

Fitness Motivation - Aidan Syrouse



Terrence lacks motivation for the gym.



Terrence's friend invites him to the fitness motivation app.

Fit Mot	
Custom Routine	
Week 1	Day 1
Squat	4 3x3
Leg Press	6 12
Week 1	Day 2
Bench Press	3 12
Peck Fly	2 15

Terrence joins the app, fills out a survey, & receives a custom workout routine!

Fit Mot	
Custom Diet	
Sunday	Meal Links
200g protein	B
30g carb	L
2500 cal. max	D
Monday	B
190g protein	L
25g carb. max	D
2400 cal. mix	D
Tuesday	B
190g protein	L
20g carb. max	D
2350 cal. mix	D

Terrence gets a custom diet so he can maximize his progress!

Terrence gets muscles.



Fit Mot	
Leaderboard	
Terrence	4700
Trey	4669
Terry	3800
Tim	3350
Tyrone	3220
Troy	1200
N/A	N/A

Terrence climbs to the top of his friend group's leaderboard, with a point system based on improvement goals.