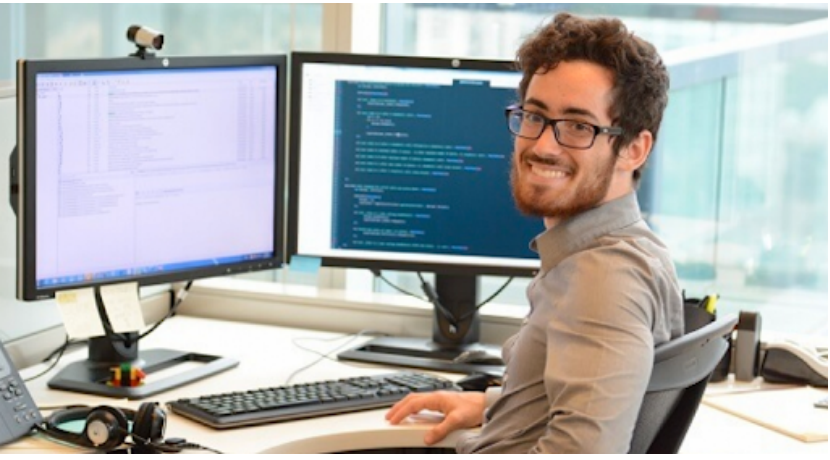
Flow1



גיא רגב, בן 34 מתל אביב,הייטקיסט עמוס בעבודה, בצעירותו נהג להתאמן והיה בכושר טוב. גיא ניהל קבוצת ריצה קהילתית במושב שבו חי בעבר, לאורך השנים גיא הזניח את הכושר הגופני שלו, השמין עקב תזונה לקויה והוא לא מצליח לשלב אימונים

גיא חבר חדש באפליקצייה, בהתאם לפרטים שמילא כאשר ביצע את הרישום,גיא התחיל את האימון שלו שביום ראשון, במהלך האימון הוא נאלץ להפיסקו המערכת זיהתה שהאימון של גיא הופסק והציע לו יום אחר להתאמן, גיא לא יכל להתאמן ביום שהוצע, המערכת הציע לו אלטרנטיבות חלופיות להתאמן, גיא בחר להתאמן ביום שלישי במקום

Sport.
Nutrition.
Calendar.
TEDx San Diego
re:THINK
TEDx San Diego

Hey Guy,

SNC

60%

Started before:
27 Days

Next Meal:
Third Meal

At:
21:30

Day:
Sunday

Workout:
A

At:
20:00

S	M	T	W	T	F	S
✓	✗	✗	✓	✗	✓	✗

A

Inteval
Reps: 300 – 200 – 200 – 100
Speed: 100%
Rest: 3 min Speed: 50%

Bench press
Reps: 12 – 10 – 10 – 10
Kg: 50 – 50 – 40 – 40
Rest: 30 sec

Butterfly
Reps: 10 – 10 – 10
Kg: 50 – 50 – 40 – 40
Rest: 45 sec

Pullups
Reps: 10 – 10 – 10 – 10
Kg: 50 – 50 – 40 – 40
Rest: 30 sec

Bicycle
Reps: 12 – 10 – 10 – 10
Kg: 50 – 50 – 40 – 40
Rest: 30 sec

A

Inteval
Reps: 300 - 200 - 200 - 100
Speed: 100%
Rest: 3 min Speed: 50%

Rest: 30 sec

A

Inteval
Reps: 300 – 200 – 200 – 100
Speed: 100%
Rest: 3 min Speed: 50%

Bench press
Reps: 12 – 10 – 10 – 10
Kg: 50 – 50 – 40 – 40
Rest: 30 sec

Butterfly
Reps: 10 – 10 – 10
Kg: 50 – 50 – 40 – 40
Rest: 45 sec

Pullups
Reps: 10 – 10 – 10 – 10
Kg: 50 – 50 – 40 – 40
Rest: 30 sec

Bicycle
Reps: 12 – 10 – 10 – 10
Kg: 50 – 50 – 40 – 40
Rest: 30 sec

A

Inteval
Reps: 300 - 200 - 200 - 100
Speed: 100%
Rest: 3 min Speed: 50%

Rest: 30 sec

A

Inteval
Reps: 300 – 200 – 200 – 100
Speed: 100%
Rest: 3 min Speed: 50%

Bench press
Reps: 12 – 10 – 10 – 10
Kg: 50 – 50 – 40 – 40
Rest: 30 sec

Butterfly
Reps: 10 – 10 – 10
Kg: 50 – 50 – 40 – 40
Rest: 45 sec

Pullups
Reps: 10 – 10 – 10 – 10
Kg: 50 – 50 – 40 – 40
Rest: 30 sec

Bicycle
Reps: 12 – 10 – 10 – 10
Kg: 50 – 50 – 40 – 40
Rest: 30 sec

A

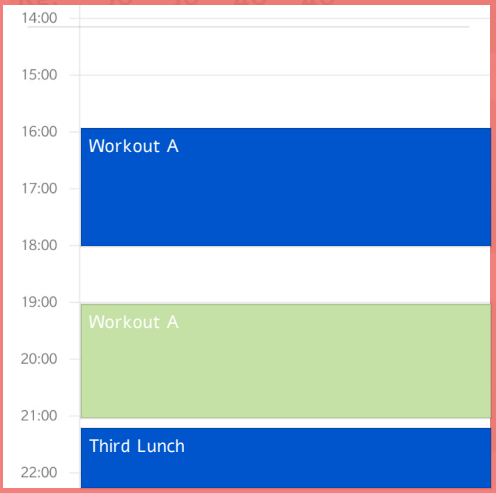
Inteval
Reps: 300 - 200 - 200 - 100
Speed: 100%
Rest: 3 min Speed: 50%

Rest: 30 sec

A

Inteval
Reps: 300 – 200 – 200 – 100
Speed: 100%
Rest: 3 min Speed: 50%

The Workout is not complete.
Do you wish to complete it in 2 hours?



Yes

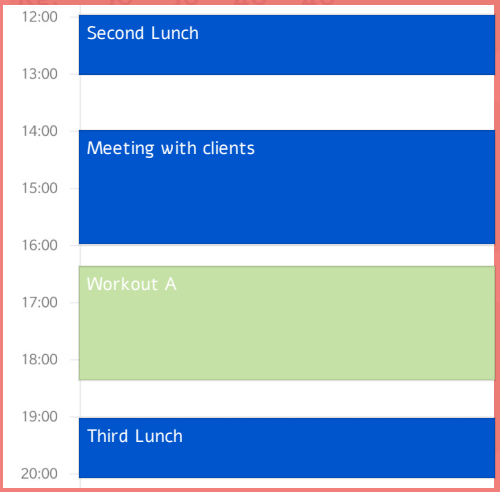
No

Bicycle
Reps: 12 – 10 – 10 – 10
Kg: 50 – 50 – 40 – 40
Rest: 30 sec

A

Inteval
Reps: 300 – 200 – 200 – 100
Speed: 100%
Rest: 3 min Speed: 50%

You have avilable time at Monday
16:30 – 18:30



Yes

No

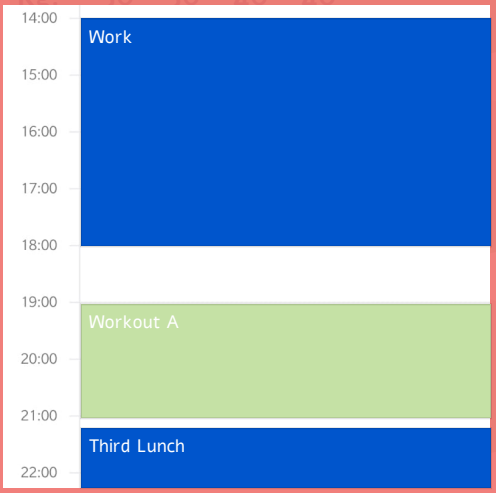
Bicycle
Reps: 12 – 10 – 10 – 10
Kg: 50 – 50 – 40 – 40
Rest: 30 sec

A

Inteval
Reps: 300 – 200 – 200 – 100
Speed: 100%
Rest: 3 min Speed: 50%

You have avilable time at Tuesday

19:00 – 21:00



Yes

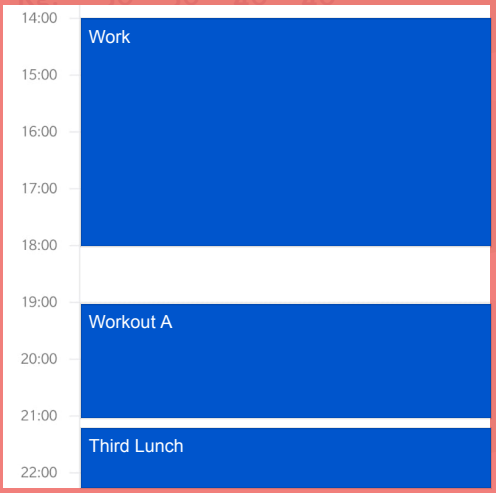
No

Bicycle
Reps: 12 – 10 – 10 – 10
Kg: 50 – 50 – 40 – 40
Rest: 30 sec

A

Inteval
Reps: 300 – 200 – 200 – 100
Speed: 100%
Rest: 3 min Speed: 50%

New workout time updated



Ok

Back

Reps: 12 – 10 – 10 – 10
Kg: 50 – 50 – 40 – 40

Bicycle
Reps: 12 – 10 – 10 – 10
Kg: 50 – 50 – 40 – 40
Rest: 30 sec

Hey Guy,

SNC

60%

Started before:
27 Days

Next Meal:
Third Meal

At:
21:30

Day:
Sunday

Workout:
A

At:
20:00

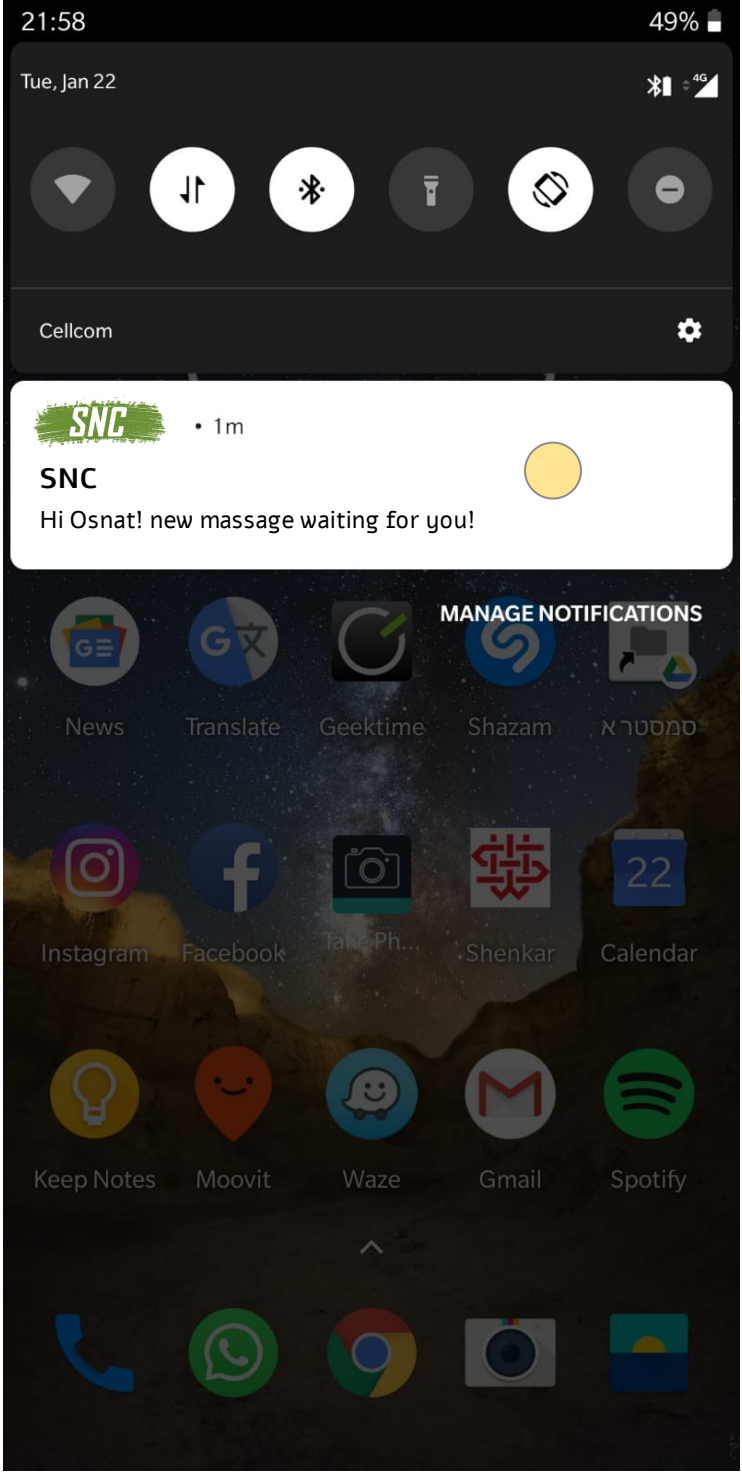
S	M	T	W	T	F	S
✓	✗	✗	✓	✗	✓	✗

Flow2

אסנת בת 33, אמא לשניים, מתגוררת ביפו עם בעלה אלי, בעבר התמודדה עם בעיות השמנה ובשל בעיות אלו בחרה לעבוד עם אוכלוסיות מנוקרות
ובחרה ללמוד עבודה סוציאלית וכיום היא עובדת בתחום כבר עשור

שנים שאסנת ניסתה להוריד במשקל מאחר שסבלה מהשמנת יתר, אסנת נרשמה לאפליקצייה ולאחר חודשיים ההתקדמות של אסנת הייתה נמוכה מהמצופה, המערכת זיהתה שההתקדמות שלה איטית ביחס לזמן תחילת התוכנית הקפיצה התראה ושאלה אותה מספר שאלות ע"מ לזהות את הגורם המעכב ולטפלו

Sport.
Nutrition.
Calendar.


21:58
49%
Tue, Jan 22
Cellcom
SNC
• 1m
SNC
Hi Osnat! new massage waiting for you!
MANAGE NOTIFICATIONS
News
Translate
Geektime
Shazam
Instagram
Facebook
Shenkar
Calendar
Keep Notes
Moovit
Waze
Gmail
Spotify

Hey Osnat,

We noticed the prosses is not continue as we expected.

34%

Started before:
17 Days

Next Meal:
Third Meal

Do you keep making your exercise?

At:
21:30

Day:
Sunday

Yes

No

Wor
A

At:
20:00

S	M	T	W	T	F	S
✓	✗	✗	✓	✗	✓	✗

Hey Osnat,

SNC

We noticed the prosses is not continue as we expected.

34%

Started before:
17 Days

Next Meal:
Third Meal

Do you stick to your diet?

At:
21:30

Day:
Sunday

Yes

No

At:
20:00

S	M	T	W	T	F	S
✓	✗	✗	✓	✗	✓	✗

Hey Osnat,

Do you want to chage with HerbaLife Oatmeal?

Second Meal

Chicken
Amount: 100gr

Rice
Amount: 150gr

Salad
Amount: 100gr

HerbaLife Protein
Amount: 400ml

Banana
Amout: 100gr

Yes

No

Start
17 Day

Next
Third

At:
21:30

Day:
Sunda

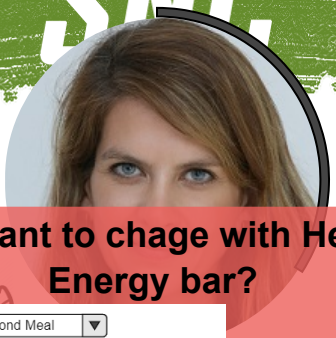
Wor
A

At:
20:00

S	M	T	W	T	F	S
✓	✗	✗	✓	✗	✓	✗

Hey Osnat,

SNC



Do you want to chage with HerbaLife Energy bar?

Second Meal

Chicken
Amount: 100gr

Rice
Amount: 150gr

Salad
Amount: 100gr

HerbaLife Protein
Amount: 400ml

Banana
Amout: 100gr

RICH
IN FIBRE

Yes

No

Start
17 Day

Next
Third

At:
21:30

Day:
Sunda

Wor
A

At:
20:00

S	M	T	W	T	F	S
✓	✗	✗	✓	✗	✓	✗

Hey Osnat,

SNC

Meal has been updated.
We wish the best for your successed!

Second Meal

Chicken
Amount: 100gr

Rice
Amount: 150gr

Salad
Amount: 100gr

HerbaLife Protein
Amount: 400ml

HerbaLife energy bar
Amout: 100gr

Ok

Back

Started before:
17 Days

Next Meal:
Third Meal

At:
21:30

Day:
Sunday

Wor
A

At:
20:00

S	M	T	W	T	F	S
✓	✗	✗	✓	✗	✓	✗

Hey Osnat,

34%

Started before:
17 Days

Next Meal:
Third Meal

At:
21:30

Day:
Sunday

Workout:
A

At:
20:00

S	M	T	W	T	F	S
✓	✗	✗	✓	✗	✓	✗

Flow3

תום בן 40, קואצ'ר מוכר, בעל תעודת מאמן ממכון ווינגייט בתחומים: חד"כ, פילטיס ויוגה. בנוסף הוא דיאטן קליני. תום התחבר לאפליקצייה כדי לטפל בלקוחותיו

Search

Tom | Home | Create

Tom butcher

News Feed
Messenger
Watch
Marketplace

Explore
Groups
Pages
Events
Friend Lists
Fundraisers
See More...

Like | Comment | Share

See All

SNC
Sponsored ·

Looking for new professional coach! Contact us!

Sport.
Nutrition.
Calendar.

Sign Up

13K

289 Comments 772 Shares 945K Views

Like | Comment | Share

מתכוני קרניבורים
1 friend · 2,912 members
+ Join

English (US) · עברית · Español · العربية · Русский

Privacy · Terms · Advertising · Ad Choices · Cookies · More
Facebook © 2019

SNC

Search...

Log Out

- Home page
- Handle Wish
- Create new user
- My diets
- My workouts
- Account manager

Home Page

Wishes

Name	Subject
Haim Moshe	Workout
Zion Baruchi	Diet
Eran Zehavit	Other

See more

New Users

- Alon Mizrahit
- Gal Gadut
- Assi Cohen

See more

SNC

Search...

Log Out

- Home page
- Handle Wish
- Create new user
- My diets
- My workouts
- Account manager

Account Manager

Full Name	Mail Address	Goal	progress
Haim Moshe	HaimTheSinger@example.com	Loss 20 kg	30%
Moshe Cohen	Moshiko@example.com	Run 10 km	76%
Moshik Rott	KnowToCook@example.com	Loss 15 kg	10%
Eran Zehavit	PewPew@example.com	Build muscle	84%
Zion Baruchi	SingFromTheHart@example.com	Gain 5 kg	60%
Gery Hamborgery	DayKvarLamaa@example.com	Loss 8 kg	30%
Efi Hanamer	HaifaEmperya@example.com	Gain 10 kg	94%
Masyah Orhan	GeolaForAll@example.com	Run 20 km	5%

SNC

Search...

Log Out

- Home page
- Handle Wish
- Create new user
- My diets
- My workouts
- Account manager

Handle Wish

Wishes

Name	Subject
Haim Moshe	Workout
Zion Baruchi	Diet
Zion Baruchi	Workout
Moshe Cohen	Workout
Moshik Rott	Diet
Eran Zehavit	Other

SNC

Search...

Log Out

Home page

Handle Wish

Create new user

My diets

My workouts

Account manager

Handle Wish | Handle Wish - Zion

Handle Wish - Zion Baruchi

* Allergic to Pineapple
* Doesn't like Sushi

Zion Wish's

First Meal - Banana
Second Meal - Apple
Third Meal - Eggs
Third Meal - Rice

Goal:
Loss 10Kg

Start :
1/1/19

Duration:
30 Days

End:
1/2/19

Zion - Diet

Zion - Workout

Zion - Calander

SNC

Search...

Log Out

Home page

Handle Wish

Create new user

My diets

My workouts

Account manager

Handle Wish | Handle Wish - Zion

Handle Wish - Zion Baruchi

* Allergic to Pineapple
* Doesn't like Sushi

Changing "Banana"

Majhoul Dattes

Back

Next

Zion - Diet

Zion - Workout

Zion - Calander

SNC

Search...

Log Out

Home page

Handle Wish

Create new user

My diets

My workouts

Account manager

Handle Wish | Handle Wish - Zion

Handle Wish - Zion Baruchi

* Allergic to Pineapple
* Doesn't like Sushi

"Majhoul Dattes" Amount

200

Back

Ok

Zion - Diet

Zion - Workout

Zion - Calander

SNC

Search...

Log Out

Home page

Handle Wish

Create new user

My diets

My workouts

Account manager

Handle Wish | Handle Wish - Zion

Handle Wish - Zion Baruchi

* Allergic to Pineapple
* Doesn't like Sushi

Zion Wish's

- Second Meal - Apple
- Third Meal - Eggs
- Third Meal - Rice

Goal:
Loss 10Kg

Start :
1/1/19

Duration:
30 Days

End:
1/2/19

Zion - Diet

Zion - Workout

Zion - Calander

SNC

Search...

Log Out

Home page

Handle Wish

Create new user

My diets

My workouts

Account manager

Handle Wish > Handle Wish - Zion > Diet - Zion

Diet - Zion Baruchi

Choose Meal
First Meal
Secend Meal
Third Meal

Products	Amount (Grams)
Chicken Brest	300
Rice	200
Tomato	300
Cucumber	100
Pepper	50
H.L Protein Powder	600
Apple	150

Secend Meal Sum

Nutritional Values	Amount (Grams)
Carbohydrates	300
Proteins	400
Calories	500

Daily Meal Sum

Carbohydrates	700
Proteins	800
Calories	1000

Done

SNC

Search...

Log Out

Home page

Handle Wish

Create new user

My diets

My workouts

Account manager

Handle Wish > Handle Wish - Zion > Diet - Zion

Diet - Zion Baruchi

Choose Meal
First Meal
Second Meal

Products	Amount (Grams)
Chick Brest	300

Changing "Apple"

Orange

Back

Ok

Carbohydrates	700
Proteins	800
Calories	1000

Done

SNC

Search...

Log Out

Home page

Handle Wish

Create new user

My diets

My workouts

Account manager

Handle Wish > Handle Wish - Zion > Diet - Zion

Diet - Zion Baruchi

Choose Meal
First Meal
Secend Meal
Third Meal

Products	Amount (Grams)
Chick Brest	300
Rice	200
Tomato	300
Cucumber	100
Pepper	50
H.L Protein Powder	600
Orange	150

Secend Meal Sum

Nutritional Values	Amount (Grams)
Carbohydrates	300
Proteins	400
Calories	500

Daily Meal Sum

Carbohydrates	700
Proteins	800
Calories	1000

Done

SNC

Search...

Log Out

Home page

Handle Wish

Create new user

My diets

My workouts

Account manager

Handle Wish > Handle Wish - Zion > Diet - Zion

Diet - Zion Baruchi

Choose Meal
First Meal
Second Meal

Products	Amount (Grams)
Chick Brest	300

"Orange" Amount

250

Back

Ok

Carbohydrates	700
Proteins	800
Calories	1000

Done

SNC

Search...

Log Out

Home page

Handle Wish

Create new user

My diets

My workouts

Account manager

Handle Wish > Handle Wish - Zion > Diet - Zion

Diet - Zion Baruchi

Choose Meal
First Meal
Secend Meal
Third Meal

Products	Amount (Grams)
Chick Brest	300
Rice	200
Tomato	300
Cucumber	100
Pepper	50
H.L Protein Powder	600
Orange	250

Secend Meal Sum

Nutritional Values	Amount (Grams)
Carbohydrates	300
Proteins	400
Calories	500

Daily Meal Sum

Carbohydrates	700
Proteins	800
Calories	1000

Done

SNC

Search...

Log Out

- Home page
- Handle Wish
- Create new user
- My diets
- My workouts
- Account manager

Handle Wish > Handle Wish - Zion

Handle Wish - Zion Baruchi

* Allergic to Pineapple
* Doesn't like Sushi

Zion Wish's
Third Meal - Eggs
Third Meal - Rice

Goal:
Loss 10Kg

Start :
1/1/19

Duration:
30 Days

End:
1/2/19

"User Name" - Diet

"User Name" - Workout

"User Name" - Calander

Sport.
Nutrition.
Calendar.