



Your best members don't just train harder. **They take better care of themselves.**

Built by a neurologist. Designed for real life.

ooddle gives your members daily insight into how they are actually doing, so you can meet them where they are, push them when they are ready, and keep them coming back.

FOR FITNESS PROFESSIONALS

What ooddle does

ooddle is not a nutrition program. It is not a recovery protocol. It is not a replacement for what you do.

ooddle gives your members daily insight into their stress, energy, and sleep. Plus small personalized actions that make them more aware of how they are caring for themselves.

That awareness changes behavior. Not because someone told them what to do. Because they started paying attention to themselves.

How it works

Every day ooddle asks members to notice three things. Their stress, their energy, and their sleep satisfaction. That awareness becomes insight.

Their daily actions are drawn from goals they identified for themselves. Making every recommendation personally relevant, not prescribed.

Over time, members who use ooddle become calmer, more consistent, and more attuned to what their body needs. That shows up in your studio.

The ooddle wellness score

Each member has an ooddle wellness score (OWS). A simple daily number that reflects how they are showing up for their own self-care.

Ask about it before every session. It tells you more in one number than a long conversation would.

- **High score.** They are ready. Push them.
- **Low score.** They are depleted. Adjust accordingly.
- **Trending up.** Something is working. Reinforce it.
- **Trending down.** Something is off. Ask a simple question.

No intrusion. No details required. Just a number that opens a conversation.

Why offer ooddle

Because insight creates consistency. And consistency is what keeps members.

A smarter starting point for every session

Ask for their OWS before you plan the workout. One number tells you how hard to push, when to hold back, and when to simply check in. Your intervention becomes more precise, and more personal.

Retention without intrusion

Members who develop self-care consistency don't churn. They have built a relationship with their own health, and your facility is part of that system. ooddle keeps them engaged on the days they are not with you.

Compounding results

A member who is sleeping better, managing stress, and paying attention to their energy gets more out of every session. Your work compounds. Their progress accelerates. That is the kind of result that generates referrals.

A relationship that goes deeper without getting complicated

ooddle opens a window into how your member is doing without requiring them to overshare or you to overstep. The OWS does the talking. You respond as a professional. The relationship deepens naturally.

The member who stays

Calm, consistent, self-aware members retain. They show up. They refer friends. They invest in upgrades. ooddle builds that member, one daily insight at a time.

How to get started

Give your members access. Let them try it free. Ask for their OWS at the start of every session. Let the relationship build from there. ooddle does not replace what you do. It makes what you do work harder, for them and for you.



Try ooddle

Scan to preview ooddle in 60 seconds.
Free trial available for your members.