

Athletic Performance
Intelligence
Hardware Agnostic



*Delivered to you by **MoodChanger***
*Powered by **FloBrain***

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Who Are We

- A human performance optimization platform
- Focused on mental, physical, and behavioral intelligence integration
- Designed for high-performance environments, especially sports.

Powered by FloBrain

- FloBrain, our core AI intelligence engine
- Acts as a decision-support system that processes human data into meaningful insights

What We Do

- Transform raw data → structured intelligence → performance outcomes
- **Goal:** To improve decision-making, enhance performance consistency, and reduce inefficiencies in workflow



What is FloBrain ?



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FloBrain

- A human intelligence engine designed to:
 - Process multi-dimensional human data
 - Generate real-time, actionable insights
- Acts as the core intelligence layer behind **MoodChanger**

What Kind of Data?

Integrates multiple data streams:

1. Cognitive signals → focus, mood, mental state
2. Behavioral signals → habits, routines, consistency
3. Physiological signals → sleep, recovery, stress

How It Works?

Data collection

Data structuring

Intelligence generation

Insight delivery

Raw data

Meaningful patterns

Patterns

Decisions

Decisions

Performance outcomes

Why for Sports?

- Traditional systems focus on isolated metrics, such as physical load.
- FloBrain connects:
 - Physiological + Mental + Environmental signaling into a unified data = **Integrated Performance Readiness Insights**

Unified Athlete
Profile Building

Smarter & clearer
coaching decisions

Supplementary Approach
for Optimizing Sports
Performance

Athletic Performance Intelligence (API)



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What Is API?

- **MoodChanger's** core system architecture for sports performance optimization
- Designed to integrate multi-source athlete data & structure it into actionable performance intelligence
- **Sports science frameworks / Behavioral intelligence models / AI-driven data processing (FloBrain)**

What Is API?

Sports Science & Performance Models

- Heart Rate Variability (HRV) measures autonomic nervous system balance and recovery status
- Acute to Chronic Workload Ratio (ACWR) tracks training load progression and injury risk
- Standard Sports Science Metrics includes volume, intensity, frequency, and performance outputs

Behavioral & Athlete Wellness Models

- Track mood, stress, readiness levels
- Analyze behavioral patterns and consistency
- Include wellness assessments for holistic performance monitoring

Service Standardization Models

- Enables
 - Repeatable processes across teams and organizations
 - Comparable performance insights & Personalized recommendations at scale

Athletic Performance Intelligence (API)



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System Models Driving API Architecture

Model	Purpose
Readiness	Determines if the athlete is physically & mentally prepared to perform
Load	Measures the stress applied through training and matches
Recovery	Evaluates how well the athlete is adapting to training stimuli
Risk	Identifies injury risk and performance decline signals
Performance	Tracks improvement trends and output progression
Context	Explains why performance data appears the way it does

Frameworks Connection → API

- API is our proprietary system architecture designed to integrate sports science frameworks with wearable and FloBrain data.
- These frameworks form the foundation of our API, enabling structured decision-making based on integrated athlete data.
- Directly shapes API logic, data pipelines, and reporting systems to provide insights that mirror real-time context.

Why MoodChanger's API Is Different?

- Specialization in both:
 - Athletic Performance Optimization
 - Sports Workflow Intelligence
- Key Points
 - Integration of mental, physical, and contextual data
 - Work with or without wearable → **Hardware Agnostic**
 - Automations of data collection, analysis, reporting
 - Lower manual tracking workload & fragmented system
 - Enables real-time decision-making, personalized athlete management, scalable team insights

MoodChanger for Sports Performance



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The Challenge

Lack of Comprehensive Athlete Overview

- Athlete data is spread across training logs, readiness reports, coaching notes, external tools.
 - No unified system to combine physical, mental, behavioral data
- **Incomplete understanding of athlete's overall readiness**

Core Problem

- Modern sports organizations collect large volumes of data, but lack of unified system to translate it into clear, actionable insights.
- Performance insights remain fragmented across multiple tools and workflows

Why Matters

- These challenges impact:
 - Athlete performance consistency
 - Injury prevention
 - Coaching efficiency
- **Limitation of organizational performance potential**

Limited Integrated Decision Support

- Performance decisions are often made using fragmented or incomplete data sources & observations
 - Limited access to real-time, integrated insights
- **Challenges in maintaining consistent performance outcomes and optimal training balance**

Inefficient Performance Workflow

- Coaching staffs spend excessive time on manual data tracking, switching between platforms, compiling reports
 - Because systems are not integrated & automated
- **Reduced efficiency & Delayed decision-making**

Lack of Actionable Insights

- Existing tools provide raw data & static dashboards
 - But, fail to deliver clear recommendations & contextual interpretation
- **Data overload without clarity & Difficulty translating data into action**

MoodChanger for Sports Performance



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The Solution

Solution Overview

- **MoodChanger API** provides a centralized athletic performance intelligence system
- Designed to integrate all human performance data, transform it into actionable insights, and support real-time decision-making

Key Benefits

- Real-time performance monitoring
- Holistic athlete management
- Reduced injury risk
- Improved training efficiency
- Scalable across teams and organizations
- Works with or without wearables → Hardware agnostic

Unified Athlete Intelligence

- Aggregates physical, mental, & behavioral data patterns
- Creates a clear athlete profile
- Enables complete visibility of athlete condition & holistic performance analysis

Data-Driven Decision Support

- Utilizes **API** models → readiness, load, recovery, risk, performance, context
- Provides real-time insights, predictive indicators, decision recommendations

Automated Workflow Optimization

- Automates data collection, data processing, report generation
- Integrates multiple data streams into one system
- Reduces manual workload & time spent on admin tasks

Actionable Intelligence

- Converts raw data into clear insights, contextual explanations, recommended actions
- Delivers personalized athlete insights & team-level analytics

How our **API** works



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Hardware-Agnostic Architecture

- **API** is designed to integrate with any wearables or function independently without a wearable technology
- enabling scalable use across sports organizations regardless of their current technology adoption.

Unified Data Processing

- Regardless of data source, all data flows into **FloBrain**
 - Standardizes data
 - Processes multi-dimensional inputs
 - Applies API models: readiness, load, recovery, risk, performance, context

Output Layer

- Processed into athlete & coach dashboards as automated reports
- Delivered as real-time insights, actionable recommendations, and continuous performance tracking

Two Data Pathways

Without Wearables

- **Data sources**
 - Self-reported inputs → mood, stress, readiness
 - Training schedules
 - Coaching inputs
 - Behavioral tracking
- **Values**
 - Immediate implementation
 - No hardware dependency
 - Accessible for all organizations

With ANY Wearables

- **Data sources**
 - Heart rate / HRV
 - Sleep quality
 - Recovery metrics
 - Movement tracking
- **Values**
 - Higher data accuracy
 - Deeper physiological insights
 - Enhanced predictive capabilities

Why this matters?

- Organizations can start without hardware & scale with wearable integrations as you see fit
- Ensures flexibility, scalability, cost-efficiency

API Consultancy Service Tier 1 (No Wearable)



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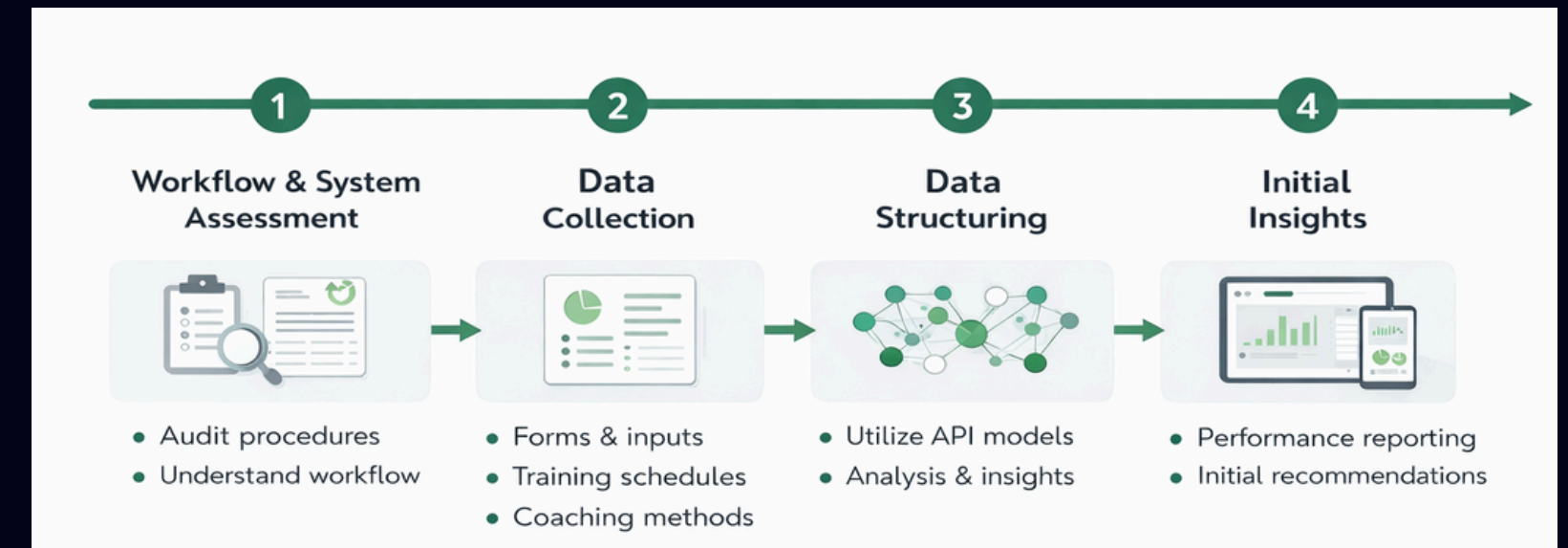
We collect and analyze your workflow and training regimen for you

Tier 1 - No Wearable

- For organizations without wearables, seeking to structured performance analysis based on **MoodChanger's API** system
- Focus on understanding your current workflow & structuring your existing data

Core Value

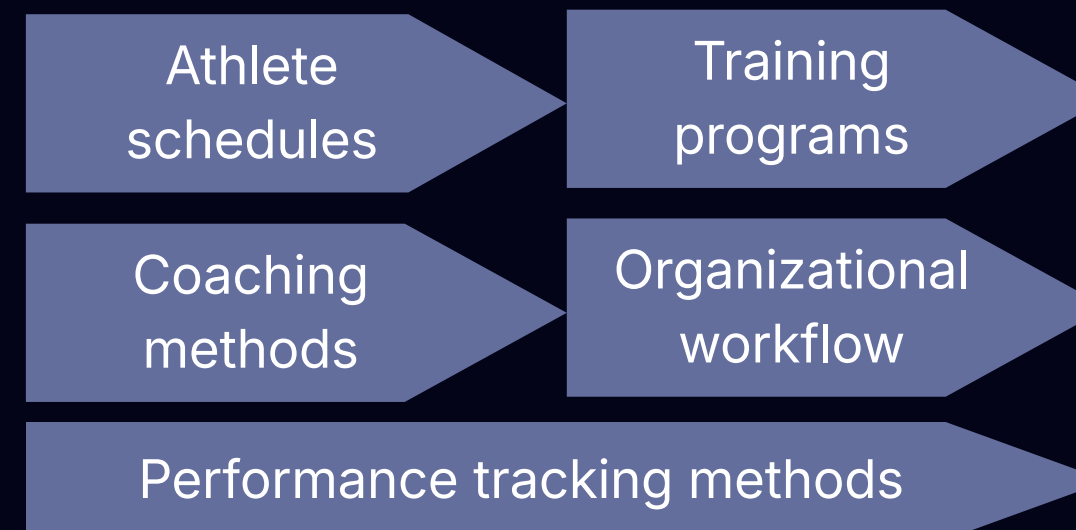
- We collect, structure, and analyze:
 - Training processes
 - Coaching workflows
 - Athlete management systems
- Without any hardware & any technical setup



Key Benefits

- No hardware required
- Fast implementation
- Clear understanding of current performance system
- Identification of inefficiencies and gaps
- Foundation for future scaling

What We Analyze



Wearable Integration Opportunity

- Also introduce a list of compatible third-party wearables
- Organizations can explore future integration options

API Consultancy Service Tier 1 Deliverable



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Tailored Data Collection Approach

- Process is fully customized to each organization
- Designed based on
 - Sport type
 - Team structure
 - Coaching methodology

Data Collection Method

What we collect?

- Athlete-level data → Readiness, training participation
- Team-level data → Training load, coaching strategies
- Organizational data → Workflow processes, performance tracking methods, communication flow and check-ins
- Ensures consistent data input & high-quality data for analysis

Report analysis

- Comprehensive reports are accessible through FloBrain App under MoodChanger API athlete or coach dashboard
- Reports are customizable based on the athlete/coach's preferences
 - Daily, Weekly, Monthly, Quarterly

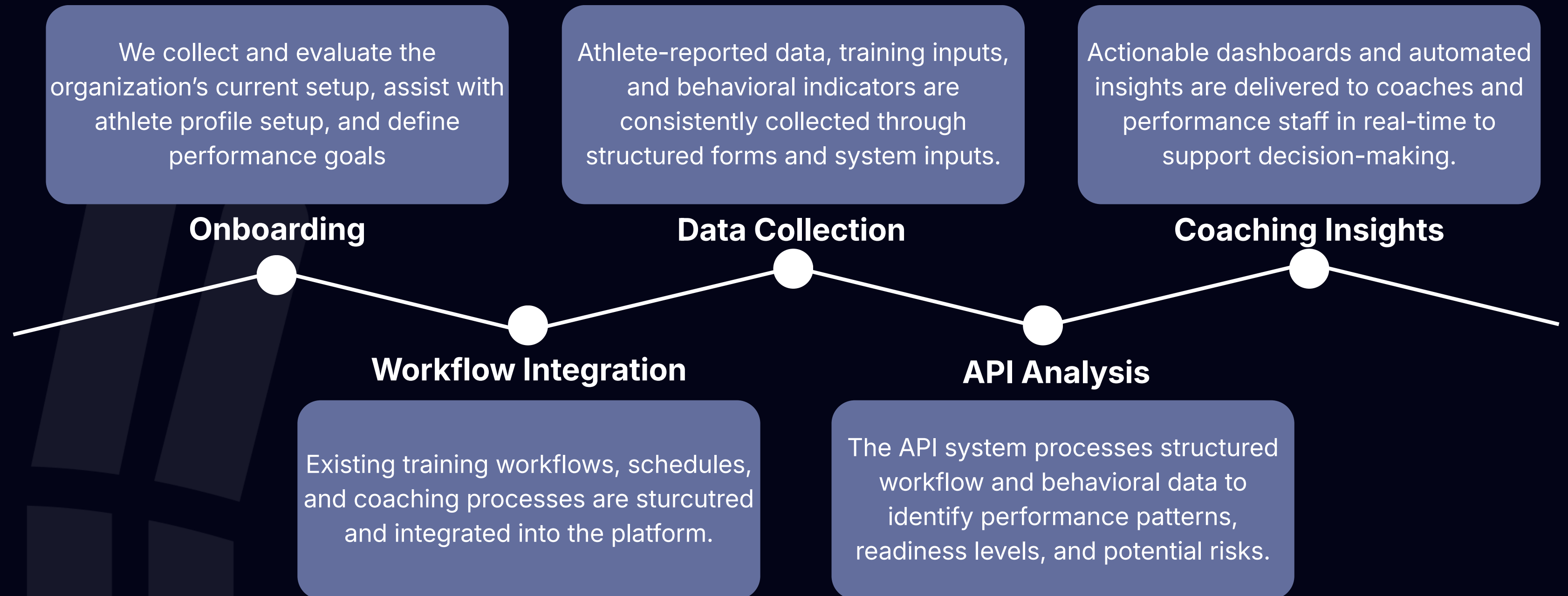
Tier Requirements

- Download the FloBrain App
- Complete MoodChanger API profiles depending on use:
 - as coach
 - as athlete

How It Works Without Wearables



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API Consultancy Service Tier 2

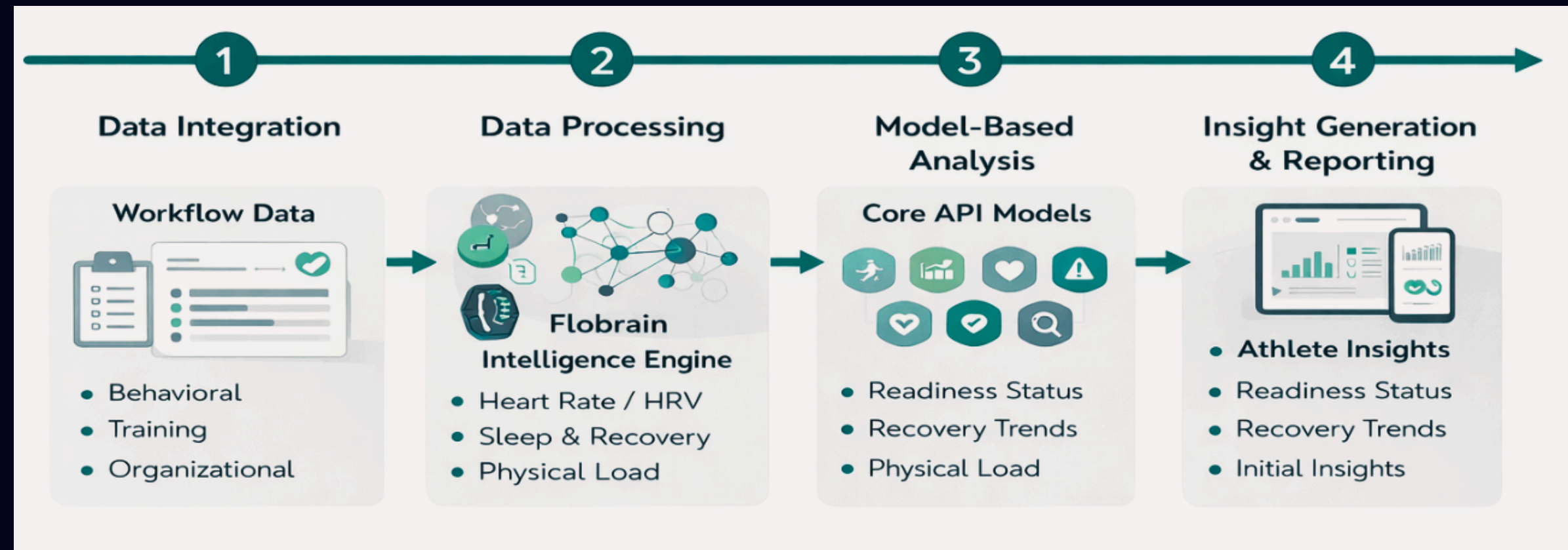


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We analyze and interpret your wearable data for you

Tier 2 - With Wearable

- For organizations that want deeper performance insights & use or plan to utilize wearable technologies
- Focus on advanced data analysis & interpretation of multi-dimensional athlete data through **MoodChanger API** system



Core Value

- Analysis, interpretation, and insight generation
- Transform raw + structured data → performance intelligence

Wearable Data Integration

- Integrates data such as heart rate/HRV, sleep patterns, recovery, physical load
- Combined with behavioral & training data

Advanced Insights Delivered

- Athlete-level insights:
 - Readiness status
 - Recovery trends
 - Risk indicators
- Team-level insights:
 - Training effectiveness
 - Load management optimization

Key Benefits

- Higher data accuracy
- Predictive performance insights
- Improved injury prevention
- Enhanced training optimization
- Real-time monitoring capabilities

API Consultancy Service Tier 2



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1. Device Syncs

- Connects with widely used wearable ecosystems, such as examples.

2. Data Normalized

- Athlete data from different devices is standardized into a unified performance dataset.

3. Platform Analyzed

- AI models process physiological and biomechanical signals to identify workload, fatigue, and readiness patterns

4. Interpreted Insights Delivered

- Clear dashboards and alerts support decisions on training load, recovery timing, and player availability

Garmin



Apple Watch



WHOOP



Catapult



Polar



API Consultancy Service Tier 2



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Personalized Reporting System

- Delivers fully customized reports
- Tailored to organization needs, athlete roles, coaching objectives

Athlete View

- **Daily Check-In** → Mood tracking → Synced with FloBrain data
- **Athletic Schedule** → Integrated with personal calendars → Google Calendar, Apple Calendar, etc.
- **Training Tracker** → Strength & conditioning, training sessions, workout completion status
- **Health Report** → Stress levels, sleep quality, recovery status, injury tracking
- **Overall Performance Report**
 - Daily, weekly, monthly, custom periods
 - Downloadable & shareable

Accessible via MoodChanger API Dashboard

- All insights are integrated through:
 - **FloBrain** App under **MoodChanger API** user dashboard
- Real-time access for:
 - Athlete, coaches, staff

Coach View

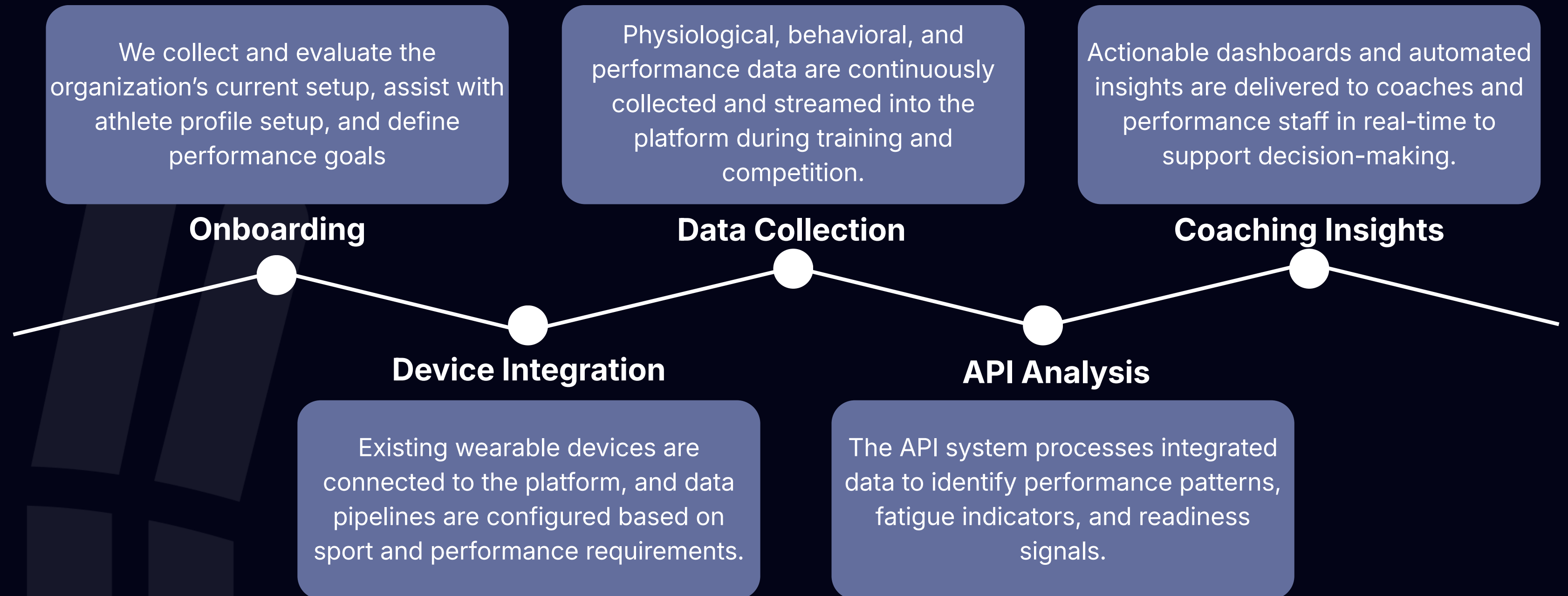
- **Readiness Report** → Who is ready to perform?
- **Load Management** → What training intensity should be applied?
- **Recovery Analysis** → Who is adapting well?
- **Risk Monitoring** → Who is at risk of injury or underperformance?
- **Performance Tracking** → Are athletes improving over time?



How It Works With Wearable



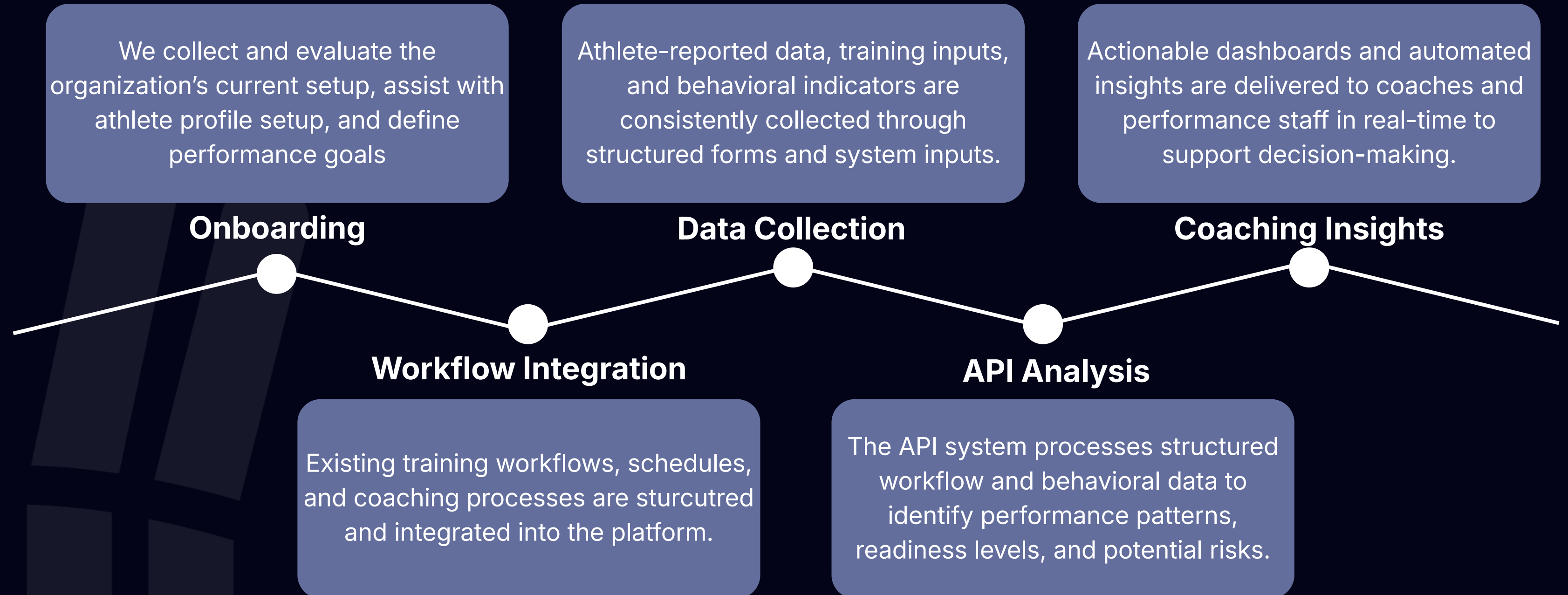
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How It Works Without Wearables



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API Consultancy Service Tier 3

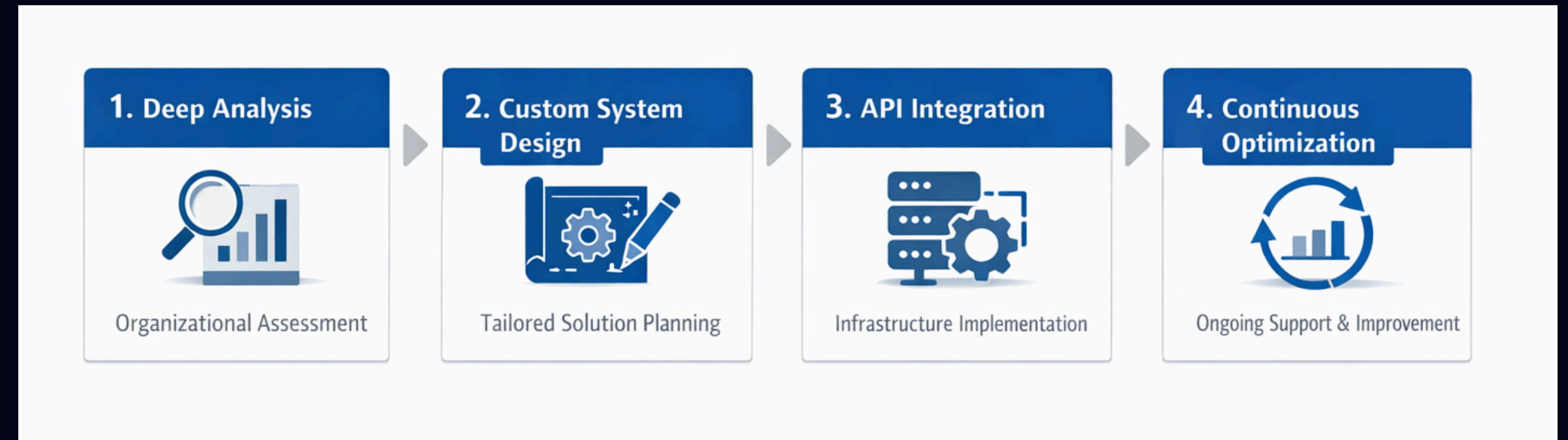


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We build the system with you that fits your needs

Tier 3 Overview

- For organizations that require fully customized solutions & want to integrate performance intelligence into their entire ecosystem
- Focus on system design, full integration, long-term optimization



Core Value

- Co-develop a tailored performance intelligence system
- Fully aligned with workflows, infrastructure, and performance philosophy.

What We Customize

- Data architecture
- API structure
- Dashboard & reporting systems
- Workflow automation
- Integration with existing tools

Key Benefits

- Fully tailored solution
- Seamless integration with existing systems
- Scalable across teams and departments
- Long-term performance optimization
- Strategic partnership with MoodChanger

API Consultancy Service Tier 1-3:



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- Designed as a progressive system
- Each tier represents a different level of data maturity & performance intelligence

Tier 1. Sport Performance Optimization

- No wearable data
- Lack a structured performance system

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- Structured workflows
- Organized performance tracking
- Foundational decision-making framework

→ Enhancing existing workflows with structured performance intelligence

Structure → Foundation

Tier 2. Wearable Data Performance

- Wearable data available
- Need deeper interpretation

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- Data integration
- Advanced analysis
- Actionable insights

→ Turn **FloBrain** and wearable data into intelligence decision system

Insight → Intelligence

Tier 3. Sport Performance System Design Consulting

- Require full system integration
- Want long-term performance optimization

+

- Fully customized system
- API integration into existing infrastructure
- End-to-end performance intelligence ecosystem

→ Transition from tools to a fully integrated system

System → Transformation

Consultancy Pricing



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Custom Pricing Model

- Fully customized based on:
 - Organization size
 - Level of service tier
 - Data complexity
 - Integration requirements

Pricing Flexibility

- Every sports organization has different workflows, performance tracking systems, performance goals.
- → Flexible pricing tailored to your organization's needs

Value-Based Investment

- Clients are investing in
 - Performance optimization
 - Injury risk reduction workflow efficiency
 - Long-term performance growth

Scalable Engagement

- Organizations can start with Tier 1 & scale to Tier 2 or Tier 3
- Pricing grows with needs, complexity, value delivered

What's Included

- **MoodChanger** platform & **FloBrain** intelligence engine
- Consultancy services
 - Data structuring
 - Analysis & reporting
 - System design

Call to Action

- Initial consultation
- Needs assessment (e.g., Athlete and Team Profile building)
- Customized implementation plan

CAIPO Your AI Companion



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CAIPO

- Our AI-powered wearable companion
- Designed to continuously monitor athlete performance & act as a real-time intelligence extension of FloBrain
- Role in the ecosystem
 - A data collection layer
 - A real-time feedback system
- Directly connect to MoodChanger platform & FloBrain intelligence engine

Hardware Flexibility

- **CAIPO** is designed for flexible integration across multiple wearable formats:
 - Sports vests
 - Wristbands
 - Chest straps
 - Other wearable formats

Key Capabilities

1. Sport-Specific Sensors

- Metrics tailored for team and individual sports, such as workload, movement patterns, and fatigue indicators, not repurposed consumer health tracking.

2. Native Platform Integration

- Zero-friction data sync directly into the Performance Optimization dashboard, eliminating the need for third-party data bridges.

3. Extended Battery Life

- Full training day and competition coverage without recharging interruptions.

4. Real-Time Alerts

- Instant flagging of physiological thresholds to coaching staff during live sessions or matches.

5. Lightweight & Durable Build

- Engineered for contact sports, all-weather conditions, and intensive training loads.

Coming Soon



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1. Smart Glasses



2. Smart Ring



3. Smart Watch



4. Smart Foot Pods



Why MoodChanger Athletic Performance Intelligence

From Data to Decisions, From Insights to Performance

1. Sport-first Platform

- Unlike other health platforms:
 - We are built specifically for athletic performance environments
- Every feature is grounded in sports science and aligned with real training demands.

2. Device-agnostic Ecosystem

- Works with or without wearables
- No need to change existing hardware & disrupt workflows

3. Consultancy-backed Insights

- Provide interpretation + guidance
- Ensures every insight leads to action & coaches can actually use the data

4. Scalable for Organizations

- Works for small teams, elite academies, professional organizations
- Scales with complexity, data volume, organizational growth

More Information



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FloBrain Website



MoodChanger Website



CAIPO Website



Hardware Agnostic Website

Coming Soon