

DAY IN THE LIFE

JONAH

MORNING

- Jonah starts his day with a morning workout session with his workout partner, with whom he matched in FitMatch.
- After their workout, they discuss their progress and if they are a right fit for each other

WORK DAY

- Throughout the workday, Jonah communicates with his workout partners through the app's built-in messaging system to discuss upcoming workout sessions and provide support and motivation to each other.

EVENING

- In the evening, Jonah schedules another workout session with his partner or engages in solo exercises.

CONCLUSION

Overall, individuals who use a workout partner matching app may have a more structured and consistent fitness routine due to the app's scheduling and progress-tracking features. Also, they may engage in more social contact and receive support from their workout partners, which could improve their general well-being and inspire them to work toward their fitness objectives.