FAB SPORTS

PERSONAL PROFILE · APP GUIDE

Your training, your progress, in one app

Step-by-step guide for athletes and players.

Every tool is free. No subscription.



START HERE

How to use this guide

Each feature is shown with real app screens and numbered steps.

HOW TO READ A SLIDE

1 Follow the numbered steps on the left, top to bottom.

1 The same number on the phone shows where to tap.

Extra detail lives in the speaker notes.

WHAT'S INSIDE

01 Getting Started p.4

02 Your Profile p.7

03 FSLA Tools p.9

04 Daily Sports Performance p.11

05 Health & Diet p.14

06 Find & Join Academies p.17

07 My Connects p.21

08 Rewards & Shopping p.26

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OVERVIEW

One app for your whole sports journey

Everything below is part of the Personal Profile.



Athlete profile
Your public page



Sports Achievements
Show your results



Posts and feed
Share photos, videos



FSLA tools
All tools in one tap



Daily Performance
Log every session



Check your stats
Trends and bests



Check BMI
Know your body



Diet Plans
Starter meal plan



Find Nearby
Academies, coaches



Connect
Link to your academy



Packages
Join and pay



My Connects
Plans, attendance, tests



My Details
Details and consent



Sports IQ Rewards
Quiz points, discounts



Buy Products
Sports gear and nutrition

Every tool is free. No subscription. Academy fees and product prices are set by academies and sellers.

SECTION 01 OF 09

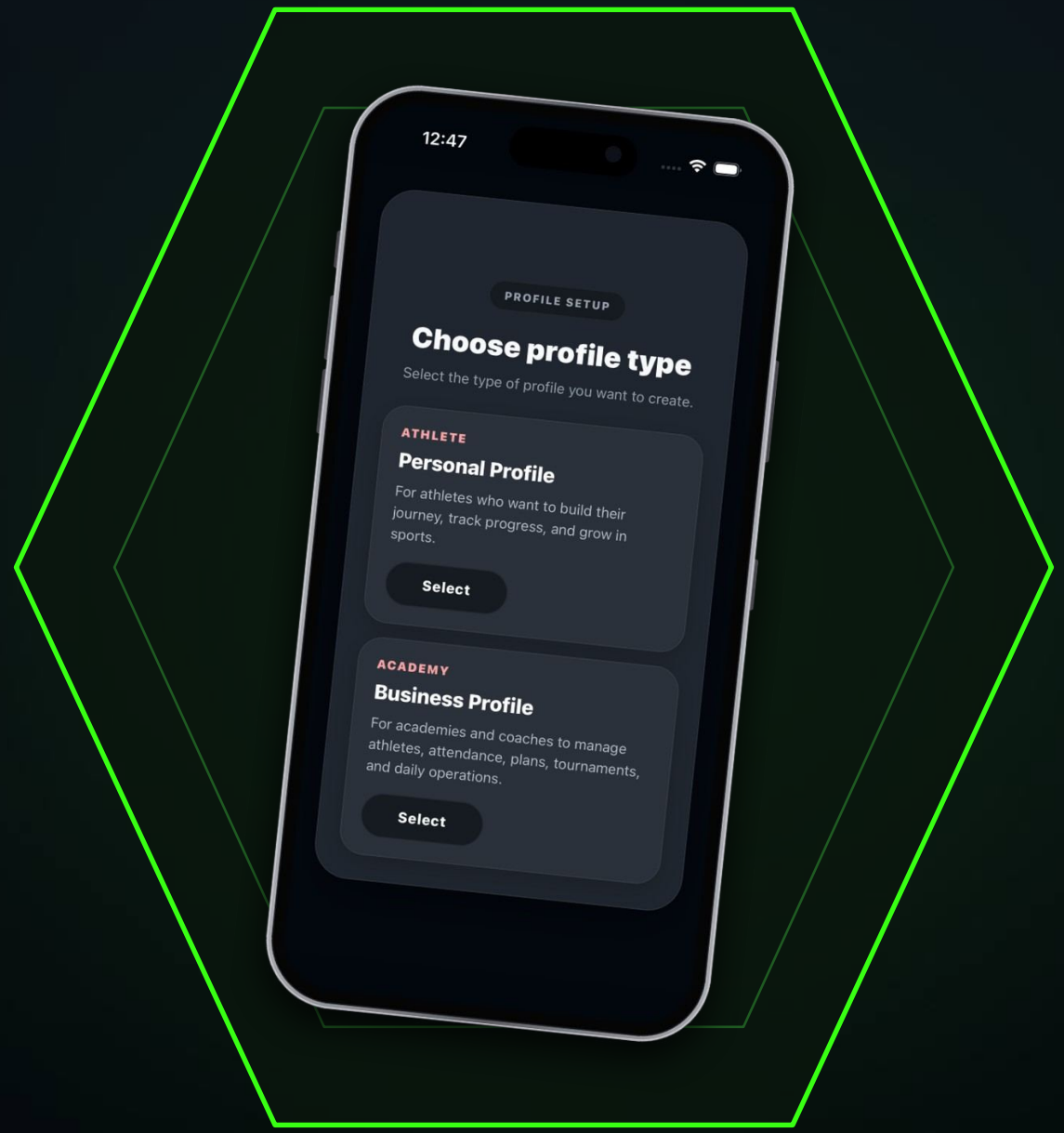
01

Getting Started

Create your Personal Profile with just your phone number.

IN THIS SECTION

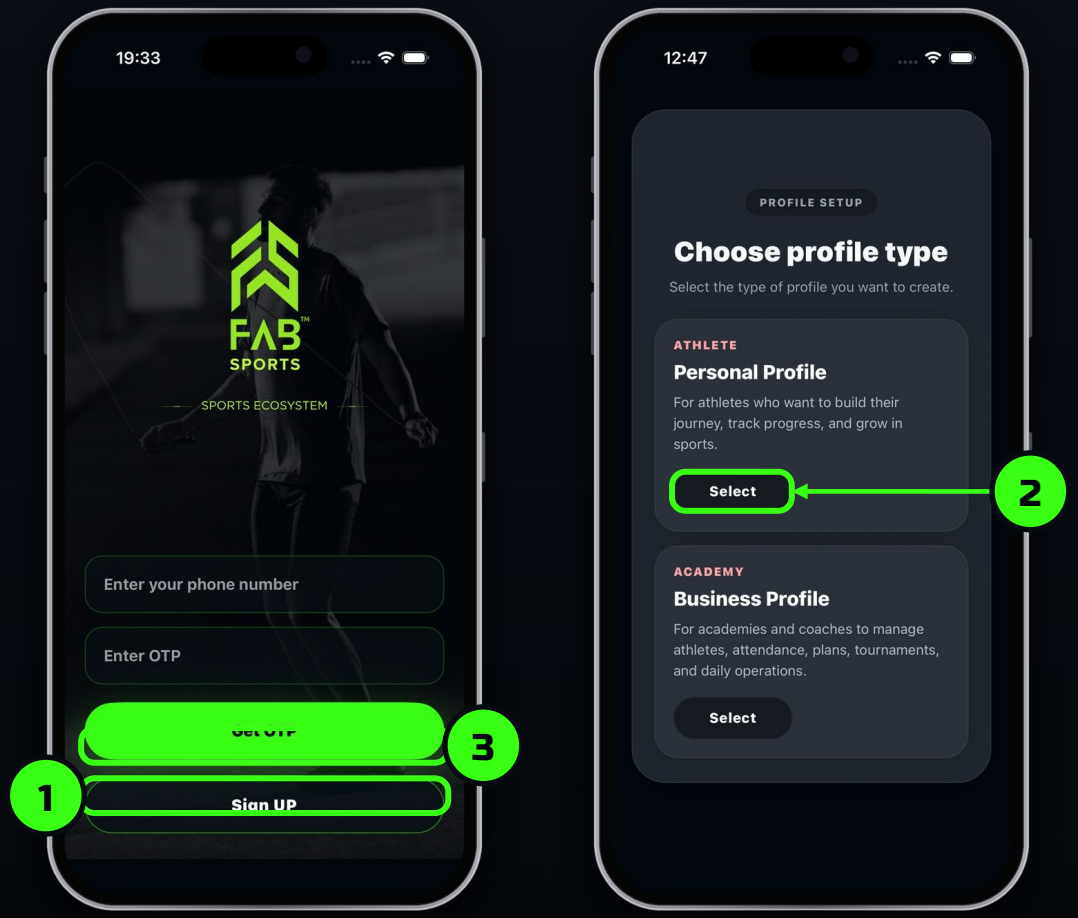
- Sign up and choose Personal Profile
- Pick your sport
- Add your details and location



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Sign up and choose Personal Profile

Open FAB SPORTS and start a new account.



1. New here? Tap Sign UP
2. Choose Personal Profile, tap Select
3. Already have an account? Enter your phone and tap Get OTP

> Your phone number and an OTP are all you need. No password.

GETTING STARTED

Build your athlete profile

Four quick screens and your profile is live.

1. I am: tap Professional Athlete
2. Pick your main sport and position
3. Personal details: name, user ID, age, height, weight
4. Add your location, verify OTP, add a photo

> Tip: your sport sets the fields you log in Daily Sports Performance.

27 SPORTS TO CHOOSE FROM

Archery	Athletics	Badminton
Basketball	Boxing	Chess
Cricket	Cycling	Football
Golf	Handball	Hockey
Judo	Kabaddi	Karate
Kho-Kho	Rugby	Shooting
Skating	Squash	Swimming
Table Tennis	Taekwondo	Tennis
Volleyball	Weightlifting	Wrestling

SECTION 02 OF 09

02

Your Profile

Your athlete page: your story, achievements, photos and posts.

IN THIS SECTION

- About and Sports Achievements
- Photos and videos
- Create Post



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YOUR PROFILE

Your athlete page tells your story

Tap Profile in the tab bar to open it.

1. About: tap the edit icon to write your story
2. Tap + Add on Sports Achievements
3. Photos, Videos and Create Post



SECTION 03 OF 09

03

FSLA Tools

All your athlete tools, one tap away.

IN THIS SECTION

- The green FAB button
- Your five tools
- My Connects

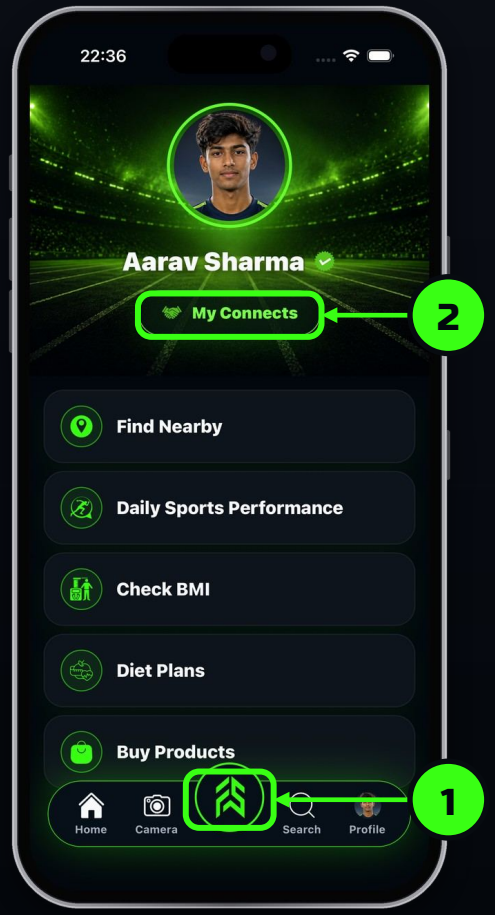


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FSLA TOOLS

FSLA puts every tool one tap away

Tap the green FAB button in the middle of the tab bar.



Find Nearby
Academies and coaches near you

Daily Sports Performance
Log sessions, check stats

Check BMI
BMI and ideal weight range

Diet Plans
A starter plan for your sport

Buy Products
Sports gear and nutrition

My Connects
Your academies and coaches

1 Tap the FAB button 2 My Connects opens your academies

SECTION 04 OF 09

04

Daily Sports Performance

Log every session and watch your progress.



IN THIS SECTION

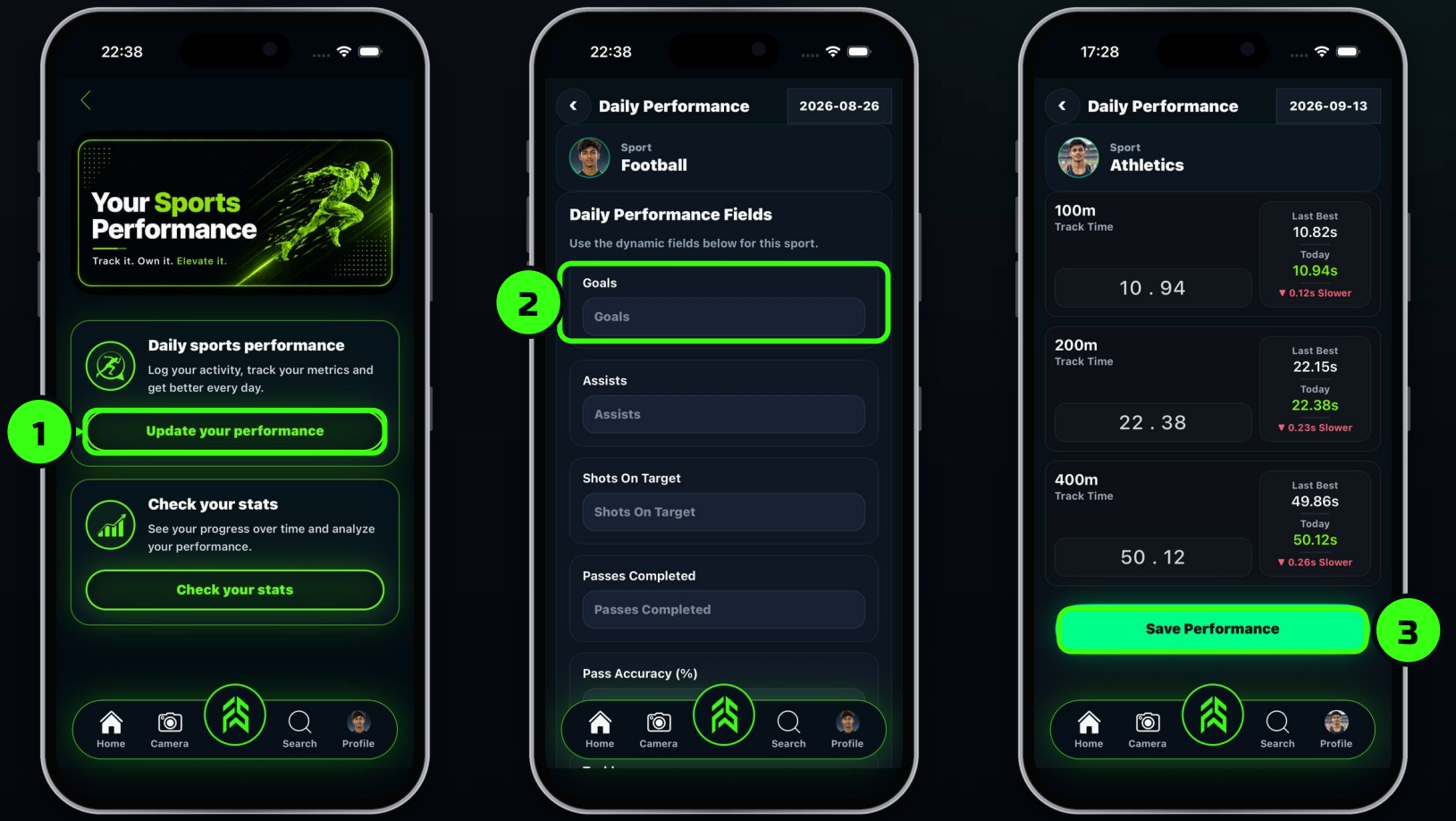
- Update your performance
- Check your stats
- Trends and consistency

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Log today's performance

The fields match your sport: goals for football, times for athletics.

1. Tap Update your performance
2. Fill in today's numbers
3. Tap Save Performance



Check your stats and progress

Tap Check your stats on the Your Sports Performance screen.

1. Pick 7 Days, 30 Days, 3 Months or 1 Year
2. Choose a metric for the trend
3. See totals and bests
4. See your Activity Calendar



SECTION 05 OF 09

05

Health & Diet

Know your body and fuel your training.

IN THIS SECTION

- Check BMI
- Diet Plans
- Your starter meal plan

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Check your BMI

FSLA > Check BMI. Results in a few seconds.



1. Enter age, gender, height and weight
2. Tap Calculate BMI
3. Read your BMI result
4. See your ideal weight range

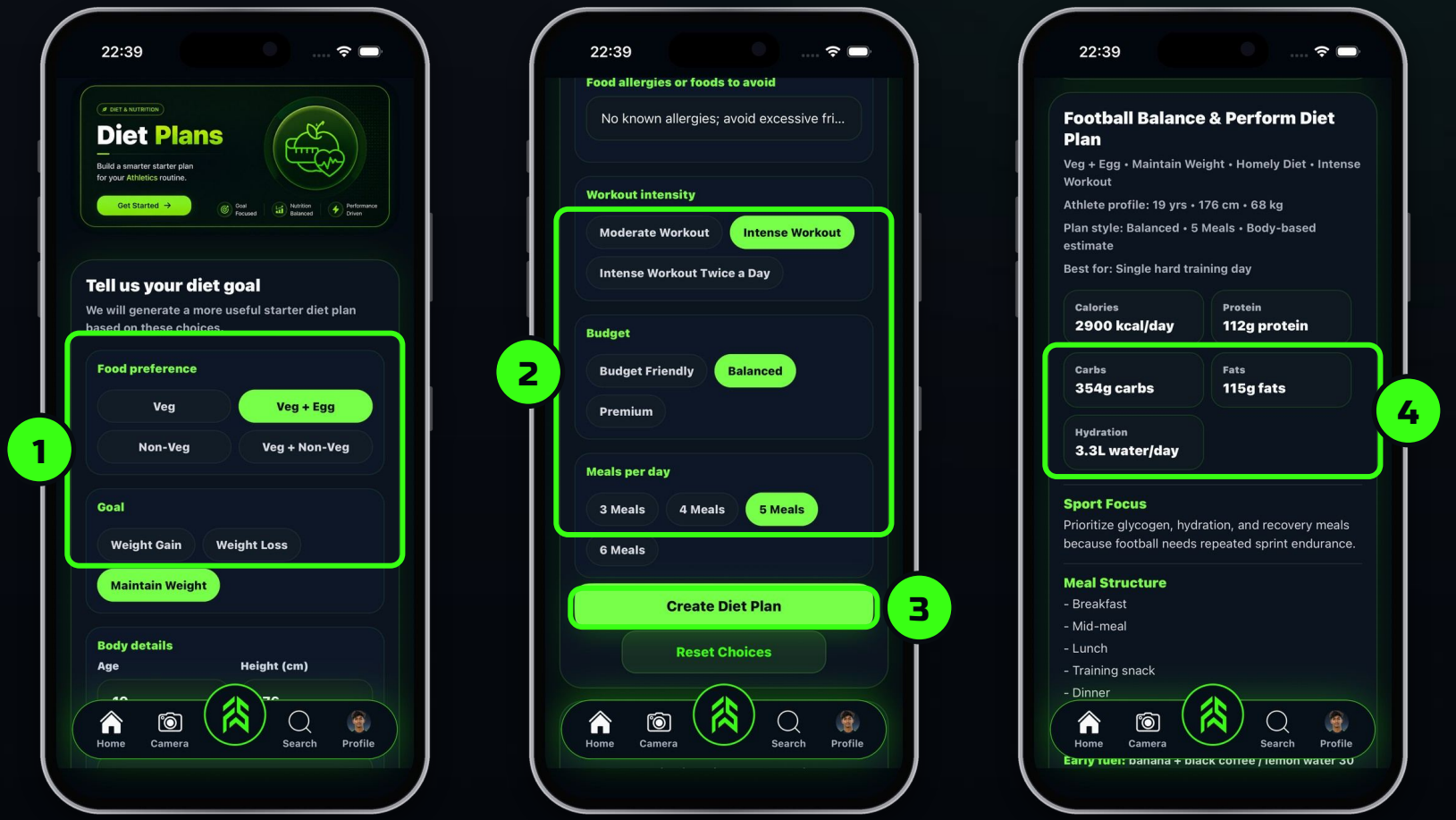
> BMI is a screening tool, not a medical diagnosis.

Build your diet plan

FSLA > Diet Plans. Answer a few choices, get a plan.

1. Pick food preference and goal
2. Set intensity, budget and meals
3. Tap Create Diet Plan
4. Read your plan

> A starter plan, not medical advice.



SECTION 06 OF 09

06

Find & Join Academies

Find academies and coaches near you, then join them.

IN THIS SECTION

- Find Nearby
- Connect
- Buy a package

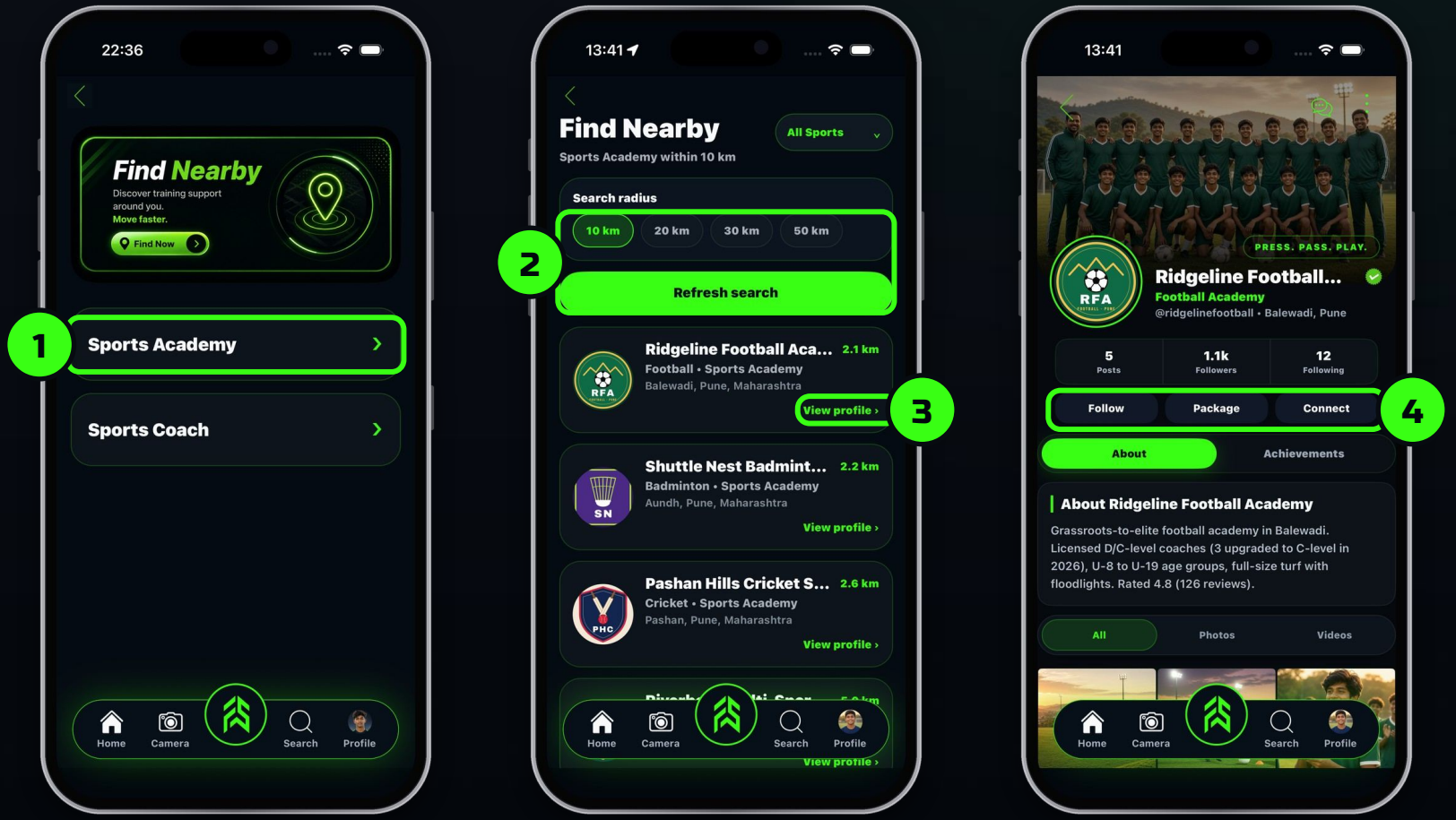
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Find academies and coaches near you

FSLA > Find Nearby.

1. Pick Sports Academy or Sports Coach
2. Set the radius, tap Refresh search
3. Tap View profile
4. Follow, Package or Connect



Connect with your academy or coach

Connect is only on Personal Profiles. It links you to your coach.

1. Tap Connect on their page
2. They accept it in Notifications
3. The button now shows Connected

> Connected academies appear in My Connects (Section 7).

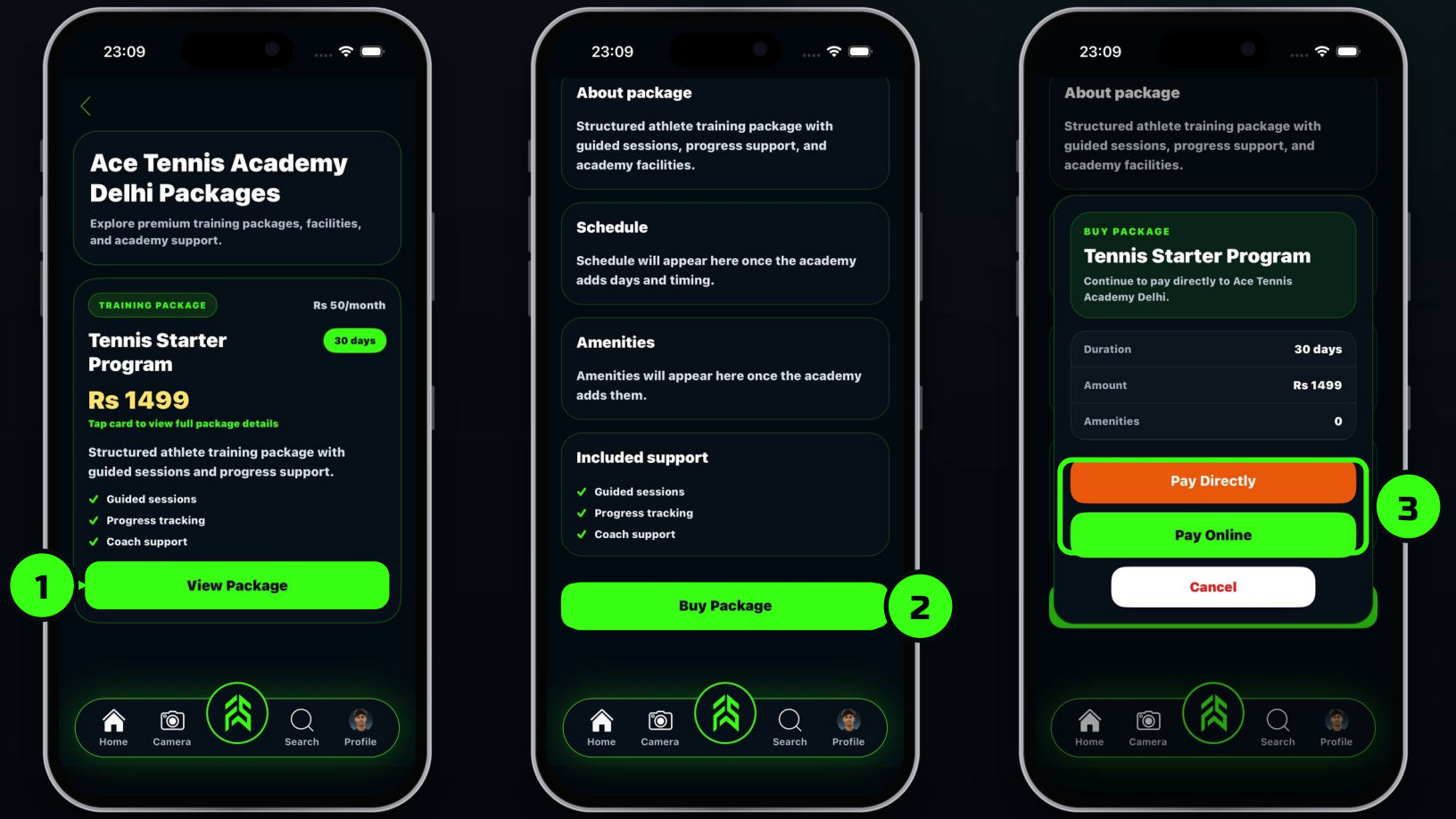


Buy an academy package

Tap Package on the academy page to see their plans.

1. Pick a package, tap View Package
2. Check details, tap Buy Package
3. Pay Online or Pay Directly

> Package prices are set by each academy.



SECTION 07 OF 09

07

My Connects

Everything from your academy and coach in one place.

IN THIS SECTION

- Package and weekly plan
- Attendance and performance
- My Details and parent consent

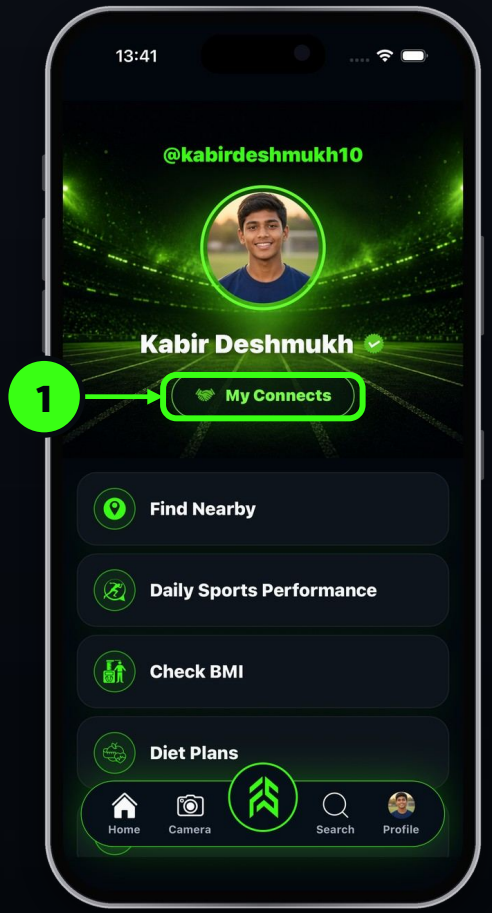


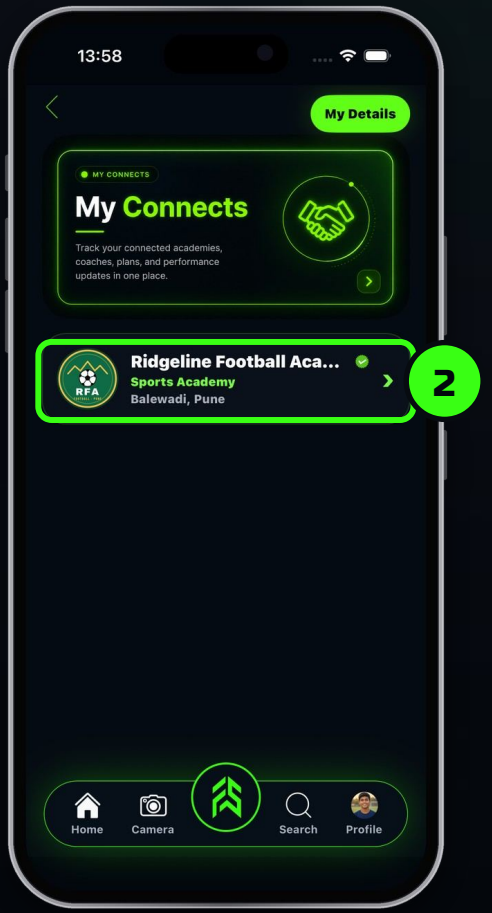
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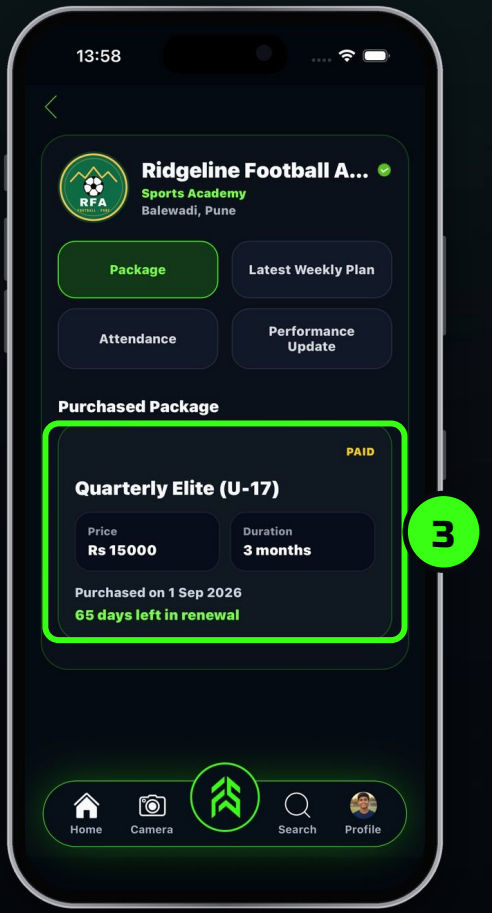
Open My Connects

Your academies, coaches, plans and updates in one page.

1. In FSLA, tap My Connects
2. Tap your academy
3. Package: your plan and days left

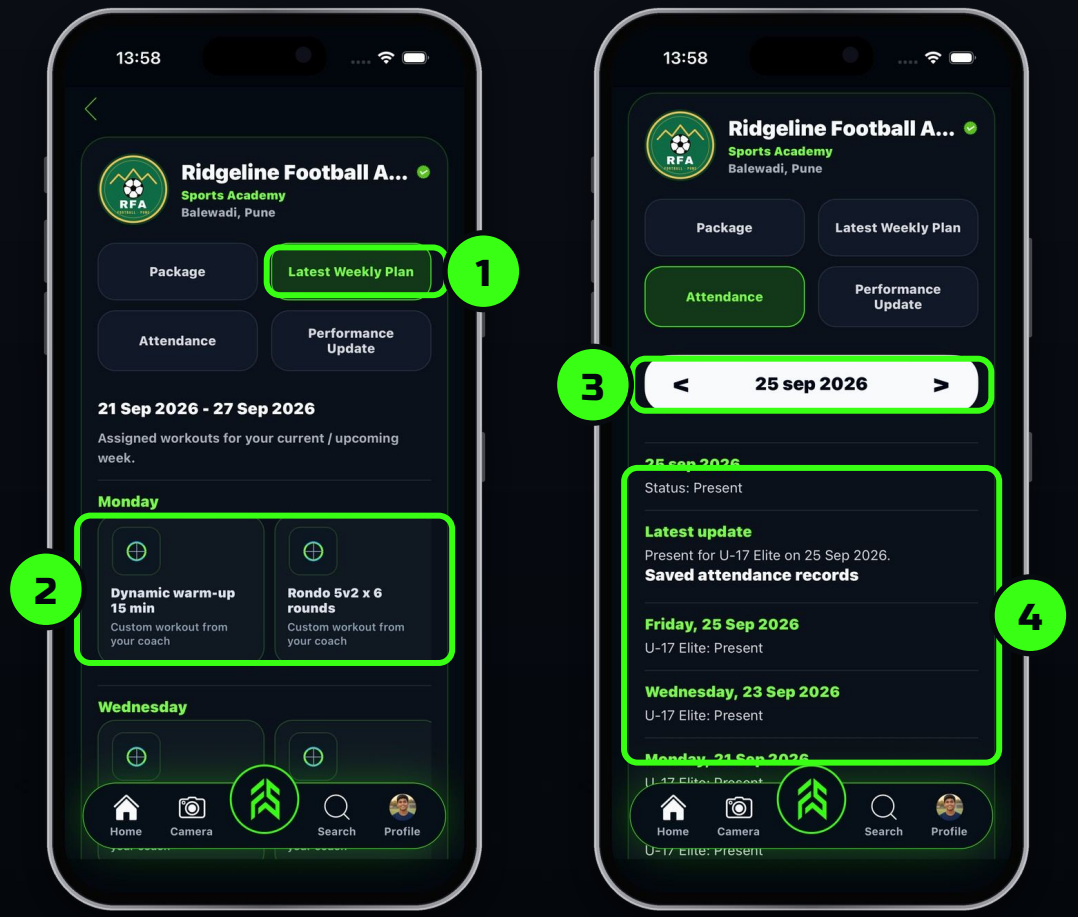






See your weekly plan and attendance

Your coach updates these. You just open and follow.

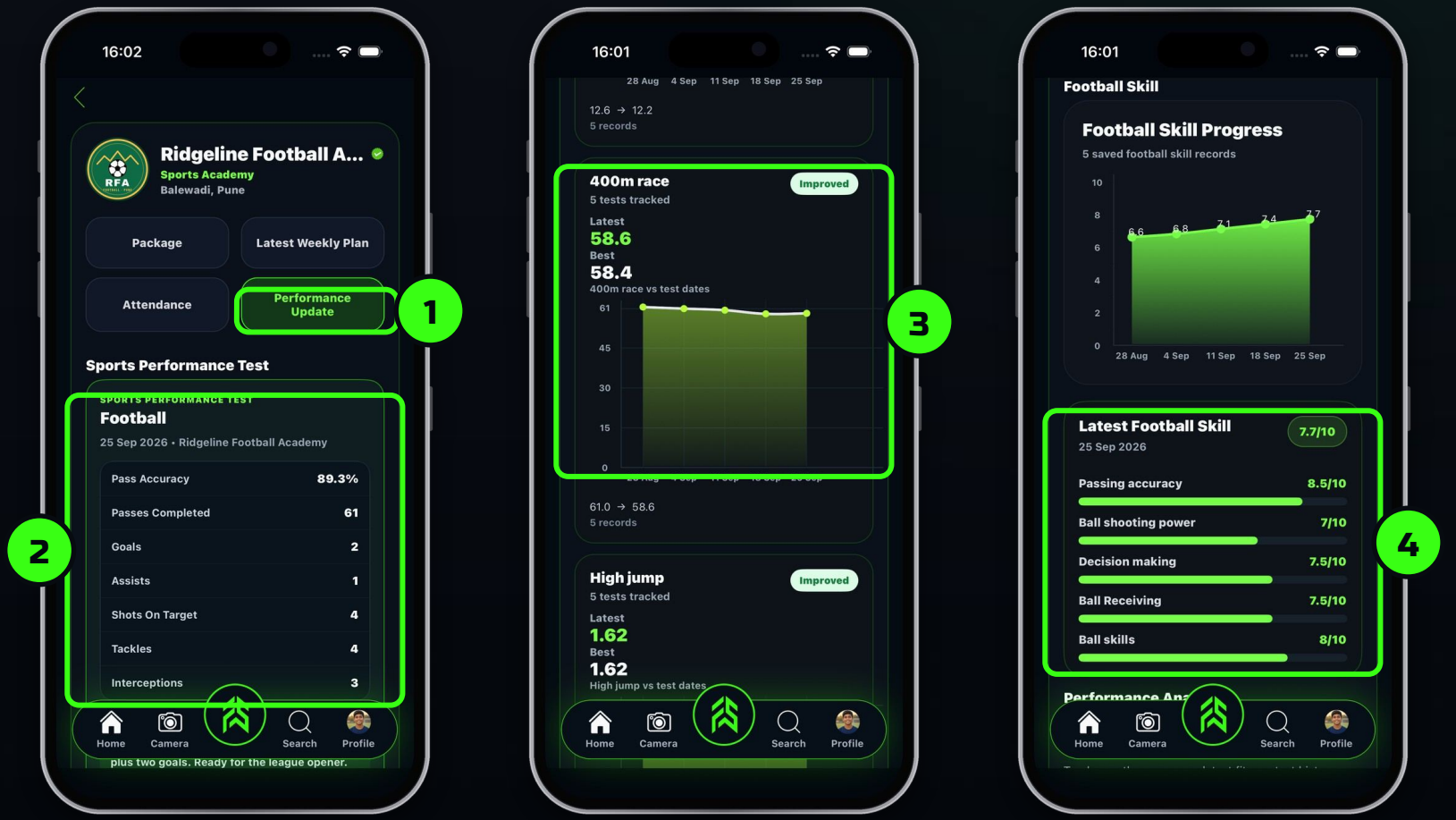


1. Tap Latest Weekly Plan
2. See each day's workouts
3. Tap Attendance, pick a date
4. Read your attendance records

Read performance updates from your coach

Every test your coach records shows up here.

1. Tap Performance Update
2. Read each test and coach notes
3. Track progress charts
4. See skill ratings out of 10

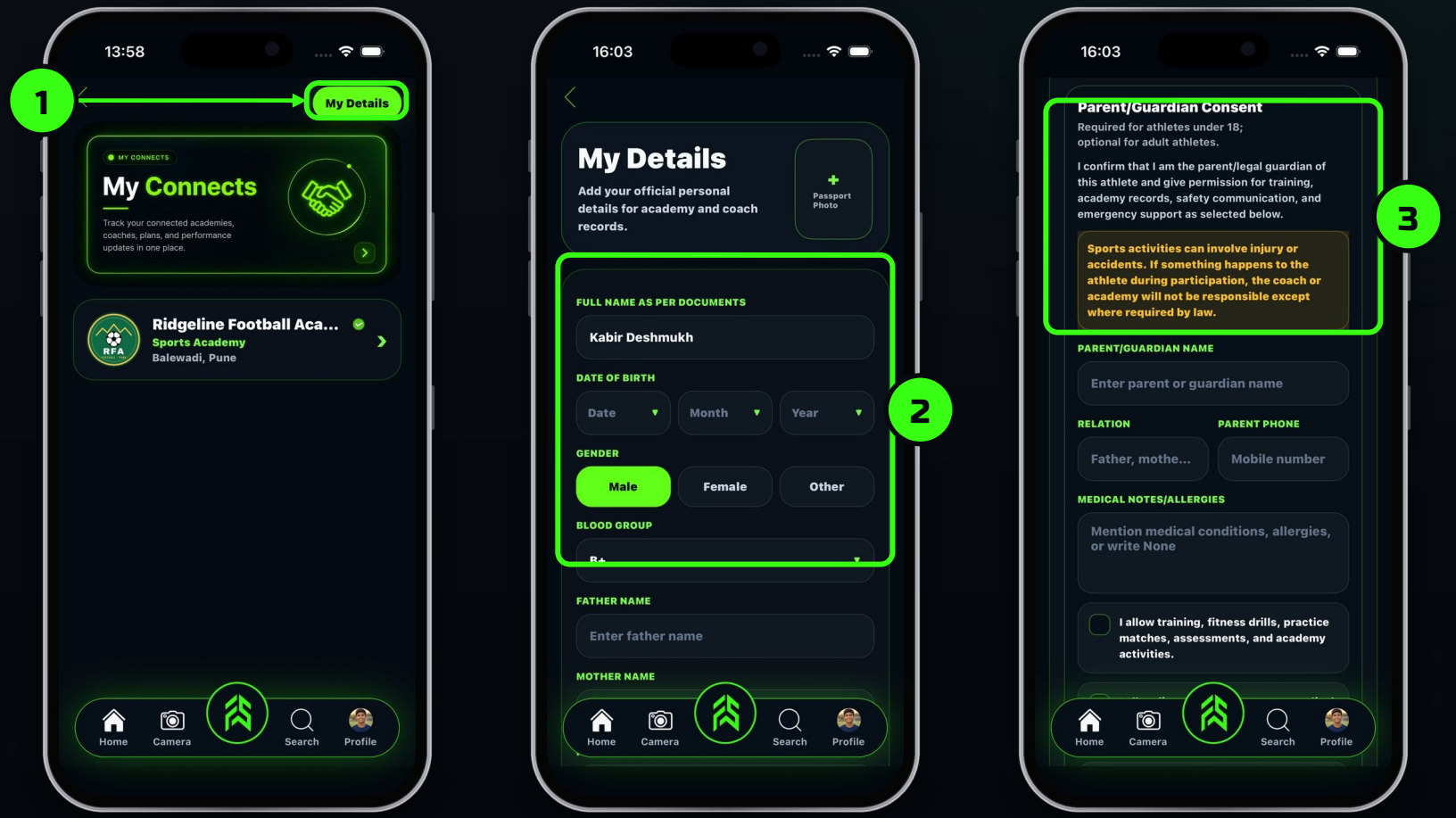


Add My Details and parent consent

Official details your academy and coach can rely on.

1. In My Connects, tap My Details
2. Fill official details, add a photo
3. Parent or guardian gives consent

> Consent is required for athletes under 18.



SECTION 08 OF 09

08

Rewards & Shopping

Earn Sports IQ points and shop sports gear.

IN THIS SECTION

- Sports IQ quiz and points
- Redeem discounts
- Buy Products



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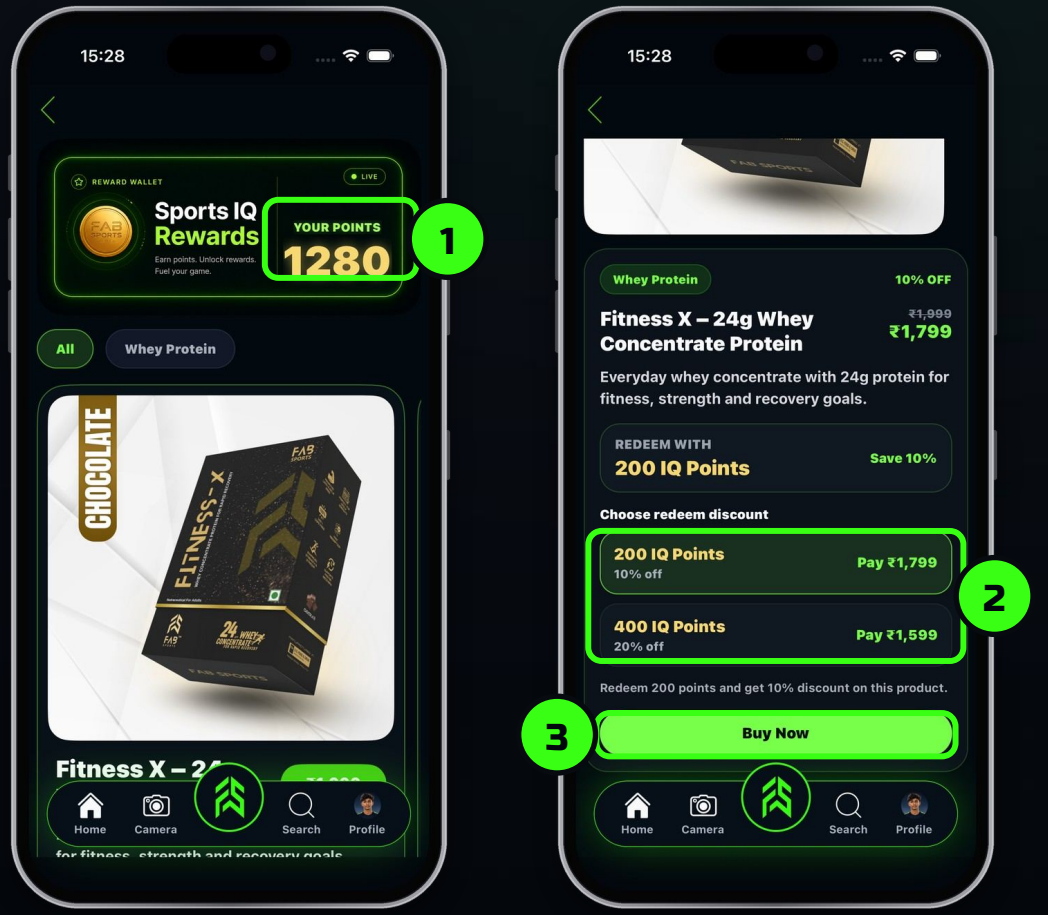
REWARDS & SHOPPING

Earn and redeem Sports IQ points

Answer Sports IQ questions in your Home feed: +1 point per correct answer.

1. Tap the points wallet on Home
2. Pick a product, choose a discount
3. Tap Buy Now

> Product prices are set by the sellers.



REWARDS & SHOPPING

Shop sports gear in Buy Products

FSLA > Buy Products. Gear, clothing and nutrition.



1 Pick a category

All, Clothing, Supplements, Equipment

2 Tap a product

See options, price and details

Track your orders

Profile menu > Orders

Use IQ points

Discounts on reward products

Academy fees and product prices are set by academies and sellers.

SECTION 09 OF 09

09

Community & Settings

Share, chat and manage your account.

IN THIS SECTION

- Feed, posts and search
- Chats and notifications
- Profile menu

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COMMUNITY & SETTINGS

Share, follow and stay in touch

Use the tab bar at the bottom of every screen.



Home feed

Posts, sports news, Sports IQ questions and products.



Camera

Create posts and reels: upload media, music, hashtags, save drafts.



Search

Find athletes, academies and coaches by name.



Chats

Message athletes and academies from Home or their page.



Notifications

Connect requests and updates in one list.



Follow and react

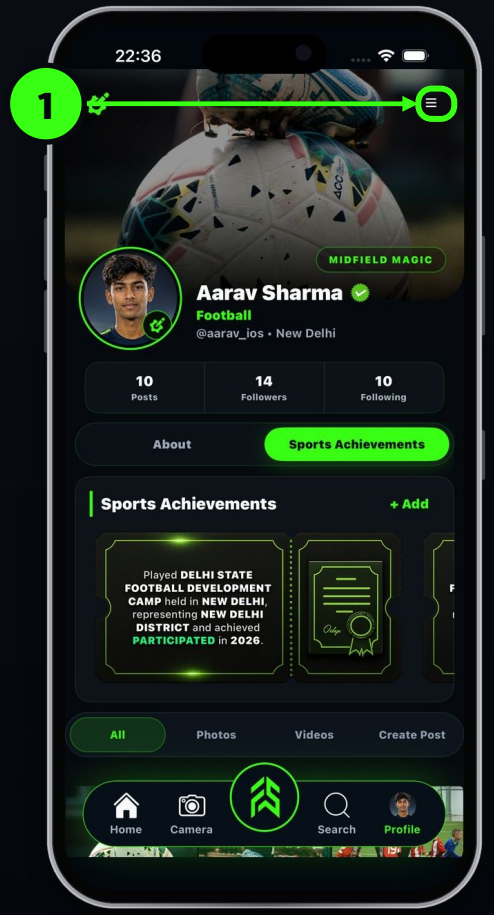
Follow profiles, like, comment and share posts.

> Tip: post your training and achievements so academies and coaches can find you.

COMMUNITY & SETTINGS

Your settings live in the profile menu

On your profile, tap the menu icon at the top right.



Your profile	Accounts · Edit Profile · Share Profile
Privacy and alerts	Notifications · Account Privacy · Blocked Profiles
Orders and media	Orders · Media Quality
Help	About Fab Sports
Account	Sign Out · Delete Profile

RECAP · GET STARTED

Easy. Free. Your sports life in one app.

Download FAB SPORTS and create your Personal Profile today.

- ✓ Sign up with your phone and an OTP
- ✓ Build your profile and achievements
- ✓ Log performance, check your stats
- ✓ Check BMI, build a diet plan
- ✓ Find academies, Connect, buy packages
- ✓ Follow plans, attendance, coach tests
- ✓ Earn Sports IQ points, shop gear

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