



Megan Watts

28, Ph.D

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Narrative

Megan is quite hard working with her Ph.D. She hopes to relax and keep health, so she decides to exercise in the gym on or two times every week. But she is not so familiar with gyms and has no idea on how to use some facilities without instructions. And she doesn't want to get injured. She hopes someone can give instructions and create exercise plans for her.

Frustrations

New to the gym.
Not familiar with the facilities.

Goals

To keep health and relax by exercising.
Try some new exercises safely.

“I always want to try the weight lifting there but I don't know how to use and I don't want to get injured.”

Keywords

Hardworking/ Organized/ Relax/
Explorer

Technology



Exercising Preferences

Frequency	● ● ○ ○ ○
Intensity	● ● ○ ○ ○
With Guidance	● ● ● ● ○
Transportation Time	● ● ○ ○ ○
Try Various Exercise	● ● ● ● ○