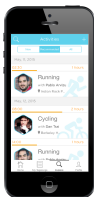




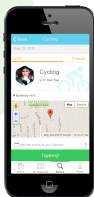
Keep track of your upcoming workouts. Stay up to date with changes and updates from your friends and tagalongs. Try to keep your current streak going.



See your friend's workouts and look for activities you might be interested. Everybody is different, find the balance that works for you!



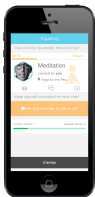
Joining your friends makes starting to exercise a lot easier and definitely more fun. These are people that you trust and who's company you enjoy already.



Tagalong helps develop fitness habits by letting you join your friend's workouts and keeps you motivated by the person who knows you best...
YOURSELF!



Tagalong will keep track of your workouts. Improve your consistency while you develop the habit of exercising. Break your personal record for completed workouts in a row. The only one you have measure against, is yourself.



When you finish your workout, keep your future self motivated by recording a message so next time you can remember how great you felt completing your exercise.



Get reminders of your upcoming workouts and while you are at it why not some words of encouragement from yourself when you need it the most.



You can see all your workouts for the next week in one place. Having only one week will keep you focused on the short term and stop you from feeling overwhelmed by long term goals.



Advisor: **Steve Weber**

Team: **Pablo Arvizu, Challenge Masekera, Suhaib Syed, Dan Tsai**

www.tagalong.fit

