

Type of health

Sharing

Mental health

Measurements

Exercise

Dietary Health

mental health

physical health

sharing fitness routine with friends

viewing other's fitness routines; save/like feature

Mental Peace

Efficient

Calories

Km/m

Running

Gym

Fruits

food intake; diet

social heath

Dietary health

point system for reaching health goals with friends of famaly

share running routes with friends

meditation

anxiety, depression, etc.

fitness stat tracker

Sleep Time

breathing exercise

disability accommodations

Vegetables

Recomendations

intellectual Health

personalizes which health to improve

gps feature

Good sleep

Fitness

Wellness program

heart rate

Cycling

Recommendations

calorie goals depending on weight/age

helps user create meal preps

Strength

Agility

weight

kg/lbs

swimming

weight lifting

Calorie Deficit Diet

recipes

bench pressing

