

"Kara Miller" by Trace McCament

age: 30

residence: Charlotte, NC

education: Bachelors degree at UNCC

occupation: Teacher

marital status: Single with kids



*"It's true. The storms won't last forever. The nasty weather will never last.
There is always that light at the end of the tunnel."*

I like to start my day with a coffee and cooking me and my kids breakfast before they head to school. I then head to school early to set up my plan for the class that day. I will try and knock out some papers I haven't graded yet before my class starts to wander in. I end my day with lunch in my room because I have a planning period for my last period. I will then go home and cook my kids their last meal for the day and either watch some tv with them or help them with their homework.

Comfort With Technology

INTERNET



SOFTWARE



MOBILE APPS



SOCIAL NETWORK



Needs

- - I need coffee
- - I need my internet
- - I need my ice cream

Values

- - I value being a strong individual and keeping my head up in harsh situations
- - I also value being a good mother to my children

Criteria For Success:

I need to be around my kids, other teachers, and single moms that share my same struggle so I feel better about my situation.

Wants

- - I want to get in shape
- - I want a boyfriend
- - I want more money

Fears

- - I fear that I will die alone
- - I fear that there won't be a light at the end of the tunnel
- - I fear eventually getting fat



Kara is unhappy with how she's been feeling lately. She's single, tired, out of shape, and always finds herself stuck in bed or on the couch at home.



Kara's friend shows her a fitness app that allows her connect with a personal trainer and nutritionist. She can also see beginner workouts and how she can start her journey in the gym.



Kara downloads the app and uses one of the beginner workouts the app gives her to start her fitness journey. She feels better right after she's done with it. She gets feedback on her form and it is excited to improve.

More than 6 million foods
in our database.



The image shows a smartphone screen with the 'Add Food' app. The app is displaying the nutritional facts for a 'Peanut Butter Cookie (Luna Bar Gluten Free)'. The screen shows the number of servings, serving size, and a detailed list of nutrients including calories, total fat, cholesterol, sodium, potassium, total carbs, protein, and vitamins.

Add Food	
Peanut Butter Cookie (Luna Bar Gluten Free)	
Number of Servings	1
Serving Size	1.0 bar (48 g)
NUTRITIONAL FACTS	
Calories	190
Total Fat (g)	6.0 (g)
Saturated (g)	2.0 (g)
Polyunsaturated (g)	0.0 (g)
Monounsaturated (g)	0.0 (g)
Trans (g)	0.0 (g)
Cholesterol (mg)	0.0 (mg)
Sodium (mg)	140.0 (mg)
Potassium (mg)	110.0 (mg)
Total Carbs (g)	26.0 (g)
Dietary Fiber (g)	3.0 (g)
Sugars (g)	11.0 (g)
Protein (g)	9.0 (g)
Vitamin A	20.0 %

Kara decides she's gonna start eating healthier because of this newfound motivation. She uses the app to find a nutritionist that puts her on a strict diet with foods that she enjoys.



Kara is looking and feeling better than she ever has before. She is very happy with how this app has affected her life. She even met a new boyfriend in the gym.