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	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**	**Information Channel**
Watch Screen										
Feedback	**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**	**Goal**
Reward user for exercising										
Feeling	**Feeling**	**Feeling**	**Feeling**	**Feeling**	**Feeling**	**Feeling**	**Feeling**	**Feeling**	**Feeling**	**Feeling**
Accomplished										