



LILY

- 20 years old
- Junior
- Pre-med
- Michigan Field Hockey Team

ABOUT THE USER

Lily is an energetic, and charismatic athlete who is extremely driven. She is very hardworking and puts in lots of extra time and energy into her field hockey training as she wants to be the best athlete possible and become a starter during her senior season.

PROBLEMS

- Limited availability of certain workout equipment during peak hours
- Difficulty accessing recovery facilities when needed (e.g., ice baths, physical therapy)
- Lack of personalized training space for individual practice
- Scheduling conflicts between classes, practice, and gym sessions

CHALLENGES

- Balancing academics and athletics with limited free time
- Navigating different facilities across campus efficiently
- Ensuring recovery and injury prevention despite a packed schedule
- Finding a quiet space for mental preparation before games

ABOUT THE USER

- Dedicated
- Time-constrained
- Goal-driven
- Resilient
- Team-oriented

GOALS AND NEEDS

- Efficient and seamless access to workout and recovery facilities
- Better scheduling tools to avoid peak-time congestion
- More personalized workout plans that align with team training schedules
- Improved locker room and storage space for personal items
- Access to better nutrition resources near practice facilities