

Students who also work have very little free time and must manage their time wisely in order to achieve high performance in both areas. While work and school should be primary focuses for these students their physical health should not be ignored as a result. Maintaining a healthy physical state has been proven to increase focus and overall functionality in other areas outside of physical work. Because of this, these students would benefit from an aid that assists them in keeping track of their physical health to ensure they receive the proper amount of exercise.