



O .

Select Activity

Run

Swim

Bike

Weights

Walking

Cardio

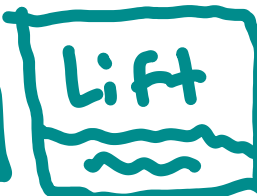
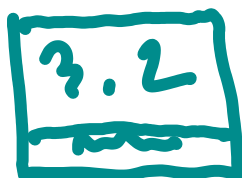
O

Social

Leaderboard:

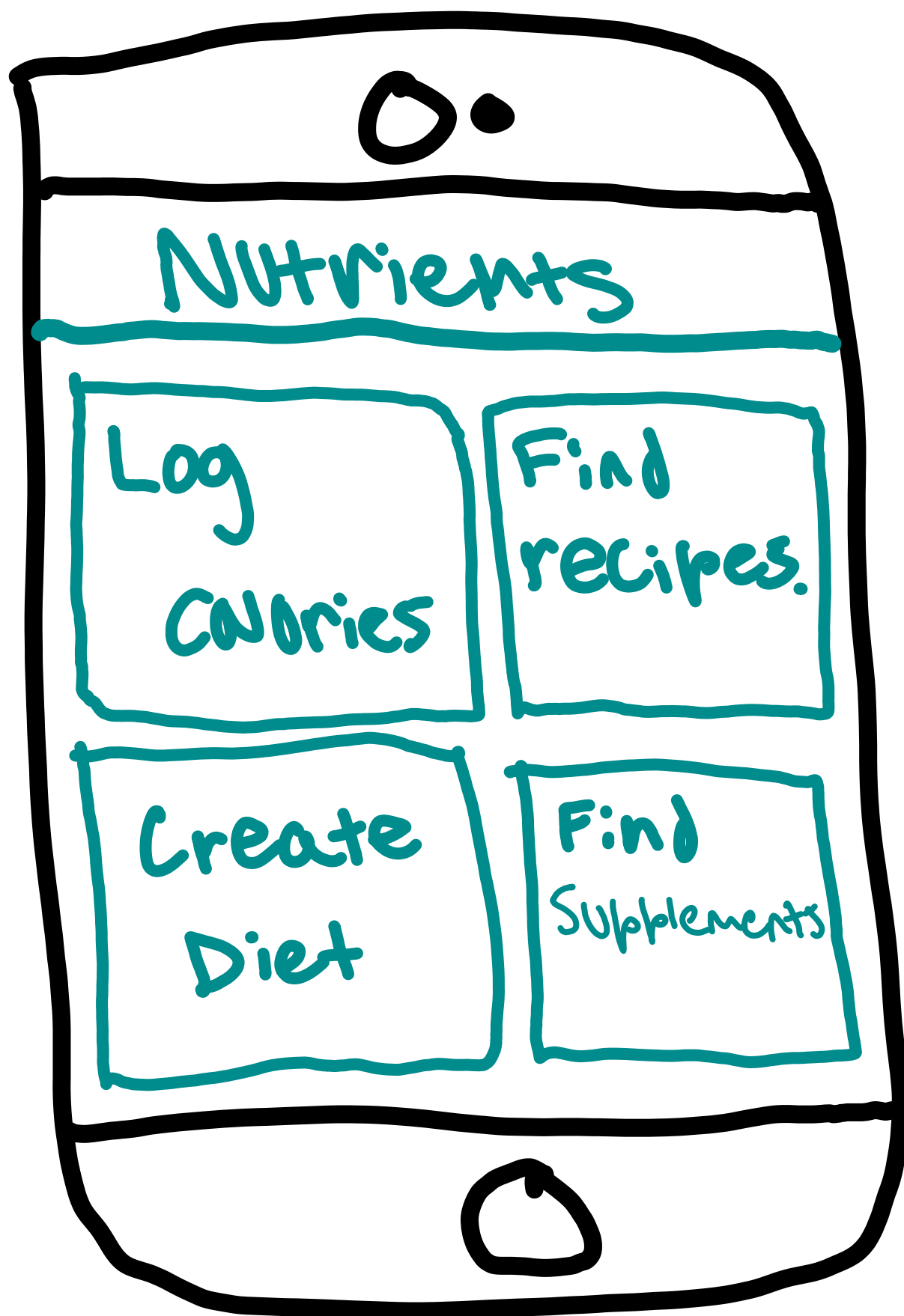
1. ~ 3 ~ 5. ~ 7. ~
2 ~ 4. ~ 6. ~ 8. ~

Friends activities

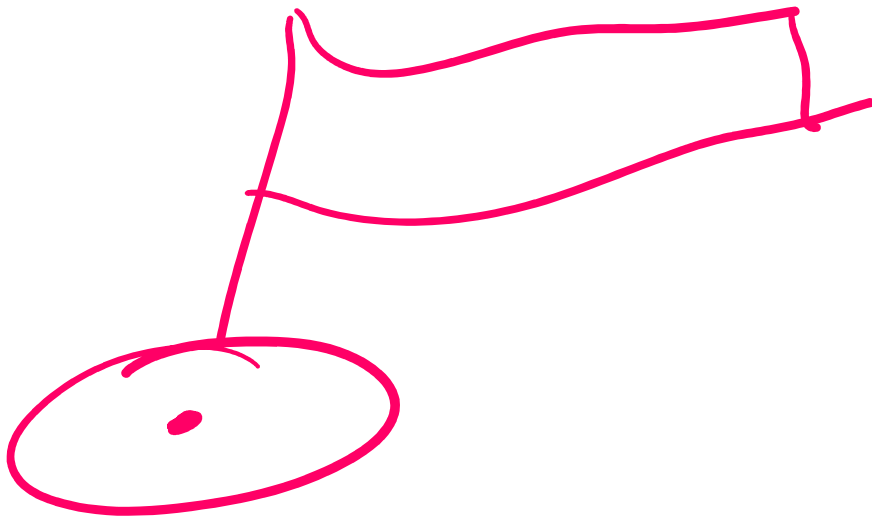


Add new friends



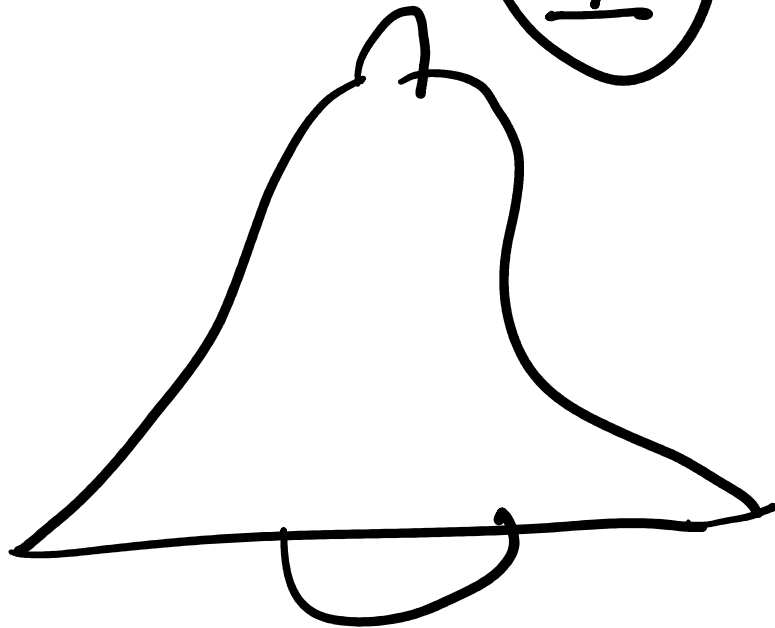


Let's jump in
your fitness starts
Here!



Custom Notifications

①



- workout
- sleep
- eat

Your Custom weekly results Are Here!!

once a week we give
you a report of how
you're doing and suggestions
to improve



productivity
sleep

enjoyment

How Can I improve?

- Food choices
[eat healthier options]

- Change to a new workout?
[results show you prefer a
different workout schedule,
you want us to help you??]

Congrats!!!

You are ON Schedule
for your workout goals

Chase worksheet

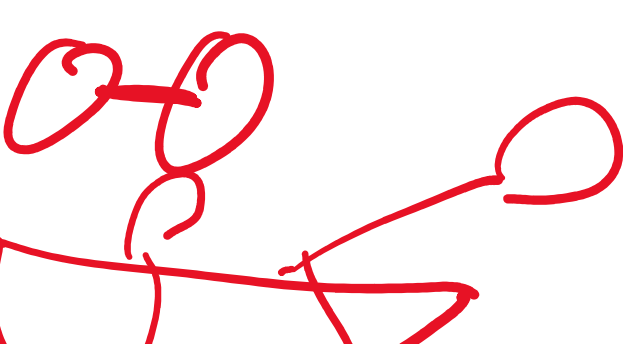
-run- 

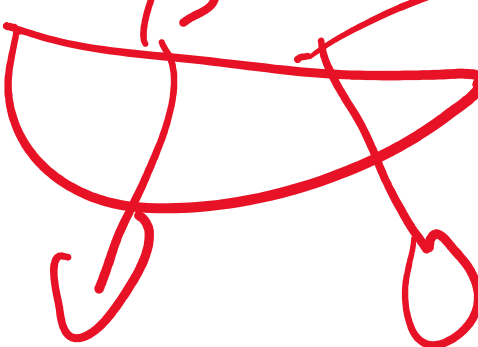
Swim 

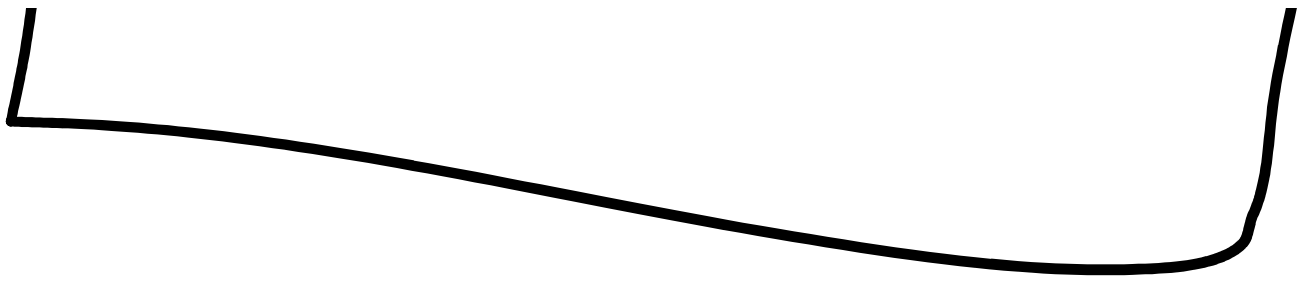
bike 

kite 

walk 

lifting 

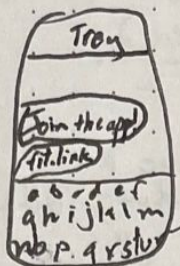
rowing 



Fitness Motivation - Aidan Syracuse



Terrence lacks motivation for the gym.



Terrence's friend invites him to the fitness motivation app.

Fit Mot		
Custom Routine		
Week 1	Day 1	
Squat	4	3+3
Leg Press	6	12
Week 1	Day 2	
Bench Press	3	12
Per Fly	2	15

workout

Terrence joins the app, fills out a survey, & receives a custom routine!

Fit Mot	
Custom Diet	
Sunday	Meal Link
200g protein	B
30g carb	L
2500 cal max	D
Monday	B
190g protein	L
25g carb max	D
2400 cal max	
Tuesday	B
190g protein	L
20g carb max	D
2350 cal max	

Terrence gets a custom diet so he can maximize his progress!

Terrence gets muscles.



Fit Mot	
Leaderboard	
Terrence	4700
Troy	4669
Terry	3800
Tim	3350
Tyrone	3200
Troy	1200
N/A	N/A

Terrence climbs to the top of his friend group's leaderboard, with a point system based on improvement goals.

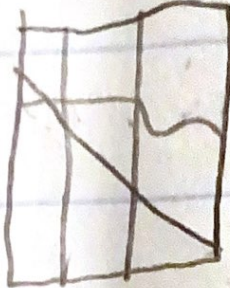
Welcome to The MyFitness APP

Username

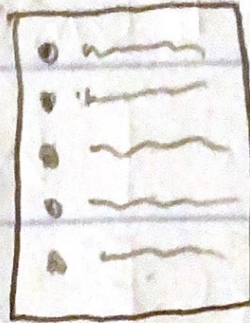
Password

Sign-In

MAP



Leaderboard



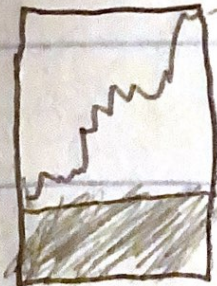
Diet



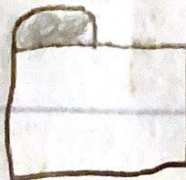
NEW
WORKOUTS



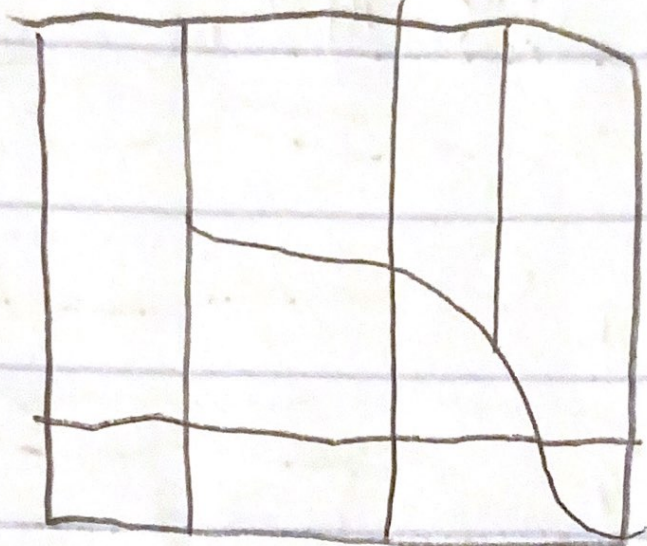
Progress



SAVED
WORKOUTS



MAP



Friends currently
At the Gym

- [scribble]
- [scribble]
- [scribble]



Leader board

Squat:

1. ~~~~~

2. ~~~~~

3. ~~~~~

Bench:

1. ~~~~~

2. ~~~~~

3. ~~~~~

Deadlift:

0

Progress

Daily Calories:

- _____
- _____

Max Tracker:

- _____
- _____

Current Weight:

- _____

Goal Weight:

- _____

0