

Tracking	Social	Motivation	Diet	Ease of Use	Tutorial	Social Pt.2	Motivation Pt.2
<b>Heart beat tracker</b>	Create own workouts and use others created workouts	Motivational daily quotes	<b>How to eat right</b>	Easier workouts with in depth plans	<b>User tutorial for app</b>	Bulking/Cutting challenges with friends	Notifications to eat more during bulk
Rep weight and PR tracking for weightlifting, mile time tracking for cardio	<b>Match workout plans with friends</b>	Notifications for daily reminders	<b>Diet Plans for certain goals</b>	Preworkout recipes	<b>Lifting form trainer</b>	<b>Recipe Exchange Forum</b>	Built in progress map with goals in between
<b>Sleep Scheduler</b>	<b>Forum to post lifts for friends to see</b>	Global and Local leaderboards?	<b>Calorie Calculator</b>	Central Homescreeen with all notifications	<b>Running + Cardio Trainer</b>	<b>Ability to share gym playlists</b>	Countdown to Cheat Days
<b>Water Intake tracker</b>	<b>Tinder but to look for a lifting partner</b>	<b>Reward system to keep you invested</b>	<b>Monthly Meal Planning</b>	<b>Quick workout selection page</b>	Built-in Nutritionist	Race other people on the treadmill. (Peloton)	Songs synced to tempo for running - faster tempo to motivate faster running. Slower tempo to motivate recovery
<b>vO2 max tracker</b>	Competition with friends	Partnered trainers available to users in most locations (think uber but for trainers)	Meal plan incorporates restaurants using a menu calorie algorithm, user selects restaurants	<b>built-in GPS for running</b>	<b>Gym etiquette</b>	Map to see where others are working out	AI generated pic for each year according to workout plan

