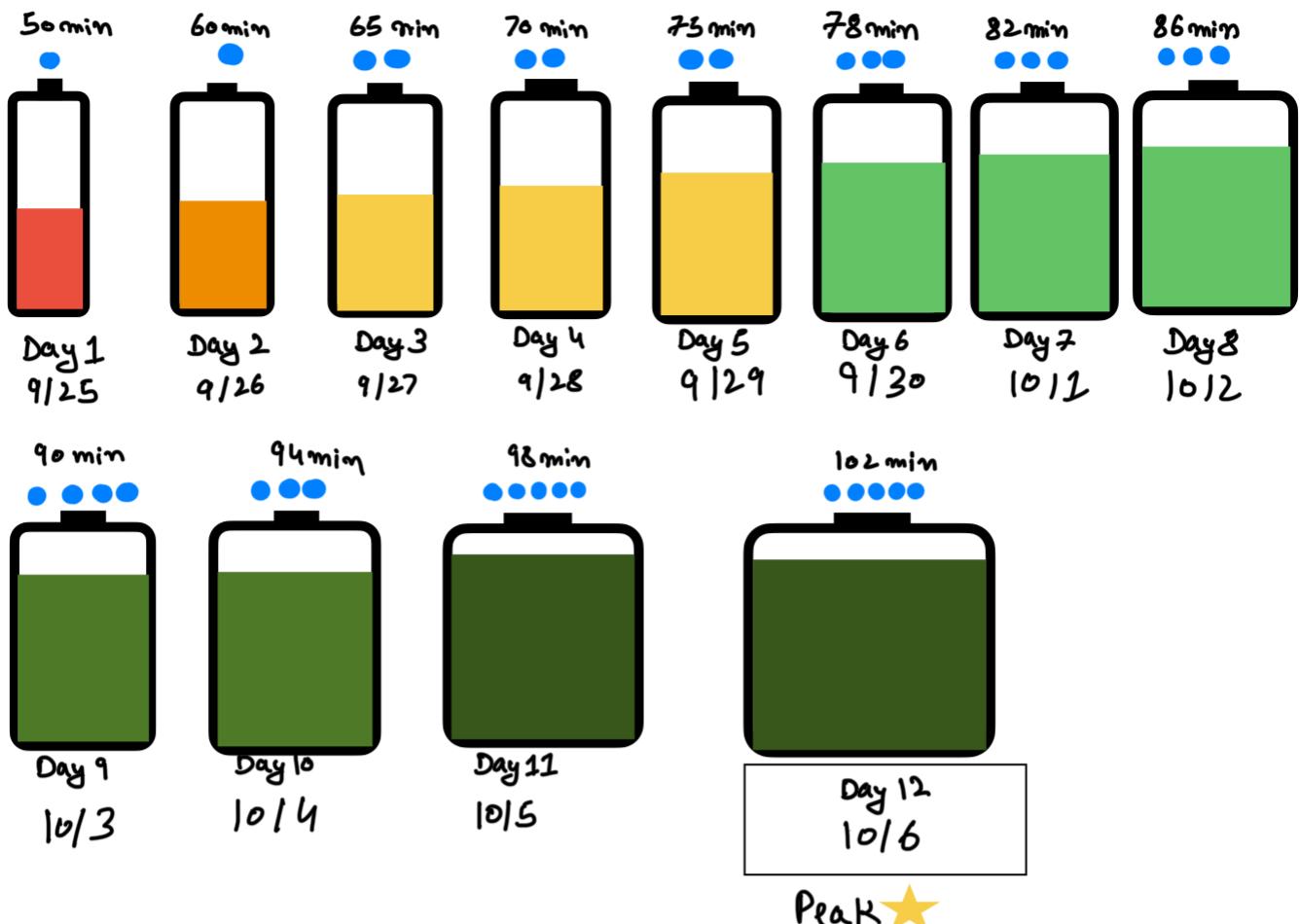


12 Day fitness Battery : Energy Progress Dashboard  
 Battery gets wider (Protein ↑, Fuller Sleep ↑), More Dots (workout ↑, Longer Rest ↑)

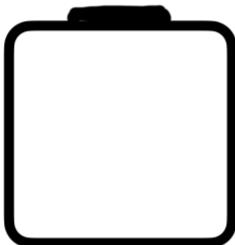


### How to Read The Battery Dashboard

1. Battery width = Protein Intake
2. Full level = Sleep Hours



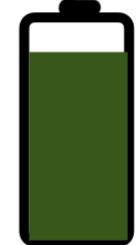
Thin  
8oz



wide  
150g



60%  
6.0hrs



85%  
8.5hrs

Blue dots Above = workout Duration

• 1 dot = 50-60 min    • 2 dots = 65-75 min    • 3 dots = 78-88 min

4 dots = 90 - 94 min      5 dots = 90 - 102 min

Fill COLOR = Restfulness Level

1 = very tired

2 = Low

3 = Moderate

4 = Good

5 = Excellent

#### CREATIVE RESEARCH QUESTION:

How do all four fitness metrics (workout duration, sleep hours, protein intake, and restfulness) compare across the 12-day period, and what does a balanced, high-performing fitness day look like?

This creative visualization uses the battery metaphor to show daily "energy levels" across multiple dimensions.