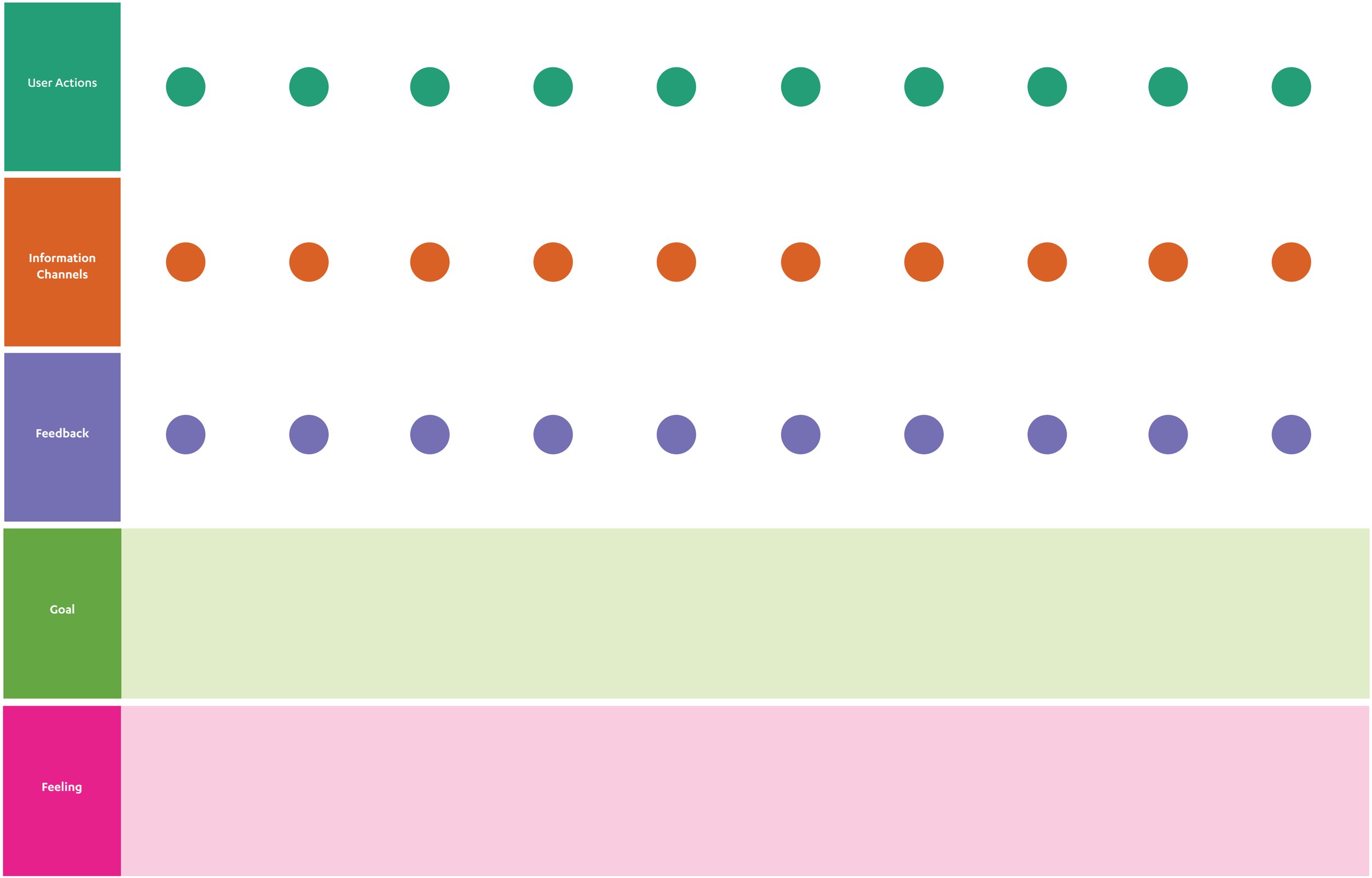
User Actions
Information Channels
Feedback
Goal
Feeling

User Action	User Action	User Action	User Action	User Action	User Action	User Action	User Action	User Action	User Action
Goes for a run									
Information Channel	**Information Channel**	**Information Channel**	**Information Channel**	**Information Channel**	**Information Channel**	**Information Channel**	**Information Channel**	**Information Channel**	**Information Channel**
Watch Screen									
Feedback	**Feedback**	**Feedback**	**Feedback**	**Feedback**	**Feedback**	**Feedback**	**Feedback**	**Feedback**	**Feedback**
Great Job, You ran 3 miles									
Goal	**Goal**	**Goal**	**Goal**	**Goal**	**Goal**	**Goal**	**Goal**	**Goal**	**Goal**
Get in shape	Get in shape	Get in shape	Get in shape						
Feeling	**Feeling**	**Feeling**	**Feeling**	**Feeling**	**Feeling**	**Feeling**	**Feeling**	**Feeling**	**Feeling**
Accomplished									