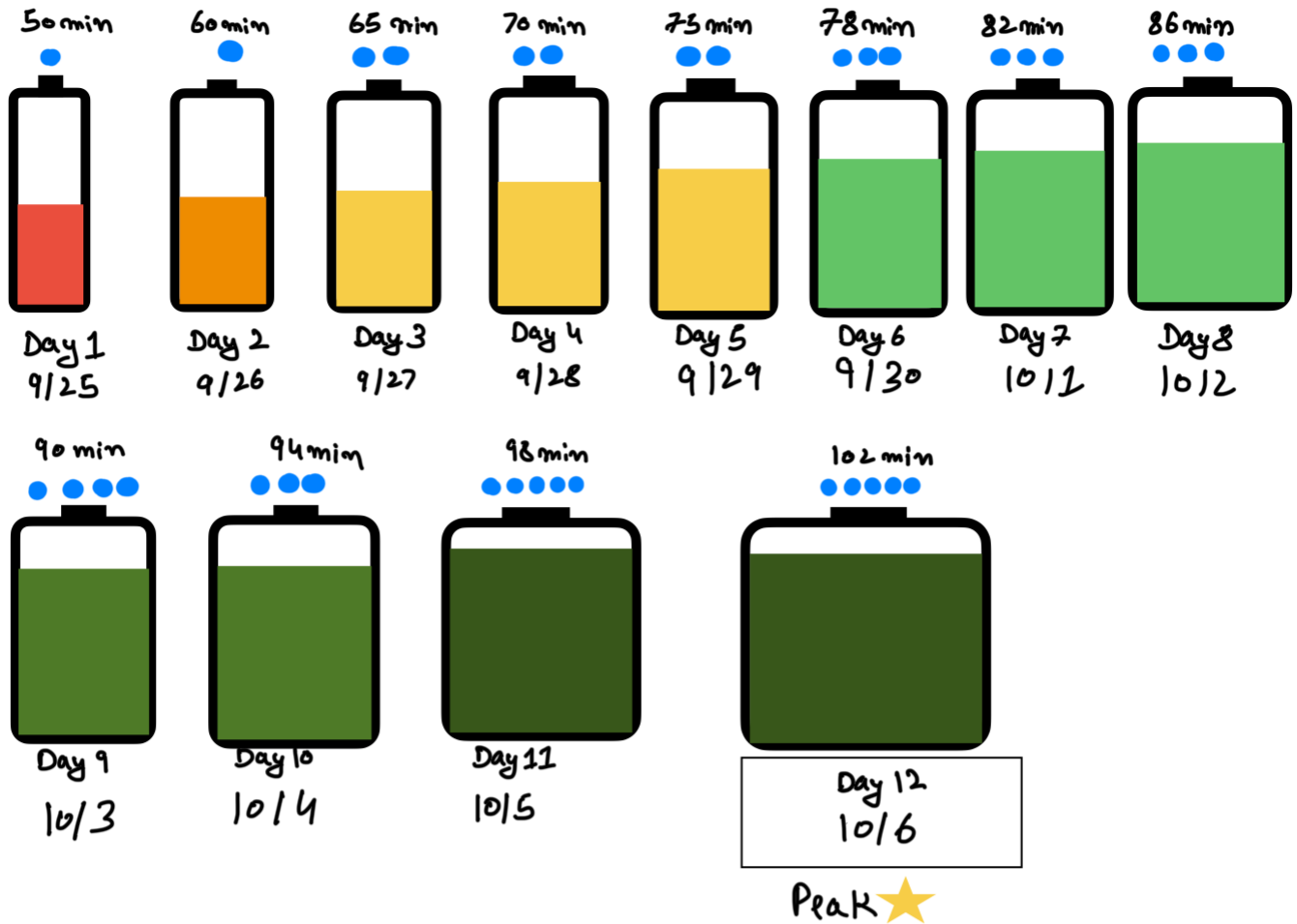


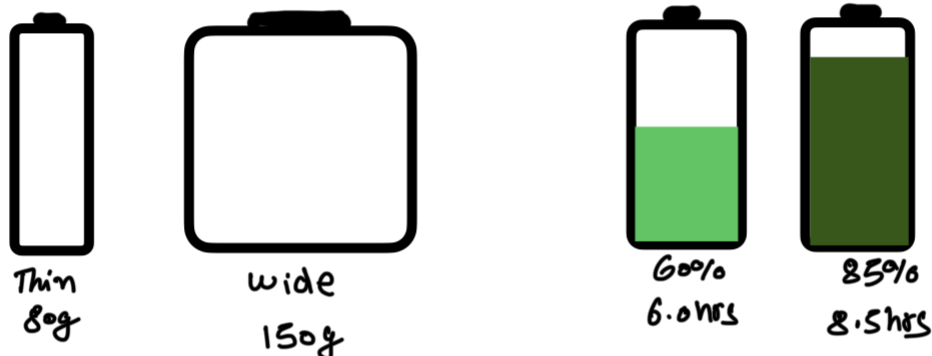
12 Day Fitness Battery : Energy Progress Dashboard

Battery gets wider (Protein ↑, Fuller (Sleep ↑), More Dots (Workout ↑), Greener (Rest ↑)



How to Read The Battery Dashboard

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





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.