

FitFriends

This is **not** a fitness app.
It's a game where moving = winning.

■ Teens don't quit games. They quit boring apps.

■ The Problem

Most fitness apps feel like homework. No friends. No hype. No reason to come back.

■ The Fix

Daily challenges. Friend rivalries. XP. Streaks. Movement finally feels like a game you want to play.

What You Do in FitFriends ■

- Drop into daily movement challenges
- Battle friends or squad up
- Stack streaks and flex XP
- Unlock badges, rewards, and bragging rights
- Built to be safe, not sketchy

■ Who It's For

- Teens 13–18
- Gen Z energy only
- Anyone who hates boring fitness

■ Why It Slaps

- Feels like a game, not a chore
- Friends > followers
- Fun first. Fitness follows.

■ The Goal

Get a whole generation moving — without making it weird, boring, or preachy.

FitFriends

Move like it matters. Play like it's fun.