**Profile Portion:**

1. Profile Pic
2. Points -
3. Notifications:
   1. Home page shows your needed exercises for the day
4. Users can set their weekly exercise/mental health therapy goals
   1. Get points for fulfilling weekly goals

**Create a safe environment for veterans to share not only their achievements in their mental and physical health but also their daily lives where they won't be stigmatized.**

**Mijo2003**

**Physical Exercise Elements:**

1. Scoring System:
   1. Leaderboard
      1. Branch
      2. Region
      3. Age
      4. Physical Ability
   2. Daily Streaks (time)
   3. Incentive:
      1. Stakeholders sponsor events and give out rewards to regional/national winners
2. Goals
   1. Achievements
      1. Use Based Achievement
         1. Play for **x** amount of days and unlock achievement
      2. Cosmetics:
         1. Do a **conditional** to unlock a “medal”
      3. User Based Goals:
         1. Individuals set personal goals
         2. Get points for achieving goals
3. Run Tracker
   1. Map
   2. Where you ran
   3. Calories
   4. Time
4. The exercises:
   1. Videos showing exercise; suggested reps, sets, weights
   2. Calories
   3. Start/End Button (track time of exercises for verification; median of error)
   4. Rate Tracker (use AI to find optimized workouts based on interests and need)

**Mental Health Elements:**

1. Log/Journal System
2. Daily Inspirational Quotes
3. Group Therapy Recommended Sessions
   1. **Rate Tracker**
   2. Graph showing how you feel over time

**Communication Elements:**

1. Groups
   1. Users are recommended groups based on the following:
      1. Region
      2. Branch
      3. Health
      4. Interests
         1. “Hobbies”
         2. I.e. Kayaking, Camping
2. Messages
3. Group Therapy
4. Users can Post their exercises/runs/mental health therapy
   1. Not centered around user generated content
   2. Ability to comment on it
5. Veterans Related Events

**Education Element :**

#434D30

#B8997B

#362A20

#BA2826

#BEBDB1

#35313F