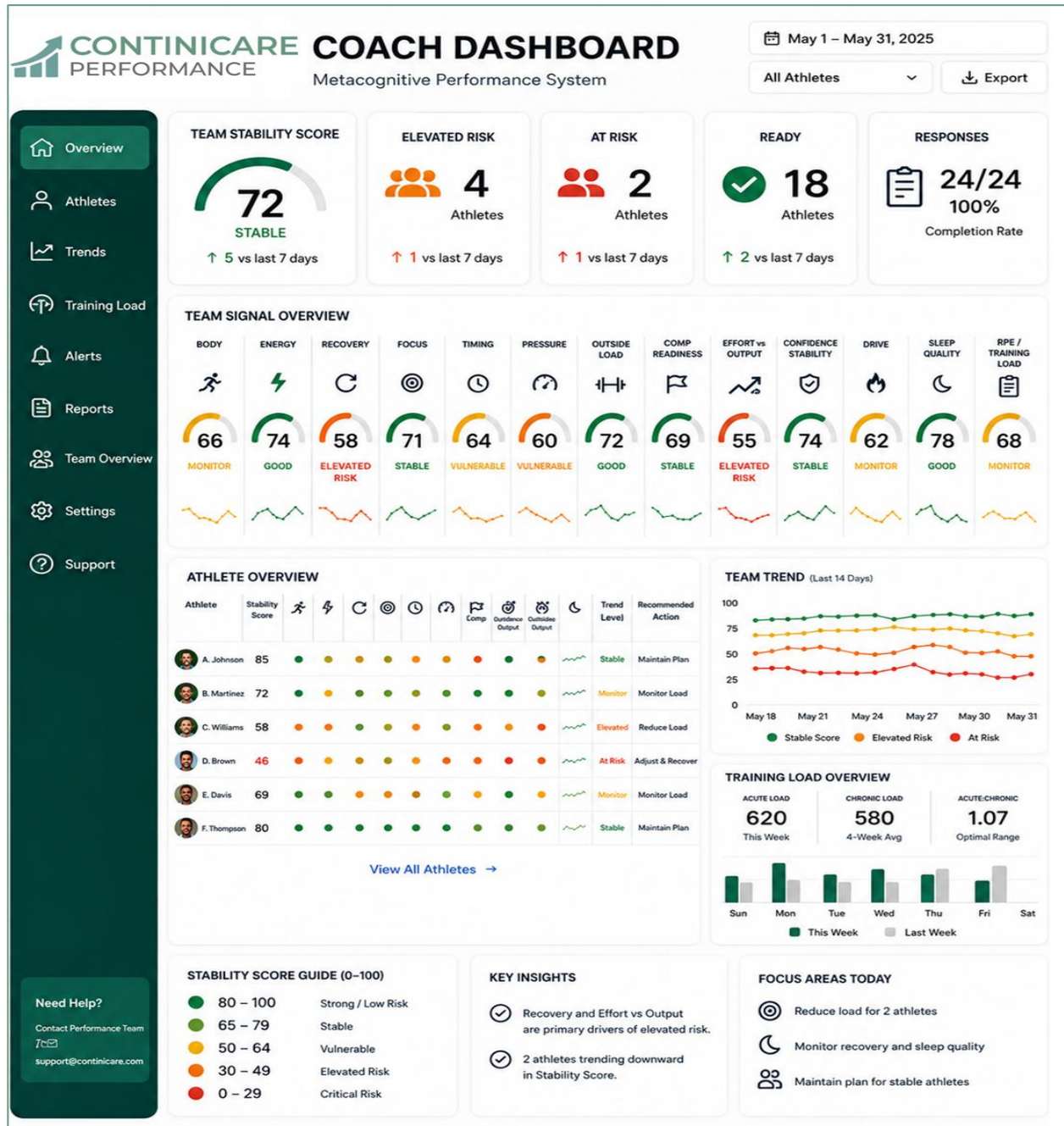


Metacognitive Performance System (MPS)

Elite performance rarely breaks down suddenly

In most cases, instability begins days earlier through subtle changes in focus, timing, recovery, confidence, cognitive clarity, and effort efficiency. The Metacognitive Performance System (MPS) helps coaching staff detect these signals early — before performance decline, decision breakdown, overload, or non-contact injury become visible.



The MPS combines daily athlete check-ins, cognitive readiness tracking, training load monitoring, and trend detection into a single integrated coaching intelligence platform.

The objective is simple:

- Detect instability early
- Support self-regulation
- Maintain stable performance under load

The Four Critical Stability Signals

- Focus
- Timing
- Effort vs Output
- Confidence Stability

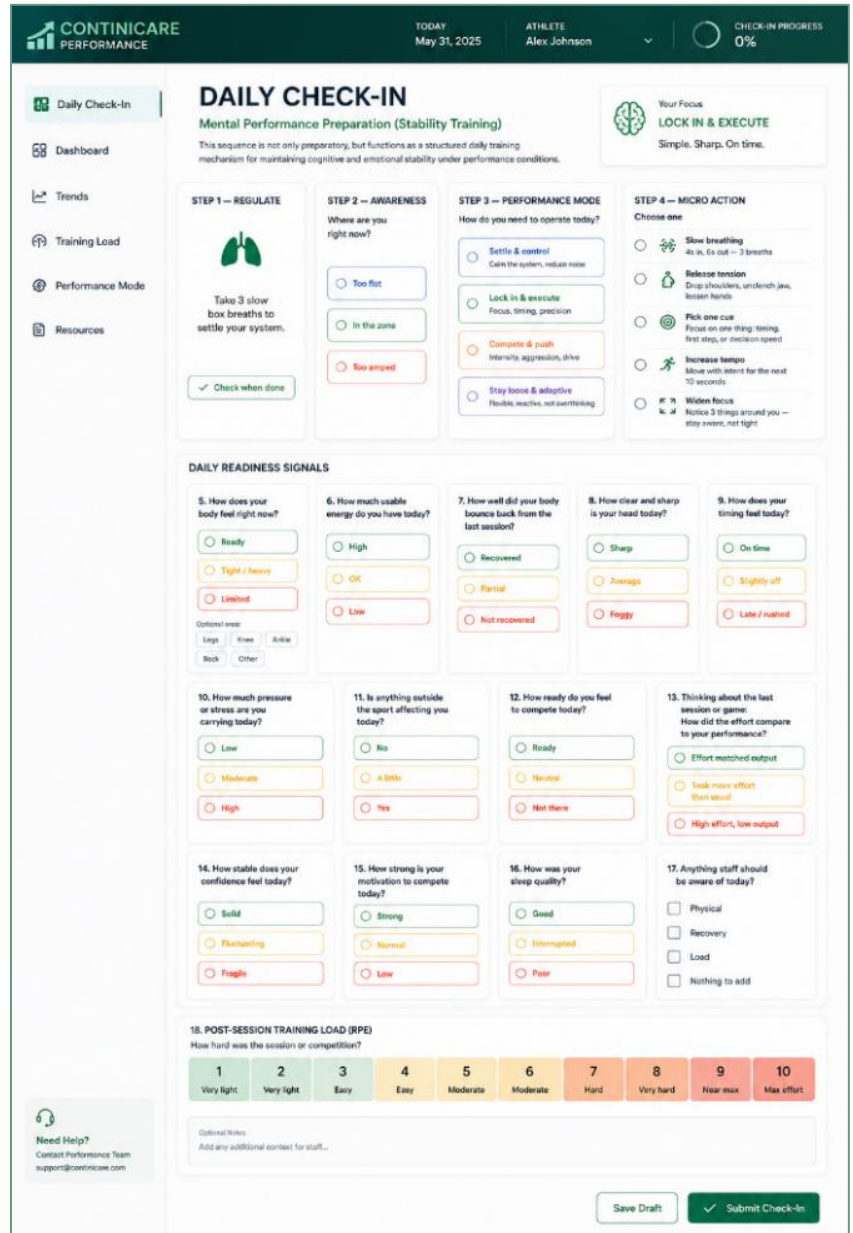
Daily Check-in

Athletes complete a short daily check-in that supports both readiness monitoring and performance self-regulation.

- ↓ Athlete Daily Check-In
- ↓ Stability Analysis
- ↓ Trend Detection
- ↓ Coach Dashboard Alerts
- ↓ Load & Recovery Adjustments
- ↓ Performance Stabilization

The app helps athletes:

- improve awareness under pressure
- regulate cognitive and emotional state
- reinforce performance routines
- track recovery and readiness trends
- stabilize confidence and execution consistency



The screenshot shows the 'DAILY CHECK-IN' interface for 'Alex Johnson' on 'May 31, 2025'. The interface is divided into several sections:

- Header:** CONTINICARE PERFORMANCE logo, date (TODAY: May 31, 2025), athlete name (ALETHLE: Alex Johnson), and progress indicator (CHECK-IN PROGRESS: 0%).
- Left Sidebar:** Navigation menu with options: Daily Check-In, Dashboard, Trends, Training Load, Performance Mode, and Resources.
- Main Content Area:**
 - DAILY CHECK-IN:** Mental Performance Preparation (Stability Training). Subtext: 'This sequence is not only preparatory, but functions as a structured daily training mechanism for maintaining cognitive and emotional stability under performance conditions.'
 - Your Focus:** LOCK IN & EXECUTE. Subtext: 'Simple. Sharp. On time.'
 - STEP 1 — REGULATE:** 'Take 3 slow box breaths to settle your system.' Includes a 'Check when done' button.
 - STEP 2 — AWARENESS:** 'Where are you right now?' Options: Too flat, In the zone, Too amped.
 - STEP 3 — PERFORMANCE MODE:** 'How do you need to operate today?' Options: Settle & control, Lock in & execute, Complete & push, Stay loose & adaptive.
 - STEP 4 — MICRO ACTION:** 'Choose one' with options: Slow breathing, Release tension, Pick one cue, Increase tempo, Widen focus.
- DAILY READINESS SIGNALS:** A grid of 17 questions with radio button options:
 - 5. How does your body feel right now? (Ready, Tight / heavy, Limited)
 - 6. How much usable energy do you have today? (High, OK, Low)
 - 7. How well did your body bounce back from the last session? (Recovered, Partial, Not recovered)
 - 8. How clear and sharp is your head today? (Sharp, Average, Foggy)
 - 9. How does your timing feel today? (On time, Slightly off, Late / rushed)
 - 10. How much pressure or stress are you carrying today? (Low, Moderate, High)
 - 11. Is anything outside the sport affecting you today? (No, A little, Yes)
 - 12. How ready do you feel to compete today? (Ready, Neutral, Not there)
 - 13. Thinking about the last session or game: How did the effort compare to your performance? (Effort matched output, Took more effort than usual, High effort, low output)
 - 14. How stable does your confidence feel today? (Solid, Fluctuating, Fragile)
 - 15. How strong is your motivation to compete today? (Strong, Normal, Low)
 - 16. How was your sleep quality? (Good, Interrupted, Poor)
 - 17. Anything staff should be aware of today? (Physical, Recovery, Load, Nothing to add)
- 18. POST-SESSION TRAINING LOAD (RPE):** A scale from 1 (Very light) to 10 (Max effort). Current selection is 3 (Easy).
- Footer:** 'Need Help?' contact info, 'Save Draft', and 'Submit Check-In' buttons.

The system is designed not only to observe performance stability, but to actively support it over time.

The Athlete's Dashboard

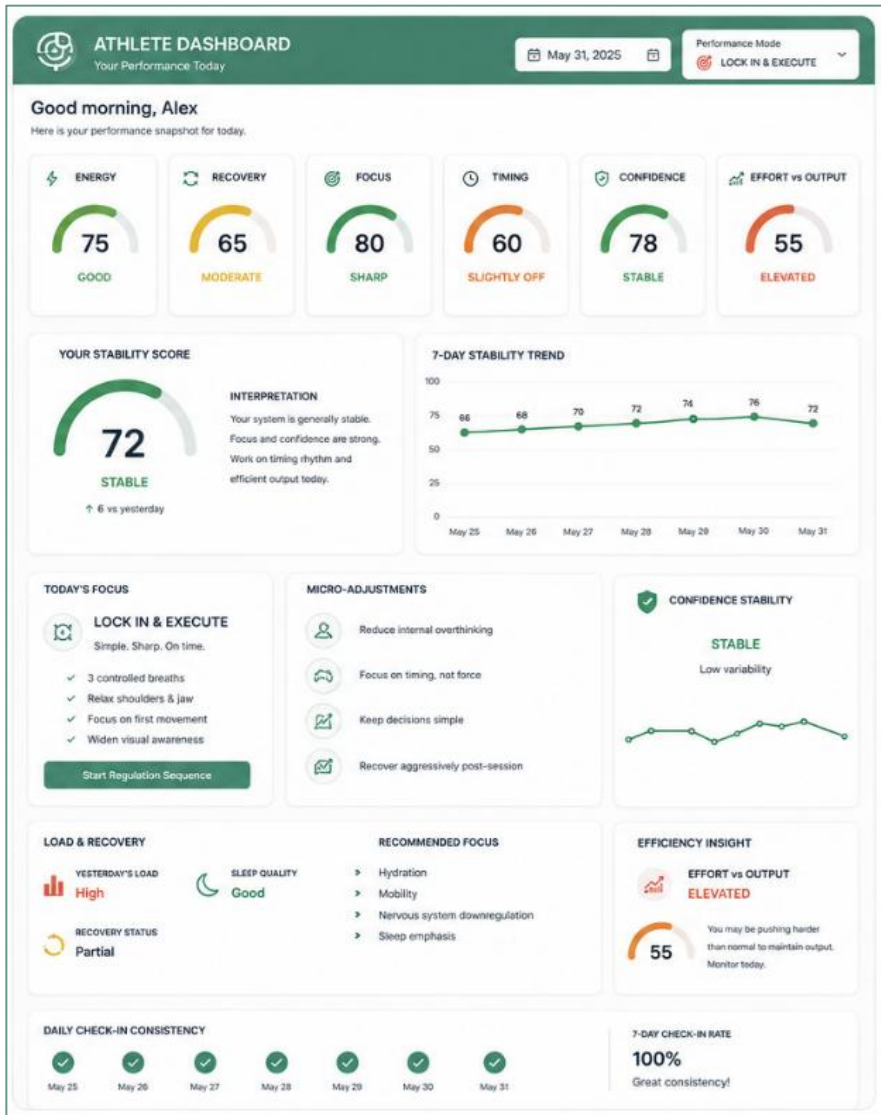
The Athlete has their own personal app that supports them and allows them to track their readiness and performance stability.

Athlete Performance Support:

- improve awareness under pressure
- regulate cognitive and emotional state
- reinforce performance routines
- monitor readiness and recovery trends
- stabilize confidence and execution consistency

Detect Instability Before Performance Declines

Performance decline, cognitive overload, confidence disruption, and non-contact injury often emerge gradually — not suddenly.



Small shifts in focus, timing, recovery, and effort efficiency frequently appear before visible performance breakdown occurs.

The Metacognitive Performance System (MPS) helps organizations identify these signals early so coaching staff can respond before instability affects performance outcomes.

The goal is not simply to monitor athletes.

The goal is not simply readiness. The goal is stable execution under pressure.