

Tracking	Social	Motivation	Diet	Ease of Use	Tutorial	Social Pt.2	Motivation Pt.2
Heart beat tracker	Create own workouts and use others created workouts	Motivational daily quotes	How to eat right	Easier workouts with in depth plans	User tutorial for app	Bulking/Cutting challenges with friends	Notifications to eat more during bulk
Rep weight and PR tracking for weightlifting, mile time tracking for cardio	Match workout plans with friends	Notifications for daily reminders	Diet Plans for certain goals	Preworkout recipes	Lifting form trainer	Recipe Exchange Forum	Built in progress map with goals in between
Sleep Scheduler	Forum to post lifts for friends to see	Global and Local leaderboards?	Calorie Calculator	Central Homescreeen with all notifications	Running + Cardio Trainer	Ability to share gym playlists	Countdown to Cheat Days
Water Intake tracker	Tinder but to look for a lifting partner	Reward system to keep you invested	Monthly Meal Planning	Quick workout selection page	Built-in Nutritionist	Race other people on the treadmill. (Peloton)	Songs synced to tempo for running - faster tempo to motivate faster running. Slower tempo to motivate recovery
vO2 max tracker	Competition with friends	Partnered trainers available to users in most locations (think uber but for trainers)	Meal plan incorporates restaurants using a menu calorie algorithm, user selects restaurants	built-in GPS for running	Gym etiquette	Map to see where others are working out	AI generated pic for each year according to workout plan

