fynl.io

FREE GUIDE

Agents Office: The Gym Health Check

Automations get stuck, logs grow, and some agents cost more than they bring back. One press of Gym in the Agents Office gives every agent a free health check and a plain report.

WHAT THIS ADDS

Nobody gives their automations a check-up. They run until something smells, and by then a log has eaten your disk or an agent has been quietly billing you for weeks. A health check you have to remember to do never happens, so the Gym makes it one button and does the safe part for you.

The problem it solves

You run twelve automations. A log file grows to two gigabytes without anyone noticing. A job that is meant to run all the time stopped on Sunday and nobody started it again. One agent spends ten dollars of AI a week and produces nothing you use.

None of these is loud. Each one costs a little every day until someone looks. The Gym is the moment you look, for every agent at once.

Press Gym

In the Agents Office, press 🧘 **Gym** at the top. Every agent walks to a yoga mat, a little tune plays, and the health check starts in the background. When it is done a toast tells you how many are healthy, how many things were tidied and how many need you. Tap it, or press **Back to work**, for the yoga report.

What it tidies for free

While the agents stretch, the office does only safe, reversible tidying. It costs nothing and uses no AI:

- **Stuck requests**: a request whose process already ended is marked as stopped, and one that has run for over three hours with no sign of life for an hour is stopped.
- **Stopped always-on jobs**: a background job that is meant to run all the time and has stopped is started again.
- **Huge logs**: a log over 20 MB keeps its last 2,000 lines, and a full copy goes to the Trash first.
- **Old voice clips**: spoken replies older than 30 days move to the Trash.

Nothing is deleted. Everything moved or trimmed can be brought back from the Trash.

Reading the yoga report

The top row gives the numbers: checked, healthy, tidied by the office, need you, and Claude can fix. Below it:

- **Tidied during the class**: what was done, agent by agent.
- **Only you can fix**: logins, payments, keys and decisions, with a link to the right page.
- **Claude can fix**: problems Claude Code can try. **Fix all** hands them over, up to four at once.
- **Quiet or shaky**: agents that ran but left nothing to show.
- **Cost check**: Claude use over the last 14 days against results.

The cost check

An agent lands in the cost check when the office rates its spending as poor value, or when each result costs ten dollars or more and earns nothing. The suggestion is plain: pause it, run it less often, or give it a new approach.

Deep stretch

At the bottom of the report, **Deep stretch** asks Claude to read the agents that failed, ran quiet or cost a lot, and suggest a better approach for each, at most six. Every suggestion waits in **Approve**. Nothing changes until you say yes, and it never touches logins, payments or keys. Deep stretch uses Claude; the plain Gym check does not.

What it costs

Agents Office is an add-on to either Fynl plan: **$19.99 a month** or **$200 a year**. The plans are **$49 a month** for Starter and **$149 a month** for Agency. New to the office? Start with the full Agents Office guide, then read about the floor manager, which checks your agents every hour.

DO THIS

Press Gym once a week. Read the yoga report from the top: what was tidied, then Only you can fix, then the cost check. Pause or rethink any agent that costs a lot and brings little back.

What Fynl.io is

One portal a small business runs itself on, instead of five subscriptions that do not talk to each other.

- A CRM and pipeline that shows every lead and where it stopped
- A calendar clients can book straight into
- Quotes, contracts and invoices, with deposits taken up front
- A website and form builder, so the enquiry lands in the same place
- Your Gmail connected, so the whole thread sits on the contact
- Automations for the follow-up you keep forgetting to send

The AI runs on **your own Claude or ChatGPT API key** — no markup on it. No SMS or phone calls yet. $49/month per business, $149 Agency, and we move your contacts over for you.

The Gym runs inside the Agents Office in the Fynl portal, on the same agents, runs and logs the office already watches, so there is no separate monitoring tool to set up.