When user is in the main menu:

"Welcome to Taichi Fitness! To select an option, wave your hand to the appropriate item and select it by closing your fist"

When user selects tutorial:

"Tutorial selected"

When user selects Play Game:

" Play Game selected"

When user selects Quit:

"See you next time!"

When user selects Form x:

"Form x selected"

When user is in Tutorial:

"Welcome to the tutorial! On your left is a mirrored image of yourself and on the right is your guide, to begin stand like the avatar and follow his movements"

When user completes tutorial:

"Congratulations, you have completed the tutorial! Start the real game by selecting Play Game!"

When user is in play game:

"Select a form!"

When user enters Stats Screen:

"Congratulations!"