



Priyanka sharma

Age: 42

Education: B.tech

Hometown: Delhi

Family: Divorced , single
mother of 2

Occupation: Network
Administrator

Goals

- aim for fitness goals that boost their energy, manage stress, improve sleep, and maybe even help with weight management and build some strength to keep up with my busy lives.

Frustrations

The lack of Time, motivation, childcare, self-doubt and constant fatigue are main problems that I face in my fitness journey .

Priyanka Sharma , a coding whiz by day and a milk-and-cookie monster wrangler by night, juggled her life as a single IT professional and mom of two. Between 6 am wake-ups, packing lunches, battling rush hour commutes, and squeezing in coding sessions before bedtime stories, Sarah knew the only way to win her fitness battle was with a meticulously planned daily routine.



Omar Hassan

Age: 38

Education: High school

Hometown: Hyderabad

Family: Married with 4 children

Occupation: Security guard

Goals

- **Less joint pain, move easier.**
- **Better blood sugar control (potentially less medication).**
- **More energy for work & family.**
- **Improved sleep**
- **Feel stronger, more in control.**

Frustrations

- **Time:** Long hours, family commitments.
- **Money:** Gym memberships, equipment costs.
- **Body:** Joint pain, fatigue.
- **Mind:** No knowledge, low motivation.

Omar, a security guard with diabetes and joint pain, starts his day with morning stretches . At work, he walks during his lunch break and does bodyweight exercises after work . he wants to find a way to manage his joint pains and reduce sugar levels Omar also wants to reduce his fatigue naturally without and kind of expensive medications .



Name

Age: 34

Education: Msc Maths

Hometown: Pune

Family: Married

Occupation: Teacher

Goals

- To maintain a healthy work-life balance.
- To find quick and effective workout routines that fit into his busy schedule.
- To track his fitness progress and stay motivated.
- Continue his daily activities without pain.

Frustrations

- Limited time for lengthy workouts due to his teaching responsibilities.
- Needs workouts that can be done at home or in a short gym session.
- Prefers structured guidance to ensure he's exercising correctly
- Requires unique schedule plan which does not stress his knees.

David starts his day by revising his lectures and finishes his breakfast and rushes to the school. He spends most of his time in school standing. He has issues with chronic leg pain and hopes to strengthen his overall body. He often indulges late night snacks and lacks the motivation to do lengthy workouts.

Sandhya P



AGE	54
EDUCATION	MBBS
STATUS	Married, 2 kids
OCCUPATION	Docter
LOCATION	Hyderabad
TECH LITERATE	Medium

“ I don't feel comfortable to go to a gym and workout.

Personality

Introvert

Mindful

Hardworking

Patience

Bio

Dr. Sandhya is a respected physician with over 25 years of experience in her field. She lives in Hyderabad, where she has built a successful career and a stable family life. Her dedication to her patients and her family is evident in her daily routines and commitments. She is motivated by her desire to set a positive example for her family and patients regarding the importance of maintaining health and wellness throughout life. Her dedication to staying fit not only benefits her own well-being but also enhances her ability to provide compassionate care to her patients.

Core needs

- Staying active and fit to manage her demanding job without fatigue.
- Incorporating yoga and meditation into her routine to reduce stress.
- Following a balanced diet to maintain a healthy weight and energy levels.

Frustrations

- To maintain her work-life balance, she wants to spend more time with her family.
 - Time Constraints: Balancing a demanding work schedule with family commitments leaves limited time for dedicated fitness activities.
- Physical Fatigue: Long hours on her feet and the mental strain of
- patient care can sometimes lead to physical fatigue, requiring adaptive fitness strategies.