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Goals

**Set a goal
for
yourself**

**Shows
progress
of set goal**

**Weight
goal**

Rewards

**Gives rewards
for reaching
goals**

**Rewards
can be
free
meals**

**Rewards can
also be
workout gear**

**The higher a
milestone, the
better rewards**

**Rewards
will be
shipping
free**

Recommendations

**Recommend a
meal**

**Recommended by
friends**

**Computer
generated
recommendations**

Weight Progress

**Graph of
weight
history**

**Shows weight
loss or gain
each week**

**Body Fat
Percentage**

Fitness

**Tracks how
many calories
loss during
exercise**

**Tracks
workouts**

**Progress
Pictures**

**Workout
plans**