Name: Pulse sport tech

Avoid over training

App tracks the mental health with surveys

App combines the mertrics gathered by the clothing and the surveys and analyses it.

Athletes receive an overview (dashboard) of work capacity, muscle fatiege.

Gather data from apple apps like apple health

Needed:

Database

Data analytics

3 screens:

Home (score)

Survey (see and interact with 2 survey)

Report

User profile:

Name

Age

Gender

Activity level

Type of sport

Show score timeline

Apple health checks for sleep time

Apple health does not track HRM

It has to be accessible on phone

Own services, not apple in the end.