Tab 1

* Inputs
  + What
    - Past state
      * Injury history
      * Training history
      * Competition history
    - Current state
      * training regimen
      * injury status
      * Current competition
    - Goal Future state
      * training regimen
      * injury status
      * competition
    - Qualitative feel / current state
    - Movement analysis
      * 10 exercises
      * 3-7 metrics per exercise
  + How
    - LLM mining the text
    - Adaptive Survey
  + TImeline as a key input to define how aggressively to push
* Processing
  + Asensei SDK
* Output
  + What
    - Personalized programming
      * New training plan
        + Add new movement
        + Change existing movement
        + Remove existing movement
    - Progress tracking
      * Asymmetry going away
      * Avoiding compensations
      * Option to regather inputs at any time
      * You are hurting your durability by over training

Super Metrics

* Range of motion
* Flexibility
* Mobility
* Functional Strength
* Aerobic

Integrations: Connect to other sources (app, wearables)

* Hardware
  + Apple watch
  + Whoop
  + Garmin
* Software
  + Strava
  + Nike run club
  + Whoop
  + Apple fitness

Durability Score

* Ranking via elements or similar things

Key Components

User Profile

* Identification information
  + Email/password/name
* Biometric information
  + Age
  + Height
  + Weight
  + sex
* Past state
  + Injury history
  + Training history
  + Competition history
  + Movement Assessment (only exists after user does it once)
* Current state
  + training regimen
  + injury status
  + Current competition
  + Movement Assessment
* Goal Future state
  + training regimen
  + injury status
  + competition
* Qualitative feel / current state
* Equipment Available
* LLM input parsing initially
  + Follow up with adaptive survey structure and custom logic to extract information in structured way

Settings

* Profile management
  + Email/ Password
    - apple/google/native
  + Payment information
    - Stripe backend? Apple Storekit?
* App wide settings
* Privacy
* Terms and condition
* Sign out
* Integrations
  + Apple Health
    - healthkit

Movements Assessment

*Repeatable set of movements to evaluate durability*

* 10 movements ([Key Metrics from Movements](https://docs.google.com/document/d/1CX4lqEwyrxRiW429_2Ln1hEqKa3ZsCAkLg8tDZO8QHM/edit?tab=t.2s0b6vhm1k6z#heading=h.phku4f89qcj8))
  + Overhead squat
  + Active straight leg raise
  + Shoulder raise
  + Dorsiflexion ankle test
  + Child’s pose
  + Cobra
  + Standing hinge: wide stance
  + Standing hinge: normal stance
  + Cervical mobility test
  + PVC arm raise
* Video example
* Audio voice over describing the movement
  + Real time cues to modify
* Text description of the movement
* Camera placement flow???
* Processing
  + Edge or cloud
  + Key outputs - 5 levels of detail
    - Super Detailed: individual metric values for each joint/muscle
    - Detailed: Calculated super metric for each major joint/muscle
    - Summarized super metric: overall score of super metrics (1 number for ROM, etc)
    - PT style: 3 level color coded score for each area
      * Ankles, knees, hips, back, core, shoulders
    - Gamification approach: Durability score
* Using it to gate from phase to phase

Super Metrics

*Set of key consolidated metrics PT(s) have identified as the quantitative ways to measure progress?*

* Metrics
  + Range of motion
    - Definition
  + Flexibility
    - Definition
  + Mobility
    - Definition
  + Functional strength
    - Definition
  + Aerobic
    - Definition
* Metrics exist for each joint/muscle??
  + ROM of right ankle vs left knee etc

Durable Training Plan

*Training plan created to help reach goal specified by the user*

* Modify input training plan
  + Restate their plan in terms of our durability modules??
  + Add modules
  + Change intensity of specific modules
    - Subtract entire modules
* Create entirely new training plan
* User profile results as primary input

YOUR DURABILITY PLAN

*Comprised of Recovery Modules, Resilience Modules, Performance Modules, Readiness*

Location based adjustments

Resilience Plans

*Injury specific complete training plans that are targeted at helping the user go from cleared to confident. Designed to rebuild strength and confidence in the necessary areas to complete the recovery from a specific injury. Users should only start this after “finishing” PT and prescribed recovery regimen. Comprised of “Durability Modules”*

* Injuries
* ACL
* UCL
* Labral tear
* Achilles rupture
* IT Band??
* Hamstring Strain??
* Duration
* Durability Modules Count
* Phased Approach
  + Specific goals in each phase

Durability Modules

*Individual specific atomic exercises.*

* Exercises
  + Squat
  + Deadlift
  + Push up
  + Pull up
  + others/??
  + Cardio? walk/jog/run?
  + Functional fitness stuff?
* Video, audio, text description of the exercise
* Searchable and filterable
* Scalable
  + Weight
  + Rep count
  + Hold time
* Key module information/tags: some dynamic based on scalable nature, also used as filters
  + Calories
  + Time to complete
  + Muscle group(s) targeted
  + Super metric(s) impacted
  + Equipment availability
* Form detection if camera set up
  + Live cues

Progress Tracking

*Progress toward goals*

* Types of visualizations
  + Radar Chart
  + Bar Chart
  + Line graph
  + 100% circle score
  + Tables
  + Interactivity?
  + May need to fetch external API here??
* Metrics graphed
  + Super metrics
  + Durability modules completed
  + Durability Score
* Insights???
* Recommendations???

Navigation flows

Error handling

Telemetry and reporting

Local vs cloud storage

Network request layer

Session handling?

Services layer

Auth and user management

Movement analysis service (SDK?)

Recommendation engine

Media and content delivery

Progress analytics backend

Data layer

Analytics and logging (amplitude? sentry?)

Cloud database (firebase? supabase?)

ML models

Architecture Layers

Presentation Layer

Description:

* Handles UI rendering, user interaction, and feedback.

Responsibilities

* Display screens, data, and animations
* Manage navigation and screen transitions
* Capture and respond to user input
* Render movement assessments, modules, and progress
* Display loading, success, and error states

Structure

* Screens (Onboarding, Assessment, Plans, Progress, Settings)
* Shared UI components (cards, charts, rings)
* Navigation system (root, modals, tab bar)
* Themes (typography, color palette)

Key Components

* Camera interface with live visual overlay
* Movement instruction rendering (video/audio/text)
* Charts (radar, bar, line, progress rings)
* Interactive forms (profile setup, goal entry)
* Feedback elements (voice cues, gamification badges)

Toolchains / Technologies Needed

* SwiftUI / UIKit
* AVFoundation
* Swift Charts or Charts.swift
* Lottie
* Combine or SwiftData

Application Layer

Description

* Handles app-wide state, business logic, and orchestrates flows between UI, services, and data.

Responsibilities

* Manage state across screens
* Coordinate flows (onboarding, assessments, training)
* Implement logic for module adaptation, scoring, and eligibility
* Transform raw data into view-ready formats

Structure

* ViewModels per screen or feature
* Global state managers (user session, current plan)
* Flow coordinators (onboarding, assessment, module execution)
* Utility logic (super metric calculators, adaptive survey logic)

Key Components

* AssessmentViewModel, PlanEditorViewModel, etc.
* SessionManager and AppState store
* Logic utilities for scoring, filtering, tracking
* SurveyEngine and LLM input parser

Toolchains / Technologies Needed

* Combine / RxSwift
* Codable
* Custom logic and rules engine
* Basic async/await coordination

Networking Layer

Description

* Responsible for all remote communication, request handling, and API response parsing.

Responsibilities

* Send HTTP requests and handle responses
* Manage API keys, auth tokens, error states
* Abstract backend APIs into typed Swift clients
* Enable mocking, retries, and environment switching

Structure

* Core NetworkManager with base logic
* API clients (AuthClient, PlanClient, MovementClient, etc.)
* API request/response models
* Environment config and endpoint builder
* Error handling layer

Key Components

* NetworkManager.swift
* Clients for each backend domain
* Codable structs for requests and responses
* Configs for base URLs, headers, retries, tokens

Toolchains / Technologies Needed

* URLSession or Alamofire
* Moya (optional)
* Codable / Decodable
* JWT decoder
* Secure token storage (Keychain)

Services Layer

Description

* Wraps iOS system APIs and SDKs for local device capabilities and 3rd-party libraries.

Responsibilities

* Interface with Apple APIs (HealthKit, StoreKit, notifications)
* Manage local media playback, pose estimation, etc.
* Provide feedback mechanisms (voice/audio)
* Log analytics events and crash reports

Structure

* Individual service files for each platform/SDK
* Abstraction layers to unify behavior across flows
* Dependency-injected adapters for testing

Key Components

* HealthKitService
* PoseEstimationService
* AudioCueService
* NotificationService
* AnalyticsService

Toolchains / Technologies Needed

* HealthKit
* StoreKit
* AVFoundation
* CoreML / MediaPipe / MoveNet
* Amplitude / Firebase SDK

Backend Services

Description

* Cloud-hosted APIs and services responsible for authentication, storage, processing, and ML.

Responsibilities

* Authenticate users and manage sessions
* Run ML models for assessments
* Generate training/resilience plans
* Persist profile, progress, and plan data
* Deliver media and content on demand

Structure

* Microservices or RESTful APIs for each domain
* Auth, assessment, plan generation, progress tracking, CMS
* Media storage (videos, audio, docs)
* Analytics and reporting pipelines

Key Components

* Auth service (email/password + OAuth)
* Plan engine (rule-based or LLM-driven)
* Movement analysis model endpoint
* CMS for PT content management
* Storage and delivery layer

Toolchains / Technologies Needed

* Firebase / Supabase / Hasura
* Cloud Functions / AWS Lambda
* Stripe server-side APIs
* LLM orchestration (LangChain / custom prompt layer)
* Cloud storage (Firebase Storage, Cloudflare R2)

Data Layer

Description

* Manages all data persistence — local and remote — and powers offline use and caching.

Responsibilities

* Read/write data to local storage
* Cache API responses for offline access
* Sync local changes to remote database
* Manage offline queues and retries
* Log telemetry and user events

Structure

* Repositories (User, Plan, Progress, Assessment, Module)
* Local storage (CoreData / Realm)
* Sync engine and cache policy
* Logging and analytics pipelines

Key Components

* Repositories with CRUD access
* Local cache layer
* Offline sync queue
* Event and error logging adapters

Toolchains / Technologies Needed

* CoreData or Realm
* Firestore or Supabase
* Sentry / Amplitude
* SQLite.swift or NSUserDefaults
* File storage APIs (if needed for offline video/audio)

Presentation Layer

Tech stack resources

* Adaptive Survey Logic
* LLM injury, training, goals, parsing
* Computer vision based movement assessment and exercise feedback
  + Form detection
  + Audio and visual cues for correction
* Movement library
  + Individual atomic movements
  + Video example
  + Audio walk through
  + Text description
  + Variable duration/weight/rep
    - Time required
    - Calories burned
  + Tag to categorizations based on
    - Joint, muscle, tendon, etc impacted
    - Super metric targeted (ROM, flexibility, functional strength, etc)
    - Injury impacted
      * Tool tip to understand more details about the relationship
* Personalized programming
  + BUild up regimen from atomic movements in the library
  + Adjust users existing regimen with movements from library
    - add/change/subtract
* Progress tracking
  + radar/spider chart
  + Bar and line graphs
  + Tables
  + Color coded 3 level scales

HealthKit

Native or Google or iCloud authentication

If native where does the backend data get stored

Account management interface

Payment information (stripe?)

Computer vision

Edge processing

Real time

Process for anonmyzing data to build our own training models

What stays on device vs what gets sent to Durability Servers

In general data management

Postgres based database

Visualization tools

May need to fetch this stuff

Navigation flows

Error handling

Telemetry and reporting

Local vs cloud storage

Network request layer

Session handling?

Services layer

Auth and user management

Movement analysis service (SDK?)

Recommendation engine

Media and content delivery

Progress analytics backend

Data layer

Analytics and logging (amplitude? sentry?)

Cloud database (firebase? supabase?)

ML models

Tab 6

**durability App – Complete Detailed Recap**

**Core Purpose & Vision**

durability is a comprehensive iOS fitness and injury recovery application designed to help athletes and active individuals optimize their training, recover from injuries, and track their progress through a data-driven, personalized approach. The app combines advanced technology including artificial intelligence, computer vision, and health data integration to provide users with actionable insights and customized programming.

**Target Users**

The app primarily serves athletes and active individuals who have experienced injuries or want to prevent them. The initial user base is expected to include people with current or recent injuries, making recovery-focused features a priority. Users range from recreational athletes to competitive sports participants who need structured, evidence-based guidance for their training and recovery journey.

**Key Value Propositions**

1. **Personalized Injury Recovery:** Targeted programs for common injuries like ACL tears, shoulder labral tears, and IT band pain

2. **Objective Movement Assessment:** Computer vision analysis of movement patterns to identify weaknesses and imbalances

3. **Holistic Fitness Metrics:** Five super-metrics that provide a comprehensive view of overall fitness and durability

4. **Adaptive Programming:** AI-driven recommendations that evolve based on user progress and changing needs

5. **Seamless Health Integration:** Automatic data collection from existing fitness apps and wearables

**Technical Architecture**

**Frontend Technology**

The app is built using SwiftUI, Apple's modern declarative framework for iOS development. This ensures a native, responsive user experience that adheres to Apple's design guidelines. The interface features a dark theme with bold electric colors (green, blue, and purple) inspired by fitness apps like Pliability, HYBRID, and GoWOD.

**Backend Infrastructure**

User data and authentication are handled through iCloud (CloudKit), providing secure, reliable storage without requiring a custom server infrastructure. This approach ensures data privacy while enabling seamless synchronization across devices in the future.

**Artificial Intelligence Integration**

OpenAI's language models power the adaptive onboarding survey, processing free-text user responses to extract structured data about injuries, training history, and goals. This enables the app to ask relevant follow-up questions and build comprehensive user profiles automatically.

**Computer Vision & Movement Analysis**

The Asensei SDK provides real-time movement analysis during the assessment phase. This technology can detect joint angles, range of motion, and movement quality across 10 standardized exercises, providing objective metrics that complement subjective user input.

**Health Data Integration**

HealthKit integration allows the app to access existing fitness data from Apple Fitness, Nike Run Club, Strava, and other connected apps. This creates a comprehensive picture of the user's current fitness level and activity patterns.

**User Journey & Experience Flow**

**Phase 1: Onboarding & Assessment**

The user journey begins with account creation through iCloud authentication. New users then complete a comprehensive onboarding process that includes:

**Profile Survey (LLM-Driven):** Users answer questions about their injury history, training background, competition experience, current regimen, and goals. The OpenAI integration processes these responses to extract structured data and guide the survey flow adaptively.

**Movement Assessment:** Users are guided through 10 standardized exercises (Overhead squat, Active straight leg raise, Shoulder raise, Dorsiflexion ankle test, Child's pose, Cobra, Standing hinge variations, Cervical mobility test, and PVC arm raise). Each exercise includes text, audio, and video instructions. The Asensei SDK analyzes movement quality and provides real-time feedback, automatically progressing users when exercises are performed correctly.

**HealthKit Integration:** The app requests permission to access existing health and fitness data, creating a comprehensive baseline of the user's current state.

**Personalized Programming Generation:** Based on all collected data, the app generates an initial personalized training program and presents it to the user for review and acceptance.

**Phase 2: Main Application Experience**

After onboarding, users access the main app through a four-tab interface:

**Movement Library:** A comprehensive database of exercises and movements that users can browse, search, and filter by body part, goal, or recovery module. Each exercise includes detailed instructions, demo videos, and the ability to add to personal favorites or training plans.

**Progress Tracking:** The heart of the app's analytics, featuring a spider/radar chart displaying the five super-metrics (Range of Motion, Flexibility, Mobility, Functional Strength, and Aerobic Capacity). Users can view their Durability Score trends over time, compare current and previous assessments, and receive actionable feedback about their progress.

**Do a Workout/Log a Movement:** Users can start personalized workouts from their current training plan or recovery modules, log individual movements, and track their training history. This tab provides the practical application of the app's recommendations.

**Profile/Settings:** Account management, biometric information updates, app preferences, privacy settings, and the option to re-assess movement patterns when needed.

**Core Features & Functionality**

**Super-Metrics System**

The app's foundation is built on five key super-metrics that provide a holistic view of fitness and injury risk:**Range of Motion:** Measures the extent of movement possible at joints, crucial for identifying restrictions that could lead to injury or limit performance.**Flexibility:** Assesses muscle and connective tissue extensibility, important for preventing strains and maintaining proper movement patterns.**Mobility:** Evaluates the ability to move through full ranges of motion with control, essential for functional movement and injury prevention.**Functional Strength:** Measures strength in movement patterns relevant to daily activities and sports, rather than isolated muscle strength.**Aerobic Capacity:** Assesses cardiovascular fitness and endurance, important for overall health and recovery capacity.These metrics are calculated from both the movement assessment data and HealthKit information, creating a comprehensive picture of the user's current fitness state.

**Durability Score**

A single, weighted metric that combines all super-metrics and additional factors to provide users with an overall assessment of their injury risk and fitness readiness. This score serves as the primary indicator of progress and guides programming recommendations.

**Recovery Modules**

Five targeted programs designed for common injuries:**UCL Recovery (12 weeks):** A comprehensive program for baseball players and throwing athletes recovering from elbow injuries, progressing from pain management to full return to throwing.**ACL Recovery (16 weeks):** A structured rehabilitation program for athletes recovering from knee surgery, focusing on strength restoration and sport-specific preparation.**Achilles Recovery (14 weeks):** A progressive program for runners and athletes with calf/Achilles issues, emphasizing eccentric strengthening and gradual return to running.**Labral Shoulder Recovery (12 weeks):** A shoulder stability and strength program for overhead athletes, progressing from post-surgery recovery to full sport participation.**IT Band Recovery (8 weeks):** A focused program for runners and athletes with lateral knee pain, emphasizing hip mobility and glute strengthening.Each module includes detailed week-by-week progressions, exercise instructions, educational content, and progress tracking specific to the injury type.

**Personalized Programming Engine**

The app uses a decision tree logic system (with future plans for AI-driven coaching) to generate personalized training recommendations based on:

· Injury history and current status

· Super-metric scores and identified weaknesses

· User goals and preferences

· Current training regimen (if any)

· HealthKit data and activity patterns

The system can recommend adding new exercises, modifying existing ones, or removing potentially harmful movements based on the user's specific situation.

**Data Flow & Processing**

**Data Collection**

User data flows through multiple collection points: profile survey responses (processed by OpenAI), movement assessment metrics (analyzed by Asensei SDK), HealthKit data (automatically synced), and ongoing workout logs (manually entered or tracked).

**Data Processing**

Raw data is processed and mapped to the super-metrics system. The Asensei SDK provides specific movement metrics that are aggregated into broader categories. HealthKit data is similarly categorized and weighted based on relevance to each super-metric.

**Data Storage & Security**

All user data is encrypted and stored securely in iCloud, ensuring privacy while enabling future multi-device synchronization. Analytics data is collected to improve the app's recommendations and user experience over time.

**Data Visualization**

The spider/radar chart provides an intuitive visual representation of the five super-metrics, allowing users to quickly identify strengths and weaknesses. Trend analysis shows progress over time, while the Durability Score provides a single metric for overall assessment.

**Integration Ecosystem**

**HealthKit Integration**

The app seamlessly integrates with Apple's health ecosystem, accessing workout data, heart rate information, sleep patterns, and other relevant metrics. This creates a comprehensive picture of the user's health and fitness status without requiring manual data entry.

**Future Integration Possibilities**

The architecture supports future integration with wearables (Apple Watch, Whoop, Garmin) and additional fitness apps (Strava, Nike Run Club) through their respective APIs, expanding the data collection capabilities.

**User Experience Design**

**Visual Design Language**

The app employs a dark theme with bold electric colors (green, blue, purple) that convey energy and progress. The design language draws inspiration from successful fitness apps while maintaining a unique identity focused on durability and recovery.

**Navigation Structure**

The four-tab main interface provides clear separation of concerns: learning (Library), assessment (Progress), action (Workout), and management (Profile). This structure ensures users can easily access the features they need while maintaining a clean, uncluttered interface.

**Progressive Disclosure**

Complex features are introduced gradually, with the onboarding process building user understanding of the app's capabilities. The adaptive survey ensures users only see relevant information, reducing cognitive load and improving completion rates.

**Analytics & Continuous Improvement**

**User Engagement Tracking**

The app collects comprehensive analytics on feature usage, user progression, and outcomes to continuously improve the recommendation engine and user experience.

**Outcome Measurement**

By tracking changes in super-metrics and Durability Scores over time, the app can measure its effectiveness and refine its algorithms based on real user data.

**Future Roadmap**

**Phase 2 Enhancements**

· Advanced AI-driven programming recommendations

· Additional recovery modules for more injury types

· Social features for community support and motivation

· Integration with additional wearables and fitness platforms

**Phase 3 Expansion**

· Multi-device synchronization

· Web dashboard for detailed analytics

· Professional version for physical therapists and coaches

· Integration with electronic health records for clinical applications

**Competitive Advantages**

1. **Comprehensive Assessment:** Unlike many fitness apps that focus on isolated metrics, durability provides a holistic view of fitness and injury risk.

2. **Evidence-Based Recovery:** The recovery modules are designed based on current rehabilitation science and best practices.

3. **Adaptive Intelligence:** The LLM integration provides personalized experiences that evolve with user needs.

4. **Objective Measurement:** Computer vision analysis provides objective movement assessment, reducing subjectivity in fitness evaluation.

5. **Seamless Integration:** HealthKit integration means users don't need to manually enter existing fitness data.

The durability app represents a new approach to fitness and injury recovery, combining cutting-edge technology with evidence-based practices to provide users with personalized, actionable guidance for their health and performance journey.

Tab 7

* New User User Profile Creation
  + Sign up
    - Sign in with apple
    - Sign up with email
      * Gather First Name, Last Name, Email address, password
  + Profile information gathering
    - Pilot customer?
      * Set internally
    - Name (from sign up profile), Age, sex (M,F,Other, Prefer not to say), Height (ft and inches), weight (lbs)
    - Apple health integration approval page
      * Read and write everything?
    - What equipment do you usually have access to?
      * Foam roller
      * Dumbbells
      * Stretch Band
      * Medicine ball
      * Squat rack / bench press rack
    - Do you have any prior or existing injuries?
      * If yes which ones
        + IT band
        + Shin splits
        + Rotator cuff
        + ACL/MCL/PCL
        + Achillies
        + UCL
        + Shoulder labral tear
        + Hip labral tear
        + Other: free text box
        + Include disclaimer about following medical advice from a licensed professional
      * If no
    - Do you follow a training plan?
      * If yes or sometimes: what is it (free text box next to image upload option 10MB limit)
      * If no
    - What competitions / sports do you participate in?
      * Soccer
      * Basketball
      * Football
      * Tennis
      * Short distance running
      * Mid distance running
      * Long distance running
      * Triathlons
      * Crossfit
      * hyrox
    - What are your goals
      * Compete in an upcoming race/match
      * Increase my fitness (strength, endurance, aerobic)
      * Recover from my injury
      * Avoid future injury / re-injury
  + Movement assessment - single video capturing encompassing it all
    - Instructions page
      * “You will now complete a 6 step movement assessment consisting of an overhead squat, active straight leg raise, shoulder raise, standing hip hinge, child’s pose, and cobra”
    - demo video with audio cues and form feedback,
      * Info tooltip with detailed written instructions on each movement
    - button to start recording.
      * Activate camera, start recording
      * Recording hits a limit at 3 minutes + Button to stop earlier if done
      * Save the video in the database for now
  + Initial assessment results page shows outputs random set of numbers (0 to 100%) on durability, range of motion, flexibility, functional strength, mobility, aerobic capacity for each of: Overall, Shoulder, Torso, Hips, Knees, Ankles, elbows
  + Loading / personalized plan generation loading screen
    - Creates a 6 week daily plan comprised of a combination of different daily atomic movements at varying intensity levels
      * Each day work out should be 3-6 movements (or rest)
      * 3 phases, 2 weeks each
      * 3 components (injury recovery, build resilience, achieve results)
      * NOte: % weighting can be modified by users later
      * Phase 1
        + 50% recovery
        + 30% resilience
        + 20% results
      * Phase 2
        + 15% recovery
        + 60% resilience
        + 25% results
      * Phase 3
        + 5% recovery
        + 25% resilience
        + 70% results
* Returning User:
  + Log in
    - Sign in with apple
    - Sign in with email
      * Email address, password
      * If no account detected, show a button taking the user to the sign up page
* Today’s work out main page
  + Suggested movement(s)
    - 3-6 movement work out
  + Start work out button
    - Pulls up video and text description of the movement and timer to help
    - Finish movement button
    - Auto progress to next movement
    - Pause and save progress button
  + Key insights & recommendation
    - What to focus on / general cues based on progress and profile
    - Asymmetries to watch out for
    - Imagine X while doing Y
    - Remember to breathe like this
  + At the end of each week or after 7 completed days of movements prompt user to retake movement assessment
  + When in the last week of a plan prompt user to retake profile intake (injuries, equipment, goals, sports)
* Progress tracking page to the right
  + Durability in a circle % score
  + Spider / radar chart
    - Performance across 5 metrics
  + Horizontal % score charts on each of the 5 super metrics
    - Color gradient from red to orange to yellow to green
    - Selector for body area focus
      * Overall
      * Shoulder
      * Torso
      * Hips
      * Knees
      * Ankles
      * elbows
    - Can tap the chart to show more detail on each of the 5 supermetrics
      * Sub horizontal % score charts for each
      * Expand all/collapse all button
  + Line chart
    - Day by day performance
    - Works outs marked as completed contribute to updating each super metrics score which then feeds into durability score
* Plan view page on the left
  + Rearrange order
  + Calendar view vs list view selector
  + Adjust weights of recovery/resilience/results in each phase
  + Blacklist of movements the user doesn’t want to do
* Account/profile page in the top right corner
  + Integrations management
  + Profile modifications
    - Change weight, height, sex
  + Retake movement assessment
  + Retake profile intake
    - Equipment, sports, injuries, goal update
  + Sign out
  + Terms and condition
  + privacy
* Logo in the top left corner
* Atomic Movement Library
  + Movement Name
    - Squat
    - Deadlift
    - Bench press
    - Forward fold
    - Lunge
    - Lunge and twist
    - Rest
    - Walk
    - Jog
    - Run
    - Cobra
    - Child’s pose
    - Hip hinge
    - Push up
    - Overhead squat
    - Shoulder raise
    - Active straight leg raise
  + Joint/Muscle/Supermetric impact
    - Ankle, knee, hip, shoulder, torso, elbow
    - IT band, hamstring, quad, calf, shin, core, glute, peck, bicep, tricep, forearm
    - Functional strength, range of motion, flexibility, mobility, aerobic capacity
  + Super metric impacted
    - Functional strength, range of motion, flexibility, mobility, aerobic capacity
  + Sport/Match/Competition impacted
    - Soccer
    - Basketball
    - Football
    - Tennis
    - Short distance running
    - Mid distance running
    - Long distance running
    - Triathlons
    - Crossfit
    - Hyrox
  + Intensity (When assigned)
    - RPE scale?
    - reps/weight?
    - Distance?
  + Impact Scores (when assigned)
    - Recovery Impact Score
    - Resilience Impact Score
    - Results Impact Score
  + Video demonstration
  + Text description