

Goals and Needs:

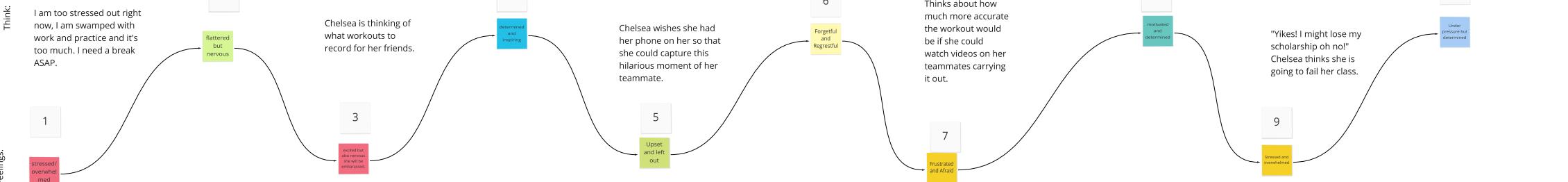
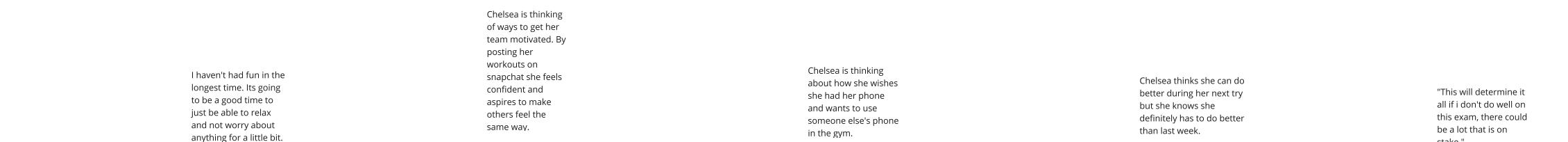
- To keep her sports scholarship
- Also to attain a high GPA.
- To balance everything and still have a social life through her sorority.

Activity of Interest:

- Running
- Working Out
- Spending time with friends

Situations:	Chelsea is a great and determined athlete. She has also been studying really hard for one class. Recently she does not have time for social media.	Chelsea and her friends go out after a stressful week. They talk her into starting a motivational vlog.	Chelsea wants to start recording her workouts on snapchat for her friends that want to follow her motivational fitness vlog.	There is an important track meet coming up, there is a lot of pressure for Chelsea and her team to do well.	A friend of Chelsea's is getting pranked at practice by turning up the treadmill to high speed but Chelsea cannot capture the moment because her phone is in her locker.	Chelsea is participating in the 100 days of gym challenge and is tracking her progress by taking a picture everyday. The first week Chelsea is consistent in taking a picture however in the second week she forgets to bring her phone to the gym.	Chelsea could not attend practice because she had to retake an exam for class. The coach tells her to ask her teammates about the routine they learned so that she can catch up in her free time.	Chelsea needs to beat her previous personal record time i during her run.	Chelsea just failed her first common and she needs to bring her grade back up in that class but also has an upcoming meet she needs to do well in to qualify for championships.	Chelsea needs to study for her second common coming up, this is the same class she got a 33% on her first common.
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Actions:	1. Decides to start going on social media to communicate with friends 2. Tries relieve stress	3. Decides to start a vlog of her life, mainly workouts.	4. Chelsea records / life logs moments on her snapchat such as her daily work out routines.	5. To prepare for the meet Chelsea goes to the gym often which then leads her to constantly post pictures of her working out on her social media accounts.	6. Chelsea was not able to capture the moment but she hopes someone captured it on their snapchat	7. Chelsea then waits to go home to take the picture however that isn't as satisfying as taking a picture directly post work out would be.	8. Chelsea asks her teammates if they have videos of the routine that way she can reenact the workouts accurately.	9. Chelsea then uses her running recording app to compare how she did last week and how she is doing currently.	10. Chelsea does well enough to qualify for the championships but does not do well during the championships because she has a lot on her mind.	Chelsea follows a strict studying routine and reviews her notes every day. She is also trying her best to get herself into a studying group so she can retain more information.
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Claims Analysis:	Positive: She is a hardworking person and is determined to succeed. Negative: This is a hard life to upkeep and maintain while still staying sane.	Positive: She is finally getting to relax with her friends. Negative: These moments with her friends are rare because she is so busy.	Positive: She is inspiring her friends to become just as fit as she is. Negative: She is nervous that she will be held at a higher standard and will embarrass herself.	Positive: She is determined to do well and her performance will reflect that if she works hard. Negative: Academics get pushed to the side when she is focused on a goal.	Positive: She is living in the moment and is seeing the prank happen in front of her eyes. Negative: She would like to share the event with all her friends.	Positive: She is tracking her progress. Negative: Tracking progress can be a hassle for situations such as this one where she forgets her phone in her room.	Positive: She is catching up with her schoolwork. Negative: This also means missing practice again showing how hard it is to balance priorities as a student athlete.	Positive: She is pushing herself to new boundaries and is accurately tracking her progress. Negative: Since she is competition mode she won't focus on school as much.	Positive: This shows that Chelsea is a dedicated athlete and is worthy of being a D1 athlete. Negative: She is doing poorly in school which can affect many things.	Positive: She is realizing her bad studying tendencies and wants to change. Negative: It will be a hard path but it will be worth it.
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Opportunities:	Uses the application as a means of inspiration / distraction for when she is feeling overwhelmed.	Uses the application to share her workout routines with her friends.	Uses the application to keep track of her running progress (times, distance etc.)	Can find this funny moment on the application by her friends who used this platform to share it.	She uses the application to take the pictures and track her progress.	She could use the application to view how her teammates do the work and reenact it properly.	She is using the application to track her progress to do well in competition.	Uses the application to set reminders for her studies and keep a healthy schedule for her busy life.
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