



Wanda is a mother whose only child went off to college. She wants to get back into working out and getting in shape but also wants to stay connected with her friends.



Her daughters friends at college tell her about the My Fitness App that will notify her whenever her friends are at the gym. Her daughter knows that being social is one of her main motivators for working out.



When her daughter tells her about the social features on the app Wanda says it reminds her of other social medias and she likes that she can see where her friends are.



She starts going with her friends whenever she can but is not seeing the results she would like. She uses the diet tracking capabilities of My Fitness App to start counting calories and learning new healthy recipes.



She likes the results she is seeing with her new diet and starts going to the gym everyday even if her friends are not going. Her new goal is to start getting as muscular as possible. She uses the workout planning feature of the My Fitness App to learn new work outs that will get her as jacked as possible.



It has been 7 years and Wanda now regularly competes in bodybuilding competitions around the world.