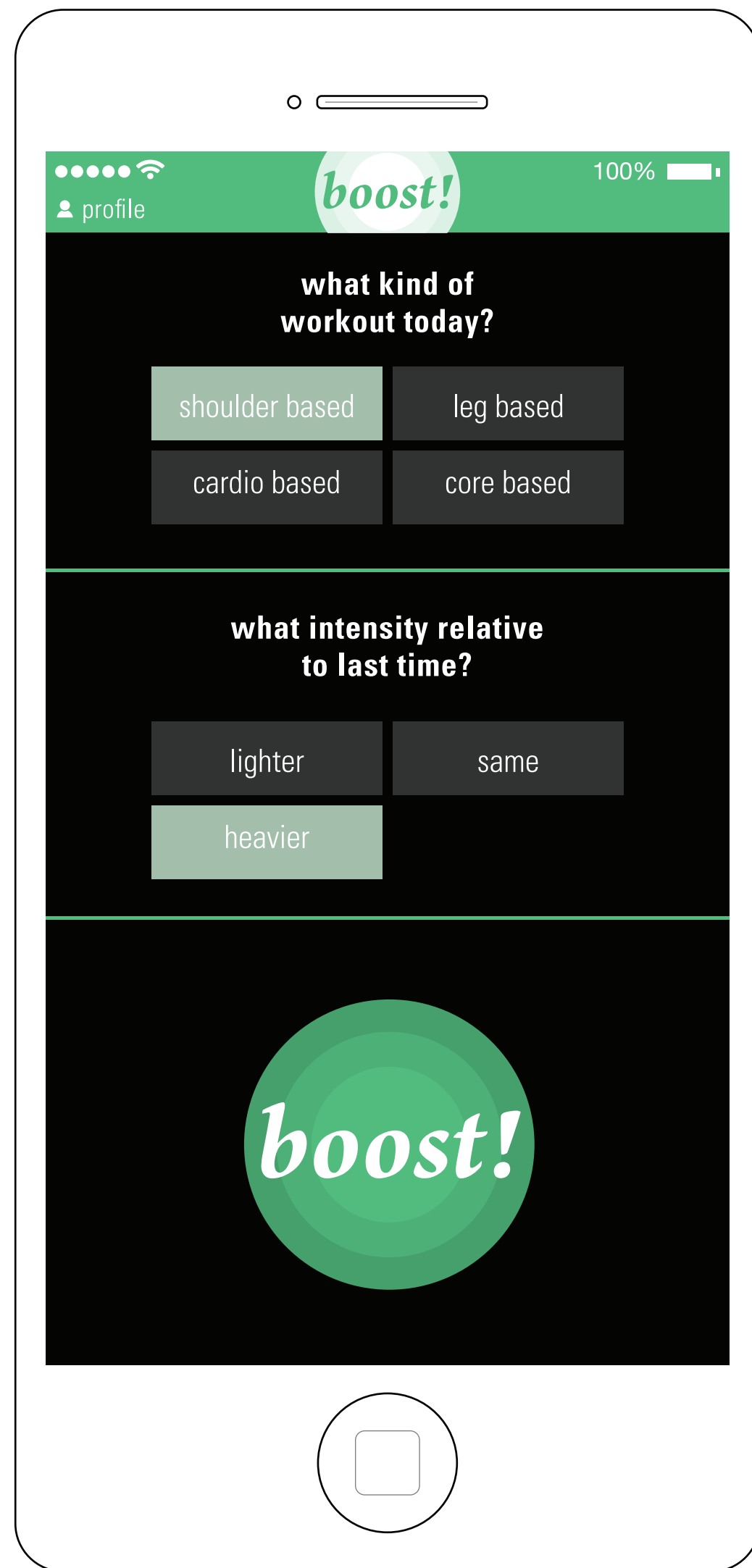


Michael Simpson

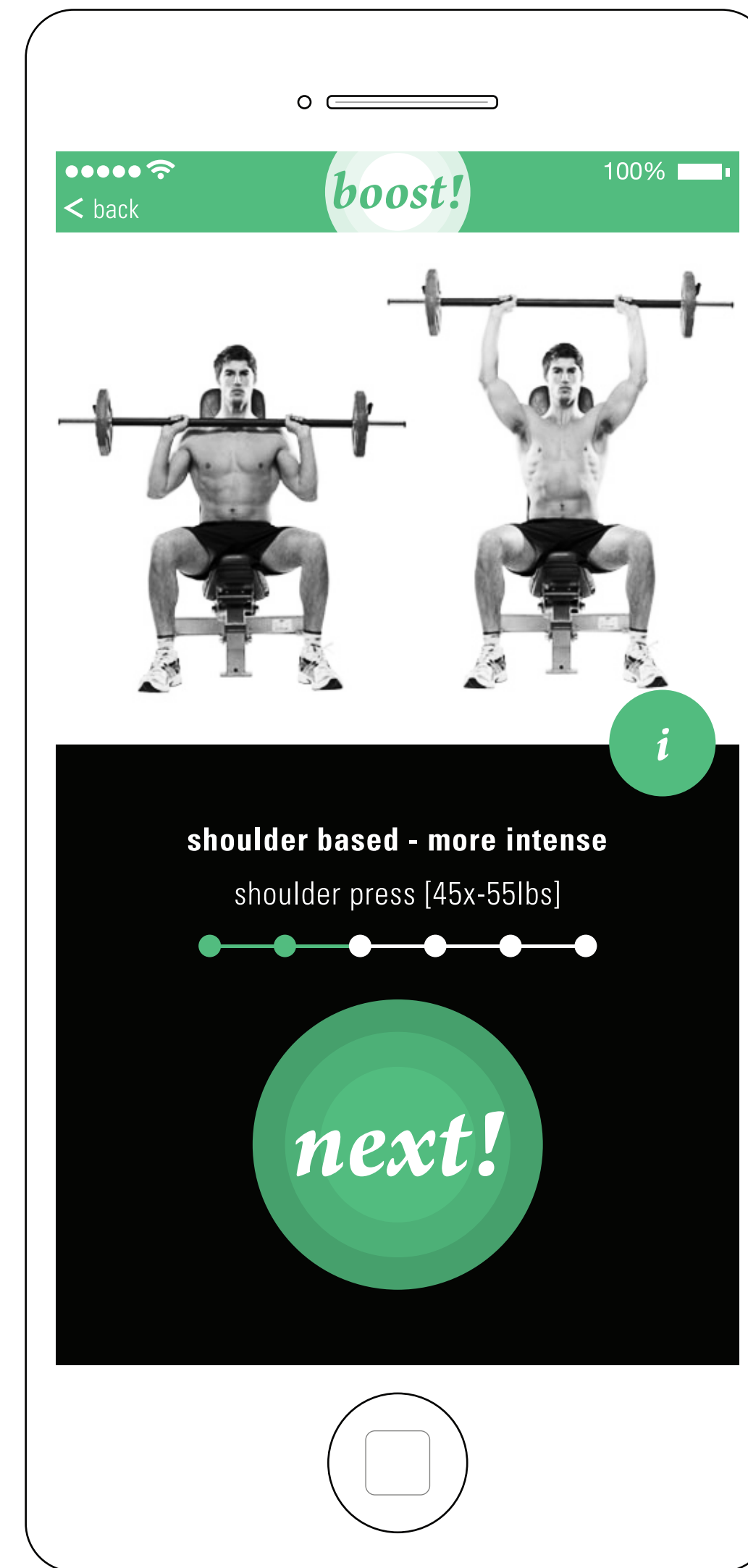
Boost Mobile App Task Flows

May 25 2015



perform workout part 1

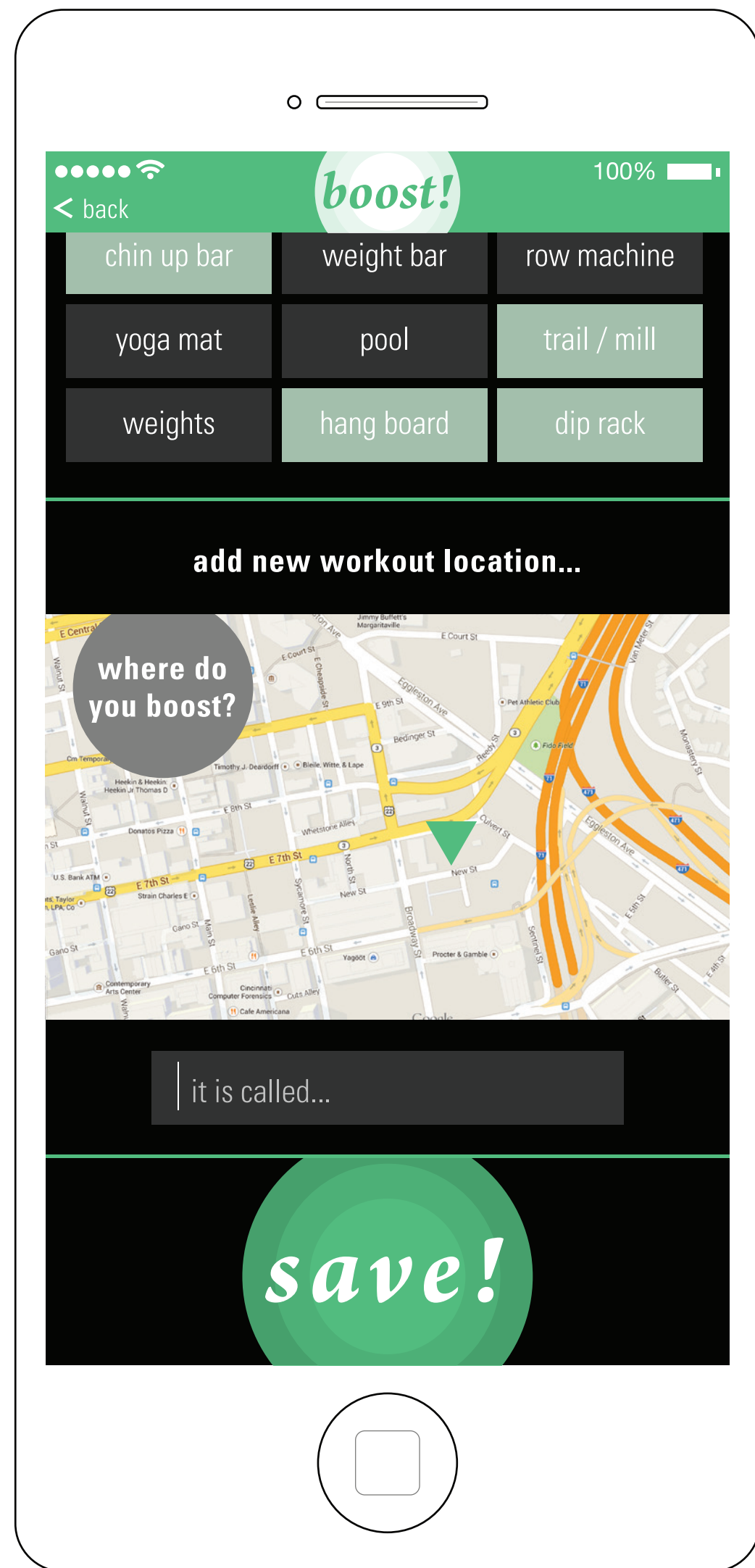
The users tell boost what kind of workout they want to do, and how intense they want to do it.



perform workout part 2

Boost creates a series of exercises for the users.

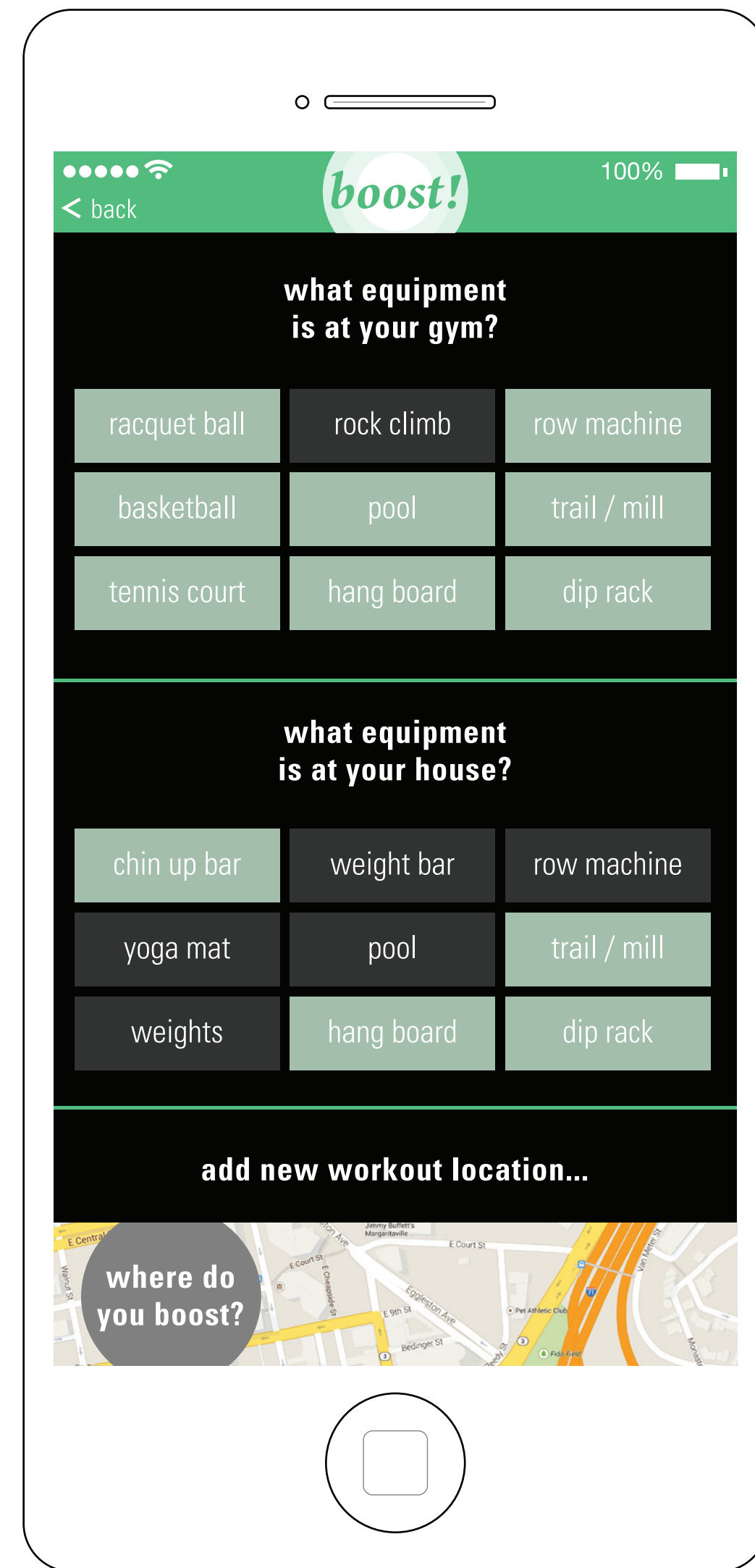
Boost knows what equipment the users have available to them because the users filled out the profile page.



customize profile part 1

The user first tells Boost where they workout.

This information allows Boost to create a list of equipment for each workout location.



customize profile part 2

The users tell Boost what equipment they have access to at each of their workout locations.

Boost uses this information to create workout routines that maximize available equipment.



The users tell boost about their workout schedules. Boost will send them text reminders, and record the time that they spend at the gym.