ACTIVITIES	Decide to g to gym	Plan today's training schedu	Prepare everything which need to us	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	Look for the equipment	\	e Wait (the w situati	/	Look for ne equipment	/ cnaca and	Do exerc	Do relaxing movement	 \ (-0 h0me	
TOUCH POINTS		Different day needs different schedule	Different activity needs different thing	bring different staff	Different exercise needs different equipment	Search for an alternative plan		Follow the guideline which you have known	Different exercise needs different equipment		Follow the guideline which you have known			
EMOTIONS		Excited to do				Hate to wait		Enjoy the		Hate to wait again		Enjoy the		
OPPORTUNITIES		exercise and have a good relax Have a service to set up a perfect schedule	Check today's schedule and find the staff which you need to bring		Give the correc knowledge to choose the equipment	Offer a service to find alternative plan		Post the correct tips	Give the correct knowledge to choose the equipment	Offer a service to find alternative plan	Post the correct tips	movement		