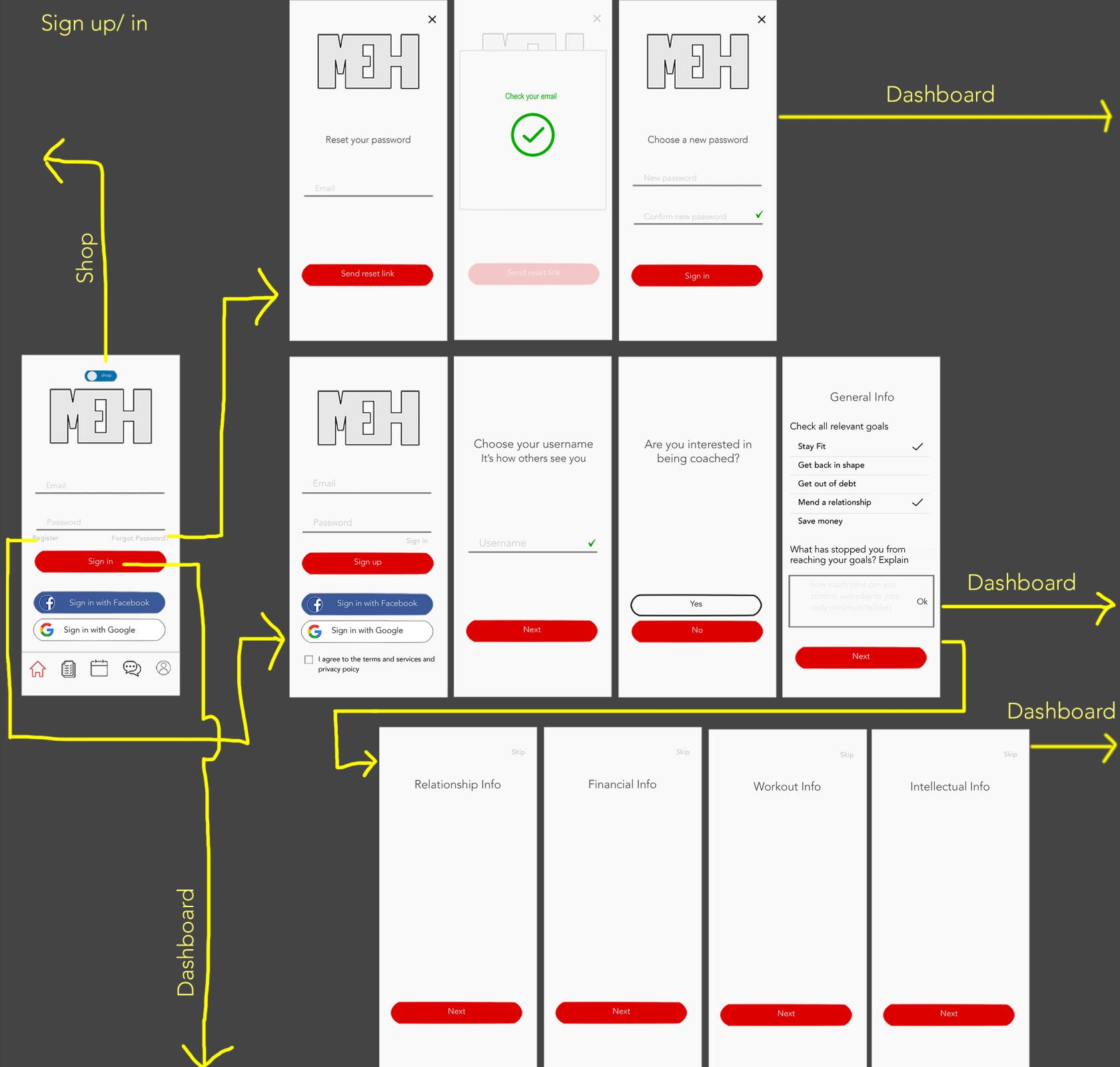


Sign up/ in



Dashboard

Dash

My Today

- Abs Not Flabs
- The Builder
- Gratitudalicious

My Progress

My Partners

- Bugs Bunny
- Jimmy Neutron
- Abs Not Flabs
- The Builder
- Gratitudalicious
- Jimmy Fallon > 0%
- Robin Hood > 100%
- Stinky Feet > 98%

Add up to 5 accountability partners

Home

Dash

My Today

- Abs Not Flabs
- The Builder
- Gratitudalicious

My Progress

My Partners

Daily Minimum®

V-ups 3x10

Crunches 2x45

Share 1 Gratitude

V-ups

Lay on your back with your legs straight and your arms flat on the ground above your head. Lift your feet and hands as high as they can until they touch. Return to starting position with a controlled movement.

Start now

03:00

Workout #4

V-ups

Lay on your back with your legs straight and your arms flat on the ground above your head. Lift your feet and hands as high as they can until they touch. Return to starting position with a controlled movement.

Start now

02:59

Workout #4

V-ups

Lay on your back with your legs straight and your arms flat on the ground above your head. Lift your feet and hands as high as they can until they touch. Return to starting position with a controlled movement.

Finished

00:00

How would you rate Workout #4?

★ ★ ★ ★ ★

Why?

Done

Dash

My Today

- The Builder
- Page Turner

My Progress

My Partners

- Bugs Bunny
- Jimmy Neutron
- Abs Not Flabs
- The Builder
- Gratitudalicious
- Jimmy Fallon > 0%
- Robin Hood > 100%
- Stinky Feet > 98%

Add up to 5 accountability partners

Home

Dash

My Today

- The Builder
- Page Turner

My Progress

My Partners

Dash

My Today

- The Builder
- Page Turner

My Progress

My Partners

Categories

- Workout ✓
- Relationships
- Financial
- Intellectual ✓

Ok

Are you sure?
No one likes a sore loser!

Yes, back out

No, don't

Accept

Dash

My Partners

- Bugs Bunny
- Jimmy Neutron
- Abs Not Flabs
- The Builder
- Gratitudalicious
- Jimmy Fallon > Pending...

Add up to 5 accountability partners

Home

Choose a challenge

Stay consistent

Early finisher

How long?

One Week

One Month

What's the wager?

\$\$\$

Bragging rights

How much?

\$ 4.25

0 5

Next

Challengers

- Bugs Bunny
- Jimmy Neutron
- Jimmy Fallon
- Momma Smith ✓
- Stinky Feet

Challenge Summary

Type: Stay consistent

Wager: \$ 4.25

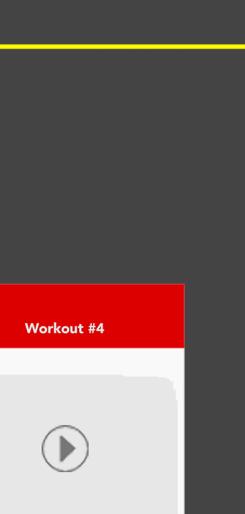
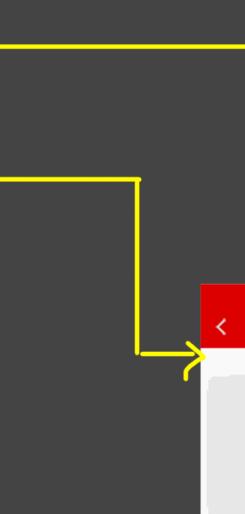
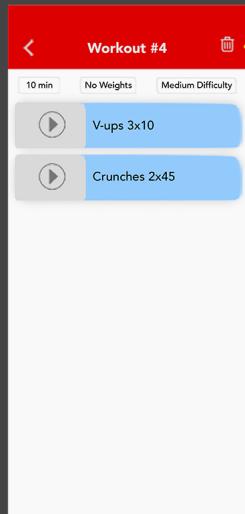
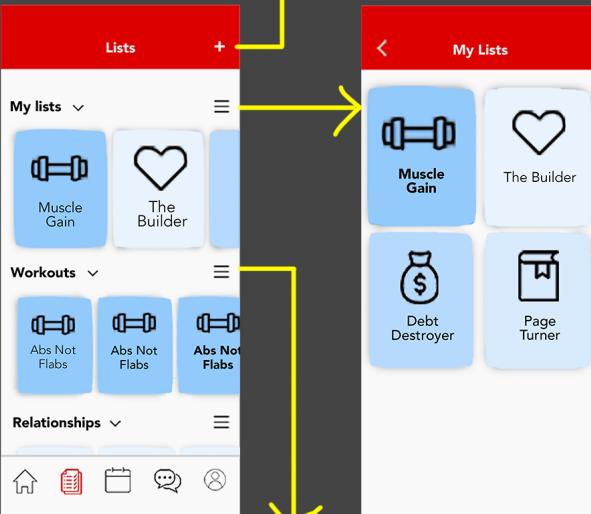
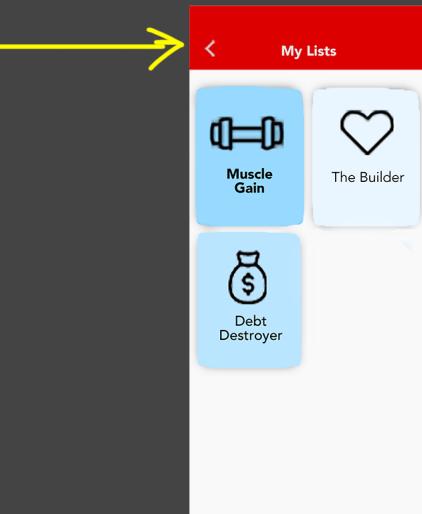
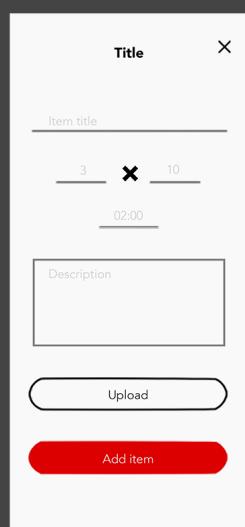
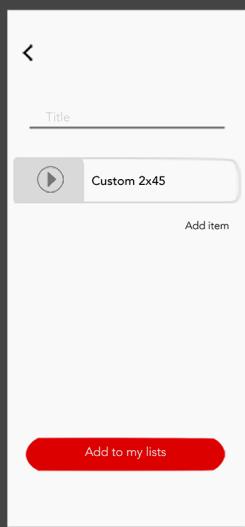
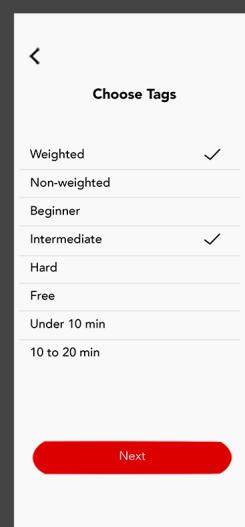
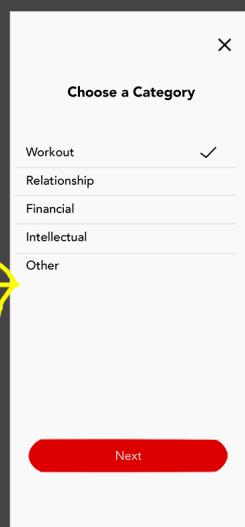
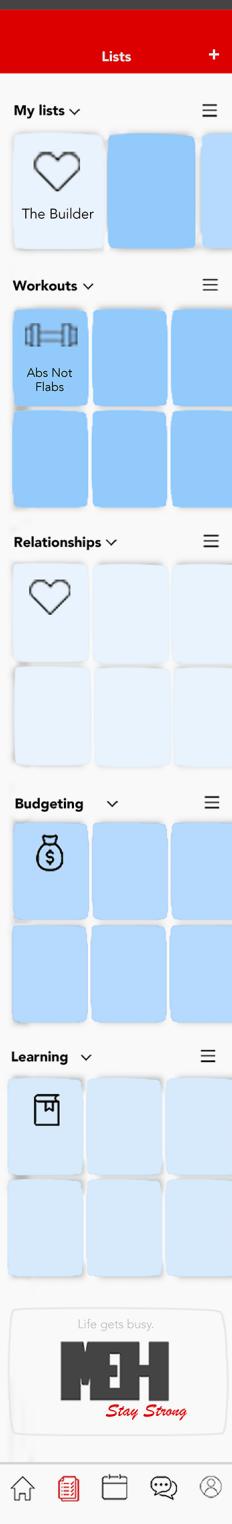
Ends: May 6th, 2020 00:00 CST

Leaderboard

- 1. Momma Smith
- 2. Jimmy Fallon
- 3. Bugs Bunny
- 4. You

Backout?

Lists



The diagram illustrates a user flow through three mobile application screens:

- Calendar Screen:** Shows a weekly calendar from May 14 to May 20. A yellow arrow points from the "Share 1 Gratitude" task on Monday to the rating dialog.
- Rating Dialog:** Asks "How would you rate this list?" with a 5-star rating. A yellow arrow points from the "V-ups 3x10" task on Monday to this screen.
- Workout Timer Screen:** Displays "Workout #4" with a play button, followed by "V-ups" and its description. A yellow arrow points from the "Crunches 2x45" task on Monday to this screen.

Calendar Data:

Day	Date
Tuesday	May 15
Wednesday	May 16
Thursday	May 17
Friday	May 18
Saturday	May 19
Sunday	May 20
Monday	May 14

Task Details (Monday):

- Share 1 Gratitude (Completed)
- V-ups 3x10 (Completed)
- Crunches 2x45 (Incomplete)

Rating Dialog Content:

How would you rate this list?

★★★★☆

This workout made me sweat, but only took 10 min!

Workout Timer Screen Content:

Workout #4

V-ups

Lay on your back with your legs straight and your arms flat on the ground above your head. Lift your feet and hands as high as they can until they touch. Return to starting position with a controlled movement.

03:00

Messages

